

WEBVTT

NOTE duration: "00:57:53.322"

NOTE Confidence: 0.9113733

00:00:00.960 --> 00:00:02.820 I am so delighted to,

NOTE Confidence: 0.89488685

00:00:03.360 --> 00:00:04.740 have the opportunity to to

NOTE Confidence: 0.63072526

00:00:05.200 --> 00:00:05.700 introduce

NOTE Confidence: 0.98427176

00:00:06.000 --> 00:00:07.299 our speaker today,

NOTE Confidence: 0.97120273

00:00:07.600 --> 00:00:08.639 someone who is very well

NOTE Confidence: 0.97120273

00:00:08.639 --> 00:00:09.679 known to many of us,

NOTE Confidence: 0.97120273

00:00:09.679 --> 00:00:10.880 but, will be new to

NOTE Confidence: 0.97120273

00:00:10.880 --> 00:00:12.820 some of you, Emily Olsen.

NOTE Confidence: 0.99967337

00:00:13.625 --> 00:00:14.125 So

NOTE Confidence: 0.97954714

00:00:14.665 --> 00:00:16.345 Emily, who is now in

NOTE Confidence: 0.97954714

00:00:16.345 --> 00:00:17.704 her third year as an

NOTE Confidence: 0.97954714

00:00:17.704 --> 00:00:19.704 assistant professor with us here

NOTE Confidence: 0.97954714

00:00:19.704 --> 00:00:21.005 at the Child Study Center,

NOTE Confidence: 0.95021725

00:00:22.744 --> 00:00:23.945 is really one of ours

NOTE Confidence: 0.95021725

00:00:23.945 --> 00:00:25.864 because she trained as part

NOTE Confidence: 0.95021725

00:00:25.864 --> 00:00:27.404 of the Solnit Integrated

NOTE Confidence: 0.74832535

00:00:28.050 --> 00:00:28.550 program.

NOTE Confidence: 0.948478

00:00:29.170 --> 00:00:30.369 And in some ways is,

NOTE Confidence: 0.948478

00:00:30.609 --> 00:00:31.830 a poster child

NOTE Confidence: 0.8578402

00:00:32.530 --> 00:00:33.970 as is her brother who

NOTE Confidence: 0.8578402

00:00:33.970 --> 00:00:34.710 is here,

NOTE Confidence: 0.93422705

00:00:35.170 --> 00:00:36.149 brother of sorts,

NOTE Confidence: 0.7566062

00:00:37.409 --> 00:00:38.229 different mother,

NOTE Confidence: 0.9004109

00:00:38.850 --> 00:00:40.150 but they're both are,

NOTE Confidence: 0.9512331

00:00:41.454 --> 00:00:42.975 Kartik and Emily, are really

NOTE Confidence: 0.9512331

00:00:42.975 --> 00:00:44.594 poster children for,

NOTE Confidence: 0.98062134

00:00:46.094 --> 00:00:47.074 clinician scientists.

NOTE Confidence: 0.9680426

00:00:48.094 --> 00:00:49.934 And it's been over thirty

NOTE Confidence: 0.9680426

00:00:49.934 --> 00:00:51.774 years at least that, the

NOTE Confidence: 0.9680426

00:00:51.774 --> 00:00:53.475 field of medicine has lamented

NOTE Confidence: 0.952813
00:00:54.140 --> 00:00:56.400 the paucity of clinician scientists.
NOTE Confidence: 0.9979272
00:00:56.780 --> 00:00:58.220 And we've seen the numbers
NOTE Confidence: 0.9979272
00:00:58.220 --> 00:00:59.360 of clinician scientists,
NOTE Confidence: 0.9953134
00:00:59.660 --> 00:01:00.800 physician scientists,
NOTE Confidence: 0.98689765
00:01:03.100 --> 00:01:05.260 flatten or decrease over time
NOTE Confidence: 0.98689765
00:01:05.260 --> 00:01:06.800 because it's a very difficult
NOTE Confidence: 0.98689765
00:01:06.860 --> 00:01:08.385 field. And this is even
NOTE Confidence: 0.98689765
00:01:08.385 --> 00:01:09.825 before the challenges that we're
NOTE Confidence: 0.98689765
00:01:09.825 --> 00:01:10.645 facing today.
NOTE Confidence: 0.9651019
00:01:11.185 --> 00:01:12.465 So just to make it
NOTE Confidence: 0.9651019
00:01:12.465 --> 00:01:13.444 is remarkable,
NOTE Confidence: 0.94285846
00:01:13.825 --> 00:01:14.625 and to make it with
NOTE Confidence: 0.94285846
00:01:14.625 --> 00:01:15.505 the kind of science that
NOTE Confidence: 0.94285846
00:01:15.505 --> 00:01:16.785 we're gonna be seeing today
NOTE Confidence: 0.94285846
00:01:16.785 --> 00:01:18.465 and sometime soon from Kartik
NOTE Confidence: 0.94285846

00:01:18.465 --> 00:01:19.125 as well
NOTE Confidence: 0.9652169
00:01:19.585 --> 00:01:20.565 is is wonderful.
NOTE Confidence: 0.98449963
00:01:21.630 --> 00:01:23.490 Emily came to us before,
NOTE Confidence: 0.9283325
00:01:23.870 --> 00:01:25.470 being here. She was at,
NOTE Confidence: 0.9283325
00:01:25.790 --> 00:01:26.610 Saint Louis,
NOTE Confidence: 0.94888264
00:01:27.550 --> 00:01:29.550 Washington University in Saint Louis,
NOTE Confidence: 0.94888264
00:01:29.550 --> 00:01:30.590 where she got her MD
NOTE Confidence: 0.94888264
00:01:30.590 --> 00:01:31.090 PhD,
NOTE Confidence: 0.99450654
00:01:31.709 --> 00:01:33.170 and that's where she started
NOTE Confidence: 0.99450654
00:01:33.229 --> 00:01:35.250 her trajectory studying genes,
NOTE Confidence: 0.9807091
00:01:35.790 --> 00:01:37.865 mostly in adult disorders,
NOTE Confidence: 0.9709529
00:01:38.325 --> 00:01:40.165 boo, and now she is
NOTE Confidence: 0.9709529
00:01:40.165 --> 00:01:42.645 dedicating her incredible talents to
NOTE Confidence: 0.9709529
00:01:42.645 --> 00:01:43.145 childhood
NOTE Confidence: 0.9902577
00:01:43.605 --> 00:01:44.105 disorders.
NOTE Confidence: 0.9909222
00:01:44.965 --> 00:01:45.365 And,

NOTE Confidence: 0.99903804

00:01:46.084 --> 00:01:46.885 I think that many of

NOTE Confidence: 0.99903804

00:01:46.885 --> 00:01:48.025 us have heard of trichotillomania,

NOTE Confidence: 0.8368939

00:01:48.645 --> 00:01:49.705 Tourette syndrome,

NOTE Confidence: 0.9901957

00:01:50.350 --> 00:01:51.390 but fewer of us have

NOTE Confidence: 0.9901957

00:01:51.390 --> 00:01:52.290 heard of excoriation

NOTE Confidence: 0.99682564

00:01:52.590 --> 00:01:53.550 disorder and thought of it

NOTE Confidence: 0.99682564

00:01:53.550 --> 00:01:54.530 as a disorder.

NOTE Confidence: 0.9842076

00:01:55.070 --> 00:01:56.270 And Emily has not only

NOTE Confidence: 0.9842076

00:01:56.270 --> 00:01:57.550 done this, but has started

NOTE Confidence: 0.9842076

00:01:57.550 --> 00:01:58.850 paving the way to understanding

NOTE Confidence: 0.9842076

00:01:58.910 --> 00:02:00.510 some of the genetic and

NOTE Confidence: 0.9842076

00:02:00.510 --> 00:02:02.750 under underlying mechanisms involved and

NOTE Confidence: 0.9842076

00:02:02.750 --> 00:02:03.870 some of the treatments. So

NOTE Confidence: 0.9842076

00:02:03.870 --> 00:02:04.455 she really

NOTE Confidence: 0.87884897

00:02:04.935 --> 00:02:07.015 embodies the physician scientist in

NOTE Confidence: 0.87884897

00:02:07.015 --> 00:02:08.395 the the best way,
NOTE Confidence: 0.96074873

00:02:08.855 --> 00:02:10.294 and, and she's also a
NOTE Confidence: 0.96074873

00:02:10.294 --> 00:02:11.735 lovely person. I mean, I
NOTE Confidence: 0.96074873

00:02:11.735 --> 00:02:12.695 I hate people like that.
NOTE Confidence: 0.96074873

00:02:12.695 --> 00:02:13.975 It's like they're they're she's
NOTE Confidence: 0.96074873

00:02:13.975 --> 00:02:15.095 amazing, and she's, like, the
NOTE Confidence: 0.96074873

