

Excoriation (Skin Picking) Disorder

DSM-5 Criteria

- Recurrent skin picking resulting in skin lesions.
 - Repeated attempts to decrease or stop skin picking.
 - The skin picking causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
 - The skin picking is not attributable to the physiological effects of a substance (e.g., cocaine) or another medical condition (e.g., scabies).
 - The skin picking is not better explained by symptoms of another mental disorder (e.g., delusions or tactile hallucinations in a psychotic disorder, attempts to improve a perceived defect or flaw in appearance in body dysmorphic disorder, stereotypies in stereotypic movement disorder, or intention to harm oneself in nonsuicidal self-injury).
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Reference

American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>