00:02:15.095 --> 00:02:17.255 loveliest person. So, Emily, come
NOTE Confidence: 0.96074873

00:02:17.255 --> 00:02:17.915 on up.
NOTE Confidence: 0.9949319

00:02:25.940 --> 00:02:26.980 So thank you,
NOTE Confidence: 0.96979696

00:02:27.380 --> 00:02:29.320 for that really kind introduction,
NOTE Confidence: 0.96979696

00:02:29.540 --> 00:02:29.860 and,
NOTE Confidence: 0.98552036

00:02:30.419 --> 00:02:31.220 thank you very much,
NOTE Confidence: 0.9999607

00:02:31.865 --> 00:02:32.685 for the invitation
NOTE Confidence: 0.96291447

00:02:32.985 --> 00:02:33.865 to talk with you today
NOTE Confidence: 0.96291447

00:02:33.865 --> 00:02:35.065 and share kinda some of
NOTE Confidence: 0.96291447

00:02:35.065 --> 00:02:36.285 our work on trichotillomania

NOTE Confidence: 0.7658598
00:02:36.825 --> 00:02:37.965 excretion disorder.
NOTE Confidence: 0.9954048
00:02:39.705 --> 00:02:41.405 I don't have any disclosures.
NOTE Confidence: 0.9954048
00:02:41.544 --> 00:02:42.745 I do have some research
NOTE Confidence: 0.9954048
00:02:42.745 --> 00:02:43.245 funding,
NOTE Confidence: 0.9571868
00:02:43.625 --> 00:02:44.525 listed here.
NOTE Confidence: 0.96998197
00:02:45.570 --> 00:02:46.770 And I wanna start with
NOTE Confidence: 0.96998197
00:02:46.770 --> 00:02:47.430 a video.
NOTE Confidence: 0.98744303
00:02:47.970 --> 00:02:48.690 I know this is a
NOTE Confidence: 0.98744303
00:02:48.690 --> 00:02:50.710 clinical department, and I think
NOTE Confidence: 0.98744303
00:02:50.770 --> 00:02:52.290 it's important that we're grounded
NOTE Confidence: 0.98744303
00:02:52.290 --> 00:02:53.410 in kind of the patients
NOTE Confidence: 0.98744303
00:02:53.410 --> 00:02:54.310 that we see.
NOTE Confidence: 0.9059966
00:02:58.075 --> 00:02:58.815 Hi, everybody.
NOTE Confidence: 0.9569288
00:02:59.275 --> 00:03:01.115 My name's Catherine. I'm from
NOTE Confidence: 0.9569288
00:03:01.115 --> 00:03:02.315 New York. I'm eighteen years
NOTE Confidence: 0.9569288

00:03:02.315 --> 00:03:02.815 old.
NOTE Confidence: 0.9756767

00:03:04.075 --> 00:03:05.195 I started pulling at the
NOTE Confidence: 0.9756767

00:03:05.195 --> 00:03:06.875 age of twelve, like many
NOTE Confidence: 0.9756767

00:03:06.875 --> 00:03:07.695 people here,
NOTE Confidence: 0.99944687

00:03:07.995 --> 00:03:09.055 from my scalp.
NOTE Confidence: 0.9654454

00:03:09.435 --> 00:03:10.735 The first time I pulled
NOTE Confidence: 0.9654454

00:03:11.000 --> 00:03:12.040 was right after I had
NOTE Confidence: 0.9654454

00:03:12.040 --> 00:03:13.160 my hair styled with bangs
NOTE Confidence: 0.9654454

00:03:13.160 --> 00:03:14.440 for the first time, and
NOTE Confidence: 0.9654454

00:03:14.440 --> 00:03:15.639 I noticed that one of
NOTE Confidence: 0.9654454

00:03:15.639 --> 00:03:16.680 the hairs in my bangs
NOTE Confidence: 0.9654454

00:03:16.680 --> 00:03:17.560 was longer than all the
NOTE Confidence: 0.9654454

00:03:17.560 --> 00:03:18.919 others. So I looked in
NOTE Confidence: 0.9654454

00:03:18.919 --> 00:03:19.720 the mirror and I flucked
NOTE Confidence: 0.9654454

00:03:19.720 --> 00:03:20.520 it out and I thought
NOTE Confidence: 0.9654454

00:03:20.520 --> 00:03:22.200 nothing of it. And now

NOTE Confidence: 0.9654454
00:03:22.200 --> 00:03:23.319 I think back to how
NOTE Confidence: 0.9654454
00:03:23.319 --> 00:03:24.840 nonchalantly I did that and
NOTE Confidence: 0.9654454
00:03:24.840 --> 00:03:26.295 I laughed to myself because
NOTE Confidence: 0.9654454
00:03:26.295 --> 00:03:27.575 I thought everyone pulled their
NOTE Confidence: 0.9654454
00:03:27.575 --> 00:03:28.555 out of place hairs.
NOTE Confidence: 0.9974854
00:03:29.815 --> 00:03:31.175 My trick got bad pretty
NOTE Confidence: 0.9974854
00:03:31.175 --> 00:03:32.375 fast. By the time I
NOTE Confidence: 0.9974854
00:03:32.375 --> 00:03:33.815 was thirteen, I was completely
NOTE Confidence: 0.9974854
00:03:33.815 --> 00:03:34.315 bald.
NOTE Confidence: 0.9877532
00:03:35.975 --> 00:03:37.015 I did my best to
NOTE Confidence: 0.9877532
00:03:37.015 --> 00:03:38.135 cover up and hide my
NOTE Confidence: 0.9877532
00:03:38.135 --> 00:03:39.355 condition from everyone.
NOTE Confidence: 0.89719397
00:03:40.190 --> 00:03:41.790 Like many others suffering from
NOTE Confidence: 0.89719397
00:03:41.790 --> 00:03:42.610 Trich and dermatitis,
NOTE Confidence: 0.99842936
00:03:42.910 --> 00:03:44.270 I was bullied for my
NOTE Confidence: 0.99842936

00:03:44.270 --> 00:03:45.390 actions and for the lack

NOTE Confidence: 0.99842936

00:03:45.390 --> 00:03:46.210 of my hair.

NOTE Confidence: 0.9797802

00:03:47.150 --> 00:03:48.430 I was dragged from therapist

NOTE Confidence: 0.9797802

00:03:48.430 --> 00:03:49.950 to therapist, put on every

NOTE Confidence: 0.9797802

00:03:49.950 --> 00:03:51.490 medication you can think of,

NOTE Confidence: 0.9842663

00:03:52.350 --> 00:03:54.034 and it wasn't until the

NOTE Confidence: 0.9842663

00:03:54.034 --> 00:03:55.555 end of, middle school that

NOTE Confidence: 0.9842663

00:03:55.555 --> 00:03:57.235 my mom actually discovered TLC

NOTE Confidence: 0.9842663

00:03:57.235 --> 00:03:59.155 online because she became obsessed

NOTE Confidence: 0.9842663

00:03:59.155 --> 00:04:00.915 with my obsession and started

NOTE Confidence: 0.9842663

00:04:00.915 --> 00:04:02.455 researching everything she could.

NOTE Confidence: 0.999097

00:04:03.315 --> 00:04:04.355 And that's when I started

NOTE Confidence: 0.999097

00:04:04.355 --> 00:04:05.795 educating myself about the condition

NOTE Confidence: 0.999097

00:04:05.795 --> 00:04:07.075 and really learning about what

NOTE Confidence: 0.999097

00:04:07.075 --> 00:04:07.894 I was doing.

NOTE Confidence: 0.9875833

00:04:08.580 --> 00:04:09.860 Things were rough still for

NOTE Confidence: 0.9875833

00:04:09.860 --> 00:04:10.680 a long time,

NOTE Confidence: 0.9604304

00:04:11.860 --> 00:04:14.100 between family problems, other conditions

NOTE Confidence: 0.9604304

00:04:14.100 --> 00:04:15.540 popping up like depression and

NOTE Confidence: 0.9604304

00:04:15.540 --> 00:04:16.040 anxiety,

NOTE Confidence: 0.98947126

00:04:16.500 --> 00:04:17.620 and starting to do poorly

NOTE Confidence: 0.98947126

00:04:17.620 --> 00:04:19.140 in school. I felt like

NOTE Confidence: 0.98947126

00:04:19.140 --> 00:04:19.800 a failure.

NOTE Confidence: 0.9778466

00:04:20.325 --> 00:04:21.445 I felt like my life

NOTE Confidence: 0.9778466

00:04:21.445 --> 00:04:22.825 was spiraling out of control,

NOTE Confidence: 0.9778466

00:04:22.965 --> 00:04:24.005 and the only future I

NOTE Confidence: 0.9778466

00:04:24.005 --> 00:04:25.205 could picture was one where

NOTE Confidence: 0.9778466

00:04:25.205 --> 00:04:26.505 I was bald and depressed.

NOTE Confidence: 0.97401726

00:04:29.525 --> 00:04:31.045 So, I just wanted to

NOTE Confidence: 0.97401726

00:04:31.045 --> 00:04:32.565 start with that. I chose

NOTE Confidence: 0.97401726

00:04:32.565 --> 00:04:33.765 this. I just, you know,

NOTE Confidence: 0.97401726

00:04:33.765 --> 00:04:35.065 found it, online.
NOTE Confidence: 0.8730879

00:04:36.199 --> 00:04:37.979 I find her very compelling,
NOTE Confidence: 0.98119456

00:04:38.440 --> 00:04:39.160 but I think there are
NOTE Confidence: 0.98119456

00:04:39.160 --> 00:04:40.440 also elements of it that
NOTE Confidence: 0.98119456

00:04:40.440 --> 00:04:41.560 are common to a lot
NOTE Confidence: 0.98119456

00:04:41.560 --> 00:04:42.839 of the patients we see
NOTE Confidence: 0.98119456

00:04:42.839 --> 00:04:44.600 who have, Trich and skin
NOTE Confidence: 0.98119456

00:04:44.600 --> 00:04:45.100 picking.
NOTE Confidence: 0.9806437

00:04:46.039 --> 00:04:47.240 And so as I talk
NOTE Confidence: 0.9806437

00:04:47.240 --> 00:04:48.279 about some of the research
NOTE Confidence: 0.9806437

00:04:48.279 --> 00:04:49.560 today, I want you guys
NOTE Confidence: 0.9806437

00:04:49.560 --> 00:04:51.475 to keep Catherine in mind
NOTE Confidence: 0.9806437

00:04:51.475 --> 00:04:52.835 or maybe another patient you've
NOTE Confidence: 0.9806437

00:04:52.835 --> 00:04:53.875 seen in clinic who has
NOTE Confidence: 0.9806437

00:04:53.875 --> 00:04:54.935 one of these conditions.
NOTE Confidence: 0.97495395

00:04:55.955 --> 00:04:57.235 And I'm gonna present kinda

NOTE Confidence: 0.97495395

00:04:57.235 --> 00:04:58.355 some data we've been working

NOTE Confidence: 0.97495395

00:04:58.355 --> 00:04:59.635 on, but I wanna start

NOTE Confidence: 0.97495395

00:04:59.635 --> 00:05:01.235 by emphasizing these are really

NOTE Confidence: 0.97495395

00:05:01.235 --> 00:05:03.154 understudied conditions, and we really

NOTE Confidence: 0.97495395

00:05:03.154 --> 00:05:04.855 need more research on them.

NOTE Confidence: 0.9823402

00:05:05.550 --> 00:05:06.430 And at the end, I

NOTE Confidence: 0.9823402

00:05:06.430 --> 00:05:07.710 have time for questions. And

NOTE Confidence: 0.9823402

00:05:07.710 --> 00:05:09.150 if there's any feedback from

NOTE Confidence: 0.9823402

00:05:09.310 --> 00:05:10.770 it's kind of a opportunity

NOTE Confidence: 0.9823402

00:05:10.830 --> 00:05:11.950 for me to hear about

NOTE Confidence: 0.9823402

00:05:11.950 --> 00:05:13.310 kind of other directions of

NOTE Confidence: 0.9823402

00:05:13.310 --> 00:05:14.670 this work, that we can

NOTE Confidence: 0.9823402

00:05:14.670 --> 00:05:15.470 take it in in the

NOTE Confidence: 0.9823402

00:05:15.470 --> 00:05:16.750 future. I really would welcome

NOTE Confidence: 0.9823402

00:05:16.750 --> 00:05:18.029 that, other ideas you guys

NOTE Confidence: 0.9823402

00:05:18.029 --> 00:05:18.770 might have.
NOTE Confidence: 0.9710668

00:05:20.245 --> 00:05:21.285 And you may, you know,
NOTE Confidence: 0.9710668

00:05:21.285 --> 00:05:21.785 have,
NOTE Confidence: 0.989631

00:05:22.245 --> 00:05:24.085 friends or family members impacted
NOTE Confidence: 0.989631

00:05:24.085 --> 00:05:24.964 by these as well, and
NOTE Confidence: 0.989631

00:05:24.964 --> 00:05:26.245 so keeping those in mind
NOTE Confidence: 0.989631

00:05:26.245 --> 00:05:26.904 as well.
NOTE Confidence: 0.9429429

00:05:32.490 --> 00:05:34.330 Okay. So I'm gonna start
NOTE Confidence: 0.9429429

00:05:34.330 --> 00:05:35.770 with some background because as
NOTE Confidence: 0.9429429

00:05:35.770 --> 00:05:37.450 Andreas said, you may have
NOTE Confidence: 0.9429429

00:05:37.450 --> 00:05:38.270 heard of trichotillomania.
NOTE Confidence: 0.98295885

00:05:38.810 --> 00:05:40.570 Excoriation disorder is a little
NOTE Confidence: 0.98295885

00:05:40.570 --> 00:05:41.930 less well known. They're both
NOTE Confidence: 0.98295885

00:05:41.930 --> 00:05:42.910 kinda characterized
NOTE Confidence: 0.99372673

00:05:43.290 --> 00:05:45.210 as obsessive and compulsive related
NOTE Confidence: 0.99372673

00:05:45.210 --> 00:05:46.910 disorders in DSM five.

NOTE Confidence: 0.86570495

00:05:47.865 --> 00:05:49.645 Trichotillomania was kinda reclassified

NOTE Confidence: 0.94702303

00:05:50.025 --> 00:05:51.724 from the impulse control disorders,

NOTE Confidence: 0.96965677

00:05:52.185 --> 00:05:54.185 and excoriation disorder was added

NOTE Confidence: 0.96965677

00:05:54.185 --> 00:05:55.224 to the DSM five. So

NOTE Confidence: 0.96965677

00:05:55.224 --> 00:05:56.345 it hasn't been kind of

NOTE Confidence: 0.96965677

00:05:56.345 --> 00:05:57.305 formally studied,

NOTE Confidence: 0.9997117

00:05:57.785 --> 00:05:58.925 for that long.

NOTE Confidence: 0.9214884

00:05:59.785 --> 00:06:01.880 They're often both sub characterized

NOTE Confidence: 0.9214884

00:06:01.940 --> 00:06:03.940 together as these, body focused

NOTE Confidence: 0.9214884

00:06:03.940 --> 00:06:05.720 repetitive behavior disorders,

NOTE Confidence: 0.967853

00:06:06.900 --> 00:06:08.259 and they have very similar

NOTE Confidence: 0.967853

00:06:08.259 --> 00:06:10.120 definitions. Right? So they're characterized

NOTE Confidence: 0.967853

00:06:10.259 --> 00:06:12.740 by persistent, recurrent pulling of

NOTE Confidence: 0.967853

00:06:12.740 --> 00:06:13.779 the hair or picking of

NOTE Confidence: 0.967853

00:06:13.779 --> 00:06:14.440 the skin

NOTE Confidence: 0.9964115

00:06:15.014 --> 00:06:16.535 leading to hair loss or
NOTE Confidence: 0.9964115

00:06:16.535 --> 00:06:17.354 skin lesions
NOTE Confidence: 0.91793823

00:06:17.654 --> 00:06:19.255 despite attempts to stop and,
NOTE Confidence: 0.91793823

00:06:19.255 --> 00:06:20.634 like, everything in the DSM,
NOTE Confidence: 0.91793823

00:06:20.695 --> 00:06:22.455 they're associated with kinda significant
NOTE Confidence: 0.91793823

00:06:22.455 --> 00:06:23.675 impairment and distress.
NOTE Confidence: 0.9757768

00:06:25.095 --> 00:06:26.775 Traditionally, they're thought to impact
NOTE Confidence: 0.9757768

00:06:26.775 --> 00:06:28.775 females predominantly more than males.
NOTE Confidence: 0.9757768

00:06:28.775 --> 00:06:29.975 I'm gonna share some data
NOTE Confidence: 0.9757768

00:06:29.975 --> 00:06:30.990 that it might not be
NOTE Confidence: 0.9757768

00:06:30.990 --> 00:06:32.610 quite as extreme as previously
NOTE Confidence: 0.9757768

00:06:32.670 --> 00:06:34.190 thought. I'm it used to
NOTE Confidence: 0.9757768

00:06:34.190 --> 00:06:35.150 be kind of quoted in
NOTE Confidence: 0.9757768

00:06:35.150 --> 00:06:36.510 the literature as it's almost
NOTE Confidence: 0.9757768

00:06:36.510 --> 00:06:37.870 four to one females to
NOTE Confidence: 0.9757768

00:06:37.870 --> 00:06:39.150 males, but we think it

NOTE Confidence: 0.9757768

00:06:39.150 --> 00:06:40.110 might be a little more

NOTE Confidence: 0.9757768

00:06:40.110 --> 00:06:41.330 gender even now.

NOTE Confidence: 0.96222097

00:06:42.270 --> 00:06:43.390 And they tend to onset

NOTE Confidence: 0.96222097

00:06:43.390 --> 00:06:44.830 adolescence. So this is really

NOTE Confidence: 0.96222097

00:06:44.830 --> 00:06:46.325 kind of, these are pediatric

NOTE Confidence: 0.96222097

00:06:46.545 --> 00:06:48.145 conditions, that really is in

NOTE Confidence: 0.96222097

00:06:48.145 --> 00:06:49.425 kind of that domain of

NOTE Confidence: 0.96222097

00:06:49.425 --> 00:06:51.525 kind of, child mental health.

NOTE Confidence: 0.98942345

00:06:52.464 --> 00:06:53.665 And they tend to have

NOTE Confidence: 0.98942345

00:06:53.665 --> 00:06:54.945 a waxing and waning course,

NOTE Confidence: 0.98942345

00:06:54.945 --> 00:06:56.085 and they're often chronic.

NOTE Confidence: 0.86595076

00:06:57.185 --> 00:06:59.345 So identifying them, treating them,

NOTE Confidence: 0.86595076

00:06:59.345 --> 00:06:59.835 providing psychoeducation is really important.

NOTE Confidence: 0.9262837

00:07:02.729 --> 00:07:03.529 And that's because they have

NOTE Confidence: 0.9262837

00:07:03.529 --> 00:07:04.729 a lot of consequences. And,

NOTE Confidence: 0.9262837

00:07:05.050 --> 00:07:06.650 I think Catherine kinda nicely
NOTE Confidence: 0.9262837

00:07:06.650 --> 00:07:08.169 highlighted that they're associated with
NOTE Confidence: 0.9262837

00:07:08.169 --> 00:07:10.189 shame, embarrassment, low self esteem.
NOTE Confidence: 0.9262837

00:07:10.250 --> 00:07:11.129 They lead to,
NOTE Confidence: 0.9804682

00:07:11.770 --> 00:07:13.530 impaired functioning in a variety
NOTE Confidence: 0.9804682

00:07:13.530 --> 00:07:14.189 of settings.
NOTE Confidence: 0.9905328

00:07:14.715 --> 00:07:15.595 They can also lead to
NOTE Confidence: 0.9905328

00:07:15.595 --> 00:07:16.795 a lot of financial losses.
NOTE Confidence: 0.9905328

00:07:16.795 --> 00:07:17.675 People spend a lot of
NOTE Confidence: 0.9905328

00:07:17.675 --> 00:07:18.875 time trying to hide their
NOTE Confidence: 0.9905328

00:07:18.875 --> 00:07:20.715 bald spots or, hide their
NOTE Confidence: 0.9905328

00:07:20.715 --> 00:07:21.455 skin lesions.
NOTE Confidence: 0.9914196

00:07:22.795 --> 00:07:23.915 And they also lead to
NOTE Confidence: 0.9914196

00:07:23.915 --> 00:07:25.375 kind of avoidance of activities.
NOTE Confidence: 0.9456885

00:07:25.915 --> 00:07:26.955 You know, right now, as
NOTE Confidence: 0.9456885

00:07:26.955 --> 00:07:27.835 we had our first kind

NOTE Confidence: 0.9456885
00:07:27.835 --> 00:07:29.275 of warm weekend last weekend,
NOTE Confidence: 0.9456885
00:07:29.275 --> 00:07:30.460 you think of swimming, and
NOTE Confidence: 0.9456885
00:07:30.460 --> 00:07:31.740 that's often really hard for
NOTE Confidence: 0.9456885
00:07:31.740 --> 00:07:33.100 them, because they spend a
NOTE Confidence: 0.9456885
00:07:33.100 --> 00:07:33.900 lot of time kind of
NOTE Confidence: 0.9456885
00:07:33.900 --> 00:07:35.420 styling their hair and and
NOTE Confidence: 0.9456885
00:07:35.420 --> 00:07:36.720 whatnot in the exposure.
NOTE Confidence: 0.9741243
00:07:37.420 --> 00:07:39.120 They also can have, medical,
NOTE Confidence: 0.9969
00:07:40.620 --> 00:07:41.120 consequences.
NOTE Confidence: 0.9647245
00:07:41.420 --> 00:07:42.460 I mean, the classic kind
NOTE Confidence: 0.9647245
00:07:42.460 --> 00:07:43.900 of med school thing is,
NOTE Confidence: 0.9647245
00:07:44.220 --> 00:07:45.795 that, you know, a proportion
NOTE Confidence: 0.9647245
00:07:45.795 --> 00:07:47.315 of these individuals maybe kind
NOTE Confidence: 0.9647245
00:07:47.315 --> 00:07:48.115 of a fourth to a
NOTE Confidence: 0.9647245
00:07:48.115 --> 00:07:48.615 third
NOTE Confidence: 0.93888766

00:07:48.995 --> 00:07:49.395 will,
NOTE Confidence: 0.9389024

00:07:50.115 --> 00:07:51.395 consume their hair and that
NOTE Confidence: 0.9389024

00:07:51.395 --> 00:07:53.175 can lead to these, trichobezo
NOTE Confidence: 0.9389024

00:07:53.475 --> 00:07:54.595 words, which can lead to
NOTE Confidence: 0.9389024

00:07:54.595 --> 00:07:55.095 gastrointestinal
NOTE Confidence: 0.9440748

00:07:55.555 --> 00:07:57.235 complications and also kind of
NOTE Confidence: 0.9440748

00:07:57.235 --> 00:07:58.355 the skin picking can lead
NOTE Confidence: 0.9440748

00:07:58.355 --> 00:07:59.015 to infections.
NOTE Confidence: 0.95528704

00:08:01.040 --> 00:08:02.320 They're really high rates of
NOTE Confidence: 0.95528704

00:08:02.320 --> 00:08:04.080 comorbidity, and Catherine also talked
NOTE Confidence: 0.95528704

00:08:04.080 --> 00:08:05.200 about this. So high rates
NOTE Confidence: 0.95528704

00:08:05.200 --> 00:08:07.140 of depression, anxiety, OCD,
NOTE Confidence: 0.9996422

00:08:07.920 --> 00:08:09.540 and other disorders as well.
NOTE Confidence: 0.9854636

00:08:10.240 --> 00:08:11.200 So one of the first
NOTE Confidence: 0.9854636

00:08:11.200 --> 00:08:12.800 questions we kinda got interested
NOTE Confidence: 0.9854636

00:08:12.800 --> 00:08:13.920 in, which seems like an

NOTE Confidence: 0.9854636

00:08:13.920 --> 00:08:15.120 obvious one, is how common

NOTE Confidence: 0.9854636

00:08:15.120 --> 00:08:16.794 are these disorders? But, you

NOTE Confidence: 0.9854636

00:08:16.794 --> 00:08:17.775 know, they're not,

NOTE Confidence: 0.97162515

00:08:18.155 --> 00:08:19.835 really listed in kind of

NOTE Confidence: 0.97162515

00:08:19.835 --> 00:08:21.754 classic structured interviews. So there's

NOTE Confidence: 0.97162515

00:08:21.754 --> 00:08:23.115 really a limit in terms

NOTE Confidence: 0.97162515

00:08:23.115 --> 00:08:24.815 of kind of large epidemiologic

NOTE Confidence: 0.9953112

00:08:25.275 --> 00:08:27.034 studies of these conditions. And

NOTE Confidence: 0.9953112

00:08:27.034 --> 00:08:27.534 so

NOTE Confidence: 0.92221093

00:08:27.995 --> 00:08:29.009 with the help of kind

NOTE Confidence: 0.92221093

00:08:29.009 --> 00:08:30.530 of Michael Bloch and then,

NOTE Confidence: 0.92221093

00:08:30.770 --> 00:08:32.870 Luis Farhat, who's a researcher,

NOTE Confidence: 0.99789256

00:08:33.250 --> 00:08:33.990 in Brazil,

NOTE Confidence: 0.94563264

00:08:34.370 --> 00:08:35.570 we decided to do a

NOTE Confidence: 0.94563264

00:08:35.570 --> 00:08:37.730 meta analysis, looking at all

NOTE Confidence: 0.94563264

00:08:37.730 --> 00:08:39.089 these studies, and most of
NOTE Confidence: 0.94563264

00:08:39.089 --> 00:08:40.690 them are small, convenient samples
NOTE Confidence: 0.94563264

00:08:40.690 --> 00:08:41.890 to try and understand what
NOTE Confidence: 0.94563264

00:08:41.890 --> 00:08:43.089 is kind of the overall
NOTE Confidence: 0.94563264

00:08:43.089 --> 00:08:43.589 prevalence.
NOTE Confidence: 0.9715673

00:08:44.324 --> 00:08:45.285 And we found that there
NOTE Confidence: 0.9715673

00:08:45.285 --> 00:08:46.904 have about a prevalence trichotillomania.
NOTE Confidence: 0.9715673

00:08:47.204 --> 00:08:48.184 First, we did trichotillomania
NOTE Confidence: 0.9792757

00:08:48.644 --> 00:08:49.925 about one percent of the
NOTE Confidence: 0.9792757

00:08:49.925 --> 00:08:51.204 population. So this is a
NOTE Confidence: 0.9792757

00:08:51.204 --> 00:08:52.665 relatively common disorder.
NOTE Confidence: 0.9770905

00:08:54.005 --> 00:08:55.524 We then also looked at
NOTE Confidence: 0.9770905

00:08:55.524 --> 00:08:57.464 kind of the gender, balance,
NOTE Confidence: 0.90828484

00:08:58.005 --> 00:09:00.000 to see kinda looking at
NOTE Confidence: 0.90828484

00:09:00.000 --> 00:09:00.820 these studies,
NOTE Confidence: 0.97681725

00:09:01.200 --> 00:09:02.640 what is the ratio of,

NOTE Confidence: 0.97681725

00:09:03.040 --> 00:09:05.120 females to males affected. And,

NOTE Confidence: 0.97681725

00:09:05.519 --> 00:09:06.580 you can see here,

NOTE Confidence: 0.90277946

00:09:06.959 --> 00:09:08.480 it's an estimate odd ratio

NOTE Confidence: 0.90277946

00:09:08.480 --> 00:09:10.260 of almost one point three.

NOTE Confidence: 0.97031546

00:09:11.440 --> 00:09:12.980 This is females to males.

NOTE Confidence: 0.97031546

00:09:13.279 --> 00:09:15.635 It's not actually statistically significant

NOTE Confidence: 0.97031546

00:09:15.695 --> 00:09:16.975 in this group. That's in

NOTE Confidence: 0.97031546

00:09:16.975 --> 00:09:18.175 part driven by kind of

NOTE Confidence: 0.97031546

00:09:18.175 --> 00:09:19.375 a large study that was

NOTE Confidence: 0.97031546

00:09:19.375 --> 00:09:20.575 done by John Grant in

NOTE Confidence: 0.97031546

00:09:20.575 --> 00:09:21.235 two thousand.

NOTE Confidence: 0.97986794

00:09:22.255 --> 00:09:23.135 For those who aren't I

NOTE Confidence: 0.97986794

00:09:23.135 --> 00:09:23.855 guess I should have said

NOTE Confidence: 0.97986794

00:09:23.855 --> 00:09:24.654 this on the last slide.

NOTE Confidence: 0.97986794

00:09:24.654 --> 00:09:25.615 For those who aren't used

NOTE Confidence: 0.97986794

00:09:25.615 --> 00:09:26.575 to looking at these plots,
NOTE Confidence: 0.97986794

00:09:26.575 --> 00:09:27.375 because I have quite a
NOTE Confidence: 0.97986794

00:09:27.375 --> 00:09:28.415 few of these throughout the
NOTE Confidence: 0.97986794

00:09:28.415 --> 00:09:28.915 presentation,
NOTE Confidence: 0.9172297

00:09:29.760 --> 00:09:30.960 these forest plots, you can
NOTE Confidence: 0.9172297

00:09:30.960 --> 00:09:31.760 see the black,
NOTE Confidence: 0.9602192

00:09:32.640 --> 00:09:34.480 squares are the individual studies,
NOTE Confidence: 0.9602192

00:09:34.480 --> 00:09:36.160 individual effects, and then those,
NOTE Confidence: 0.9556547

00:09:36.880 --> 00:09:38.480 red diamonds give you kind
NOTE Confidence: 0.9556547

00:09:38.480 --> 00:09:39.780 of the overall estimates.
NOTE Confidence: 0.9811411

00:09:40.800 --> 00:09:41.920 So then we did this
NOTE Confidence: 0.9811411

00:09:41.920 --> 00:09:42.740 kind of again,
NOTE Confidence: 0.9364596

00:09:43.214 --> 00:09:43.954 with the help,
NOTE Confidence: 0.9394506

00:09:44.894 --> 00:09:46.175 Louise Farhat worked on this
NOTE Confidence: 0.9394506

00:09:46.175 --> 00:09:47.375 as well as Madison Reed,
NOTE Confidence: 0.9394506

00:09:47.375 --> 00:09:48.255 who was actually one of

NOTE Confidence: 0.9394506

00:09:48.255 --> 00:09:50.095 my summer, students from Sewanee

NOTE Confidence: 0.9394506

00:09:50.095 --> 00:09:51.054 who came here two years

NOTE Confidence: 0.9394506

00:09:51.054 --> 00:09:51.795 in a row,

NOTE Confidence: 0.96780795

00:09:52.334 --> 00:09:53.774 worked on this. And she,

NOTE Confidence: 0.95677096

00:09:54.334 --> 00:09:55.855 and we found that actually

NOTE Confidence: 0.95677096

00:09:55.855 --> 00:09:57.870 excoriation disorder tends to impact

NOTE Confidence: 0.95677096

00:09:57.950 --> 00:09:59.150 three point five percent of

NOTE Confidence: 0.95677096

00:09:59.150 --> 00:10:00.510 the population, so even more

NOTE Confidence: 0.95677096

00:10:00.510 --> 00:10:01.010 common.

NOTE Confidence: 0.97515225

00:10:02.270 --> 00:10:04.270 And the gender ratio, the

NOTE Confidence: 0.97515225

00:10:04.270 --> 00:10:05.230 estimate we got was a

NOTE Confidence: 0.97515225

00:10:05.230 --> 00:10:06.429 little bit higher. This one

NOTE Confidence: 0.97515225

00:10:06.429 --> 00:10:07.890 was statistically significant,

NOTE Confidence: 0.944403

00:10:08.350 --> 00:10:09.950 one point four five kind

NOTE Confidence: 0.944403

00:10:09.950 --> 00:10:11.410 of females to males,

NOTE Confidence: 0.988346

00:10:12.595 --> 00:10:13.795 but not quite as high
NOTE Confidence: 0.988346

00:10:13.795 --> 00:10:15.235 as kind of traditionally thought
NOTE Confidence: 0.988346

00:10:15.235 --> 00:10:16.434 in the literature. And part
NOTE Confidence: 0.988346

00:10:16.434 --> 00:10:17.395 of that might be kind
NOTE Confidence: 0.988346

00:10:17.395 --> 00:10:18.995 of recruitment methods and kind
NOTE Confidence: 0.988346

00:10:18.995 --> 00:10:20.355 of who seeks care in
NOTE Confidence: 0.988346

00:10:20.355 --> 00:10:21.955 terms of clinical trials and
NOTE Confidence: 0.988346

00:10:21.955 --> 00:10:22.934 things like that.
NOTE Confidence: 0.95775056

00:10:24.690 --> 00:10:25.970 There are obviously a lot
NOTE Confidence: 0.95775056

00:10:25.970 --> 00:10:27.330 of limitations of this. You
NOTE Confidence: 0.95775056

00:10:27.330 --> 00:10:29.410 know, these, employed generally small
NOTE Confidence: 0.95775056

00:10:29.410 --> 00:10:30.850 convenient samples. There was a
NOTE Confidence: 0.95775056

00:10:30.850 --> 00:10:31.830 lot of heterogeneity
NOTE Confidence: 0.96473104

00:10:32.290 --> 00:10:33.650 in terms of them. Few
NOTE Confidence: 0.96473104

00:10:33.650 --> 00:10:34.929 of them used kind of
NOTE Confidence: 0.96473104

00:10:34.929 --> 00:10:36.870 the true DSM five criteria.

NOTE Confidence: 0.94527215

00:10:37.650 --> 00:10:39.170 And really a major problem

NOTE Confidence: 0.94527215

00:10:39.170 --> 00:10:40.725 kind of across research in

NOTE Confidence: 0.94527215

00:10:40.725 --> 00:10:41.925 general is there's really a

NOTE Confidence: 0.94527215

00:10:41.925 --> 00:10:43.684 limited of diversity in these

NOTE Confidence: 0.94527215

00:10:43.684 --> 00:10:44.184 samples.

NOTE Confidence: 0.9796785

00:10:44.725 --> 00:10:45.605 But I think the take

NOTE Confidence: 0.9796785

00:10:45.605 --> 00:10:46.645 home point is that these

NOTE Confidence: 0.9796785

00:10:46.645 --> 00:10:48.265 conditions are relatively common.

NOTE Confidence: 0.96232283

00:10:48.645 --> 00:10:50.245 And this is important, for

NOTE Confidence: 0.96232283

00:10:50.245 --> 00:10:51.525 the field because this allows

NOTE Confidence: 0.96232283

00:10:51.525 --> 00:10:52.804 us to really advocate that

NOTE Confidence: 0.96232283

00:10:52.804 --> 00:10:54.085 we need more research. We

NOTE Confidence: 0.96232283

00:10:54.085 --> 00:10:55.980 need more dedication, kinda clinical

NOTE Confidence: 0.96232283

00:10:55.980 --> 00:10:57.260 care on these conditions because

NOTE Confidence: 0.96232283

00:10:57.260 --> 00:10:59.339 these are really impacting a

NOTE Confidence: 0.96232283

00:10:59.339 --> 00:11:00.160 large proportion
NOTE Confidence: 0.90567327

00:11:00.620 --> 00:11:01.360 of individuals.
NOTE Confidence: 0.9828938

00:11:02.059 --> 00:11:03.339 And they may impact, we
NOTE Confidence: 0.9828938

00:11:03.339 --> 00:11:04.940 think, women more than men,
NOTE Confidence: 0.9828938

00:11:04.940 --> 00:11:06.139 though maybe not as high
NOTE Confidence: 0.9828938

00:11:06.139 --> 00:11:07.360 as previously thought.
NOTE Confidence: 0.980608

00:11:08.139 --> 00:11:09.019 So you may be asking,
NOTE Confidence: 0.980608

00:11:09.019 --> 00:11:10.275 okay. You're talking about these
NOTE Confidence: 0.980608

00:11:10.515 --> 00:11:12.915 conditions together. Are they actually
NOTE Confidence: 0.980608

00:11:12.915 --> 00:11:14.515 similar? Their definitions are similar,
NOTE Confidence: 0.980608

00:11:14.515 --> 00:11:15.475 but do they actually have
NOTE Confidence: 0.980608

00:11:15.475 --> 00:11:16.535 similar characteristics?
NOTE Confidence: 0.9889769

00:11:16.915 --> 00:11:18.195 And so this was a
NOTE Confidence: 0.9889769

00:11:18.195 --> 00:11:19.575 study done by Ashley,
NOTE Confidence: 0.9038617

00:11:20.915 --> 00:11:21.975 who was a
NOTE Confidence: 0.98728514

00:11:22.449 --> 00:11:24.050 undergrad working with me at

NOTE Confidence: 0.98728514
00:11:24.050 --> 00:11:24.550 Yale,
NOTE Confidence: 0.9533043
00:11:25.170 --> 00:11:25.990 with Louise.
NOTE Confidence: 0.9791955
00:11:26.529 --> 00:11:27.829 She's now a med student.
NOTE Confidence: 0.98638546
00:11:28.449 --> 00:11:30.050 And we basically took the
NOTE Confidence: 0.98638546
00:11:30.050 --> 00:11:31.329 samples that we had collected
NOTE Confidence: 0.98638546
00:11:31.329 --> 00:11:32.449 here, and we compared the
NOTE Confidence: 0.98638546
00:11:32.449 --> 00:11:33.750 individuals who had trick,
NOTE Confidence: 0.9180428
00:11:34.610 --> 00:11:36.230 skin picking, and both conditions.
NOTE Confidence: 0.9346123
00:11:37.089 --> 00:11:38.625 And we looked at kind
NOTE Confidence: 0.9346123
00:11:38.625 --> 00:11:39.824 of do they have similar
NOTE Confidence: 0.9346123
00:11:39.824 --> 00:11:41.665 kinda clinical profiles. And one
NOTE Confidence: 0.9346123
00:11:41.665 --> 00:11:42.545 thing you'll see is they
NOTE Confidence: 0.9346123
00:11:42.545 --> 00:11:43.985 have, in our sample at
NOTE Confidence: 0.9346123
00:11:43.985 --> 00:11:45.605 least, had really high rates
NOTE Confidence: 0.9346123
00:11:45.904 --> 00:11:47.665 of co occurring disorders, like,
NOTE Confidence: 0.9346123

00:11:47.665 --> 00:11:48.165 especially,
NOTE Confidence: 0.9798501

00:11:49.024 --> 00:11:51.125 anxiety, sixty three to eighty
NOTE Confidence: 0.98855484

00:11:51.429 --> 00:11:52.950 two percent in these three
NOTE Confidence: 0.98855484

00:11:52.950 --> 00:11:53.770 different groups,
NOTE Confidence: 0.963277

00:11:54.390 --> 00:11:56.250 high rates of depression, OCD.
NOTE Confidence: 0.9813988

00:11:56.870 --> 00:11:57.929 And there were essentially
NOTE Confidence: 0.9758941

00:11:58.390 --> 00:12:00.550 no statistical differences between the
NOTE Confidence: 0.9758941

00:12:00.550 --> 00:12:01.670 groups. They were all kinda
NOTE Confidence: 0.9758941

00:12:01.670 --> 00:12:03.030 similarly high. These were all
NOTE Confidence: 0.9758941

00:12:03.030 --> 00:12:04.870 very kinda similar profiles between
NOTE Confidence: 0.9758941

00:12:04.870 --> 00:12:05.295 them.
NOTE Confidence: 0.9738348

00:12:05.855 --> 00:12:06.894 We also because we have
NOTE Confidence: 0.9738348

00:12:06.894 --> 00:12:08.255 this large group of fifty
NOTE Confidence: 0.9738348

00:12:08.255 --> 00:12:09.774 individuals who have both trich
NOTE Confidence: 0.9738348

00:12:09.774 --> 00:12:10.894 and skin picking, we could
NOTE Confidence: 0.9738348

00:12:10.894 --> 00:12:12.274 look at that and compare

NOTE Confidence: 0.9730853
00:12:12.735 --> 00:12:14.595 their trich in these individuals
NOTE Confidence: 0.9730853
00:12:14.735 --> 00:12:16.255 to their skin picking symptoms.
NOTE Confidence: 0.9730853
00:12:16.255 --> 00:12:17.635 And we do find that
NOTE Confidence: 0.9730853
00:12:17.695 --> 00:12:19.295 within those individuals with both
NOTE Confidence: 0.9730853
00:12:19.295 --> 00:12:21.550 conditions, we see similar, we
NOTE Confidence: 0.9730853
00:12:21.550 --> 00:12:22.750 see this kind of positive
NOTE Confidence: 0.9730853
00:12:22.750 --> 00:12:24.910 correlation between the severity of
NOTE Confidence: 0.9730853
00:12:24.910 --> 00:12:26.270 hair pulling and skin picking
NOTE Confidence: 0.9730853
00:12:26.270 --> 00:12:26.770 symptoms,
NOTE Confidence: 0.99663734
00:12:27.230 --> 00:12:28.350 and we also see this
NOTE Confidence: 0.99663734
00:12:28.350 --> 00:12:30.510 correlation between their style of
NOTE Confidence: 0.99663734
00:12:30.510 --> 00:12:32.190 picking. So it looks like
NOTE Confidence: 0.99663734
00:12:32.190 --> 00:12:32.850 the individuals,
NOTE Confidence: 0.9921583
00:12:33.390 --> 00:12:34.990 who have both conditions tend
NOTE Confidence: 0.9921583
00:12:34.990 --> 00:12:35.975 to pull or pick in
NOTE Confidence: 0.9921583

00:12:35.975 --> 00:12:37.195 a similar style,
NOTE Confidence: 0.99294215

00:12:37.815 --> 00:12:38.695 to each other. And I'll
NOTE Confidence: 0.99294215

00:12:38.695 --> 00:12:39.815 describe the styles in a
NOTE Confidence: 0.99294215

00:12:39.815 --> 00:12:41.755 second, because that may sound
NOTE Confidence: 0.9701325

00:12:42.455 --> 00:12:43.415 those who aren't used to
NOTE Confidence: 0.9701325

00:12:43.415 --> 00:12:44.455 thinking about those, that may
NOTE Confidence: 0.97762084

00:12:45.575 --> 00:12:46.394 you may be
NOTE Confidence: 0.9992757

00:12:46.774 --> 00:12:47.915 questioning that.
NOTE Confidence: 0.99408984

00:12:49.780 --> 00:12:50.580 So as part of that,
NOTE Confidence: 0.99408984

00:12:50.580 --> 00:12:51.540 I'm gonna ask you you
NOTE Confidence: 0.99408984

00:12:51.540 --> 00:12:52.580 may be asking, okay. Well,
NOTE Confidence: 0.99408984

00:12:52.580 --> 00:12:53.780 what's the clinical course? I
NOTE Confidence: 0.99408984

00:12:53.780 --> 00:12:54.980 have a patient who presents
NOTE Confidence: 0.99408984

00:12:54.980 --> 00:12:55.700 to me. I can tell
NOTE Confidence: 0.99408984

00:12:55.700 --> 00:12:57.059 them this is relatively common,
NOTE Confidence: 0.99408984

00:12:57.059 --> 00:12:58.040 that these disorders

NOTE Confidence: 0.95795923
00:12:58.420 --> 00:12:59.780 commonly co occur with each
NOTE Confidence: 0.95795923
00:12:59.780 --> 00:13:00.280 other.
NOTE Confidence: 0.97904783
00:13:01.540 --> 00:13:02.040 But
NOTE Confidence: 0.9502774
00:13:02.495 --> 00:13:03.454 what can I tell them
NOTE Confidence: 0.9502774
00:13:03.454 --> 00:13:04.975 about kinda long term their
NOTE Confidence: 0.9502774
00:13:04.975 --> 00:13:05.475 prognosis?
NOTE Confidence: 0.9885442
00:13:07.855 --> 00:13:08.735 And we know,
NOTE Confidence: 0.9592778
00:13:09.214 --> 00:13:10.995 that both of these conditions
NOTE Confidence: 0.9592778
00:13:11.054 --> 00:13:12.514 tend to onset in adolescence.
NOTE Confidence: 0.9460569
00:13:12.894 --> 00:13:14.735 So Emily Ricketts, out at
NOTE Confidence: 0.9460569
00:13:14.735 --> 00:13:16.894 UCLA did these nice, latent
NOTE Confidence: 0.9460569
00:13:16.894 --> 00:13:17.795 factor analyses
NOTE Confidence: 0.971385
00:13:18.230 --> 00:13:19.350 where she showed that the
NOTE Confidence: 0.971385
00:13:19.350 --> 00:13:21.190 majority of individuals for both
NOTE Confidence: 0.971385
00:13:21.190 --> 00:13:22.710 disorders kinda fall in these
NOTE Confidence: 0.971385

00:13:22.710 --> 00:13:23.210 groups,
NOTE Confidence: 0.9781687

00:13:23.990 --> 00:13:25.130 that have this adolescent
NOTE Confidence: 0.98427737

00:13:25.670 --> 00:13:27.030 onset with a mean age
NOTE Confidence: 0.98427737

00:13:27.030 --> 00:13:28.630 of about twelve for trick
NOTE Confidence: 0.98427737

00:13:28.630 --> 00:13:30.730 and, thirteen for skin picking.
NOTE Confidence: 0.98427737

00:13:30.845 --> 00:13:31.725 And there are is a
NOTE Confidence: 0.98427737

00:13:31.725 --> 00:13:32.865 minority of individuals,
NOTE Confidence: 0.99427944

00:13:33.165 --> 00:13:34.365 that have kind of later
NOTE Confidence: 0.99427944

00:13:34.365 --> 00:13:35.184 adult onset.
NOTE Confidence: 0.9668029

00:13:36.205 --> 00:13:37.405 Of course, these can onset
NOTE Confidence: 0.9668029

00:13:37.405 --> 00:13:38.765 at any time, but this
NOTE Confidence: 0.9668029

00:13:38.765 --> 00:13:39.804 is just what is kind
NOTE Confidence: 0.9668029

00:13:39.804 --> 00:13:40.925 of most common as we're
NOTE Confidence: 0.9668029

00:13:40.925 --> 00:13:42.365 seeing this onset kinda right
NOTE Confidence: 0.9668029

00:13:42.365 --> 00:13:43.184 around puberty.
NOTE Confidence: 0.86044383

00:13:46.660 --> 00:13:47.319 Many patients,

NOTE Confidence: 0.9527477
00:13:47.779 --> 00:13:49.720 report being kind of fully,
NOTE Confidence: 0.97021127
00:13:50.100 --> 00:13:51.380 not being fully aware of
NOTE Confidence: 0.97021127
00:13:51.380 --> 00:13:52.420 it, and this is something
NOTE Confidence: 0.97021127
00:13:52.420 --> 00:13:53.940 we call automatic peeling. So
NOTE Confidence: 0.97021127
00:13:53.940 --> 00:13:54.740 this is what I meant
NOTE Confidence: 0.97021127
00:13:54.740 --> 00:13:56.339 by subtype. So people often
NOTE Confidence: 0.97021127
00:13:56.339 --> 00:13:57.620 describe that they'll be pulling
NOTE Confidence: 0.97021127
00:13:57.620 --> 00:13:58.579 and they're not even aware
NOTE Confidence: 0.97021127
00:13:58.579 --> 00:13:58.785 of
NOTE Confidence: 0.9320588
00:13:59.425 --> 00:13:59.691 of it. They might be
NOTE Confidence: 0.9320588
00:13:59.691 --> 00:14:00.545 watching TV, and then all
NOTE Confidence: 0.9320588
00:14:00.545 --> 00:14:01.745 of a sudden they've pulled
NOTE Confidence: 0.9320588
00:14:01.745 --> 00:14:03.125 like a a bald spot.
NOTE Confidence: 0.9408232
00:14:03.584 --> 00:14:05.444 There's also something called focus,
NOTE Confidence: 0.935161
00:14:05.824 --> 00:14:07.444 pulling or picking. And here,
NOTE Confidence: 0.94444275

00:14:07.745 --> 00:14:09.264 it's often intentional, like what
NOTE Confidence: 0.94444275

00:14:09.264 --> 00:14:10.785 Catherine described, where you have
NOTE Confidence: 0.94444275

00:14:10.785 --> 00:14:11.665 an out of place hair
NOTE Confidence: 0.94444275

00:14:11.665 --> 00:14:12.464 or maybe a hair that
NOTE Confidence: 0.94444275

00:14:12.464 --> 00:14:13.584 feels a little kinky, or
NOTE Confidence: 0.94444275

00:14:13.584 --> 00:14:14.400 there might be kind of
NOTE Confidence: 0.94444275

00:14:14.480 --> 00:14:15.760 specific triggers that lead to
NOTE Confidence: 0.94444275

00:14:15.760 --> 00:14:16.260 it.
NOTE Confidence: 0.9937096

00:14:17.520 --> 00:14:18.640 And and people tend to
NOTE Confidence: 0.9937096

00:14:18.640 --> 00:14:19.840 have a combination, but they
NOTE Confidence: 0.9937096

00:14:19.840 --> 00:14:20.960 may have more of one
NOTE Confidence: 0.9937096

00:14:20.960 --> 00:14:22.240 type than the other, and
NOTE Confidence: 0.9937096

00:14:22.240 --> 00:14:23.540 that has kind of implications
NOTE Confidence: 0.9937096

00:14:23.680 --> 00:14:24.800 for the therapy we do
NOTE Confidence: 0.9937096

00:14:24.800 --> 00:14:25.460 as well.
NOTE Confidence: 0.9764621

00:14:27.075 --> 00:14:28.355 Pulling and picking sites tend

NOTE Confidence: 0.9764621

00:14:28.355 --> 00:14:29.555 to increase over time, so

NOTE Confidence: 0.9764621

00:14:29.555 --> 00:14:30.915 that's something also you can

NOTE Confidence: 0.9764621

00:14:30.915 --> 00:14:32.595 tell families. Often, they'll be

NOTE Confidence: 0.9764621

00:14:32.595 --> 00:14:34.115 presenting with maybe just pulling

NOTE Confidence: 0.9764621

00:14:34.115 --> 00:14:35.875 from their scalp or, from

NOTE Confidence: 0.9764621

00:14:35.875 --> 00:14:37.635 their eyebrows or eyelashes, but

NOTE Confidence: 0.9764621

00:14:37.635 --> 00:14:38.835 it's likely that those sites

NOTE Confidence: 0.9764621

00:14:38.835 --> 00:14:40.290 will increase over time.

NOTE Confidence: 0.9620086

00:14:40.850 --> 00:14:41.810 And we know that when,

NOTE Confidence: 0.9620086

00:14:42.050 --> 00:14:43.410 the few studies that compared

NOTE Confidence: 0.9620086

00:14:43.410 --> 00:14:44.630 children to adults,

NOTE Confidence: 0.9784273

00:14:45.089 --> 00:14:46.209 we know that in general,

NOTE Confidence: 0.9784273

00:14:46.209 --> 00:14:47.410 when kids are younger, they

NOTE Confidence: 0.9784273

00:14:47.410 --> 00:14:48.769 tend to have less impairment

NOTE Confidence: 0.9784273

00:14:48.769 --> 00:14:49.810 and distress. They tend to

NOTE Confidence: 0.9784273

00:14:49.810 --> 00:14:50.930 be less bothered by it,
NOTE Confidence: 0.9784273

00:14:50.930 --> 00:14:52.455 kind of like with tics.
NOTE Confidence: 0.9784273

00:14:52.775 --> 00:14:54.055 Often the kids aren't bothered
NOTE Confidence: 0.9784273

00:14:54.055 --> 00:14:54.935 by the tics, but the
NOTE Confidence: 0.9784273

00:14:54.935 --> 00:14:56.295 parents may be very bothered
NOTE Confidence: 0.9784273

00:14:56.295 --> 00:14:56.955 by it.
NOTE Confidence: 0.96390426

00:14:57.895 --> 00:14:59.255 And, it tends to be
NOTE Confidence: 0.96390426

00:14:59.255 --> 00:15:00.615 more automatic. So there's more
NOTE Confidence: 0.96390426

00:15:00.615 --> 00:15:01.835 kind of out of consciousness
NOTE Confidence: 0.96390426

00:15:02.135 --> 00:15:03.115 picking and pulling.
NOTE Confidence: 0.9996494

00:15:04.709 --> 00:15:06.009 There are not many longitudinal
NOTE Confidence: 0.9973011

00:15:06.310 --> 00:15:07.670 studies. In fact, the only
NOTE Confidence: 0.9973011

00:15:07.670 --> 00:15:08.170 longitudinal
NOTE Confidence: 0.9792519

00:15:08.550 --> 00:15:09.829 study I know of done
NOTE Confidence: 0.9792519

00:15:09.829 --> 00:15:10.949 in kids was done by
NOTE Confidence: 0.9792519

00:15:10.949 --> 00:15:12.149 Michael Block. So I hope

NOTE Confidence: 0.9792519

00:15:12.149 --> 00:15:13.110 it's okay with him, but

NOTE Confidence: 0.9792519

00:15:13.110 --> 00:15:14.230 I wanted to show one

NOTE Confidence: 0.9792519

00:15:14.230 --> 00:15:15.449 of his older papers.

NOTE Confidence: 0.9679712

00:15:16.785 --> 00:15:18.464 So he did a follow-up

NOTE Confidence: 0.9679712

00:15:18.464 --> 00:15:20.385 study of, his clinical trial,

NOTE Confidence: 0.9679712

00:15:20.385 --> 00:15:22.065 and so he compared kids

NOTE Confidence: 0.9679712

00:15:22.065 --> 00:15:23.185 who he had seen who

NOTE Confidence: 0.9679712

00:15:23.185 --> 00:15:24.065 had an average age of

NOTE Confidence: 0.9679712

00:15:24.065 --> 00:15:25.345 thirteen and then followed them

NOTE Confidence: 0.9679712

00:15:25.345 --> 00:15:26.065 up when they were on

NOTE Confidence: 0.9679712

00:15:26.065 --> 00:15:28.065 average sixteen years old. And

NOTE Confidence: 0.9679712

00:15:28.065 --> 00:15:29.024 what we he found in

NOTE Confidence: 0.9679712

00:15:29.024 --> 00:15:30.305 these kids is in general,

NOTE Confidence: 0.9679712

00:15:30.305 --> 00:15:31.365 they had similar

NOTE Confidence: 0.977818

00:15:31.860 --> 00:15:33.000 hair pulling symptoms.

NOTE Confidence: 0.95515776

00:15:33.380 --> 00:15:34.420 So the severity of their
NOTE Confidence: 0.95515776

00:15:34.420 --> 00:15:35.220 hair pull these are all
NOTE Confidence: 0.95515776

00:15:35.220 --> 00:15:36.680 hair pulling measures here.
NOTE Confidence: 0.89095855

00:15:37.459 --> 00:15:38.440 But, interestingly,
NOTE Confidence: 0.97367096

00:15:39.060 --> 00:15:40.339 there was as I've kinda
NOTE Confidence: 0.97367096

00:15:40.339 --> 00:15:42.100 described, there was this decrease
NOTE Confidence: 0.97367096

00:15:42.100 --> 00:15:43.399 in automatic pulling.
NOTE Confidence: 0.98627275

00:15:43.779 --> 00:15:45.220 So over time, these kids
NOTE Confidence: 0.98627275

00:15:45.220 --> 00:15:46.260 were, no
NOTE Confidence: 0.97122616

00:15:47.225 --> 00:15:48.345 having more kind of the
NOTE Confidence: 0.97122616

00:15:48.345 --> 00:15:49.705 the focus pulling and less
NOTE Confidence: 0.97122616

00:15:49.705 --> 00:15:50.525 of the automatic.
NOTE Confidence: 0.9986698

00:15:51.465 --> 00:15:52.685 And this is really important.
NOTE Confidence: 0.991327

00:15:52.985 --> 00:15:54.745 There were higher rates of,
NOTE Confidence: 0.991327

00:15:55.065 --> 00:15:56.985 depression measured in the CDI
NOTE Confidence: 0.991327

00:15:56.985 --> 00:15:58.365 and higher rates of anxiety

NOTE Confidence: 0.991327
00:15:58.505 --> 00:15:59.670 measured by the mask.
NOTE Confidence: 0.9650518
00:16:00.389 --> 00:16:01.430 And people this is a
NOTE Confidence: 0.9650518
00:16:01.430 --> 00:16:03.190 question we often get in
NOTE Confidence: 0.9650518
00:16:03.190 --> 00:16:04.470 clinic. People feel like, well,
NOTE Confidence: 0.9650518
00:16:04.470 --> 00:16:05.670 aren't they pulling or picking
NOTE Confidence: 0.9650518
00:16:05.670 --> 00:16:07.190 because they're, like, nervous or
NOTE Confidence: 0.9650518
00:16:07.190 --> 00:16:07.690 because,
NOTE Confidence: 0.95502883
00:16:08.310 --> 00:16:10.389 and sometimes, yes. Sometimes it's
NOTE Confidence: 0.95502883
00:16:10.389 --> 00:16:11.690 kind of due to anxiety
NOTE Confidence: 0.79605323
00:16:12.310 --> 00:16:12.810 or,
NOTE Confidence: 0.9037355
00:16:13.884 --> 00:16:14.944 kind of mood symptoms,
NOTE Confidence: 0.96353996
00:16:15.245 --> 00:16:16.605 but sometimes it just happens
NOTE Confidence: 0.96353996
00:16:16.605 --> 00:16:18.204 by itself. And this data
NOTE Confidence: 0.96353996
00:16:18.204 --> 00:16:19.824 really suggests that actually,
NOTE Confidence: 0.9758118
00:16:20.125 --> 00:16:21.245 in this case, kind of
NOTE Confidence: 0.9758118

00:16:21.245 --> 00:16:22.144 the hair pulling
NOTE Confidence: 0.9938221

00:16:22.685 --> 00:16:23.904 seems to come earlier,
NOTE Confidence: 0.9935226

00:16:25.084 --> 00:16:26.285 and that the depression and
NOTE Confidence: 0.9935226

00:16:26.285 --> 00:16:28.125 anxiety symptoms are happening later.
NOTE Confidence: 0.9935226

00:16:28.125 --> 00:16:29.324 And so this really suggests
NOTE Confidence: 0.9935226

00:16:29.324 --> 00:16:30.470 that childhood may be a
NOTE Confidence: 0.9935226

00:16:30.470 --> 00:16:31.750 really important time for us
NOTE Confidence: 0.9935226

00:16:31.750 --> 00:16:32.970 to intervene on this.
NOTE Confidence: 0.9687059

00:16:33.589 --> 00:16:35.050 And we haven't done longitudinal
NOTE Confidence: 0.9687059

00:16:35.269 --> 00:16:36.709 follow-up of our samples, although
NOTE Confidence: 0.9687059

00:16:36.709 --> 00:16:37.750 as I was putting together
NOTE Confidence: 0.9687059

00:16:37.750 --> 00:16:39.029 this presentation, I think that's
NOTE Confidence: 0.9687059

00:16:39.029 --> 00:16:40.170 something I should do.
NOTE Confidence: 0.99641216

00:16:40.709 --> 00:16:41.910 But we were able to
NOTE Confidence: 0.99641216

00:16:41.910 --> 00:16:42.889 look at our data,
NOTE Confidence: 0.9597996

00:16:43.350 --> 00:16:44.564 and look, because we have

NOTE Confidence: 0.9597996
00:16:44.564 --> 00:16:45.444 a wide range in our
NOTE Confidence: 0.9597996
00:16:45.444 --> 00:16:46.824 data and kinda look cross
NOTE Confidence: 0.9597996
00:16:46.884 --> 00:16:47.384 sectionally,
NOTE Confidence: 0.9482503
00:16:48.324 --> 00:16:48.805 cross,
NOTE Confidence: 0.96287596
00:16:49.204 --> 00:16:50.644 these, hundred and fifty two
NOTE Confidence: 0.96287596
00:16:50.644 --> 00:16:52.004 individuals who have trick and
NOTE Confidence: 0.96287596
00:16:52.004 --> 00:16:53.144 or skin picking.
NOTE Confidence: 0.9661264
00:16:53.605 --> 00:16:54.805 And what we find is
NOTE Confidence: 0.9661264
00:16:54.805 --> 00:16:55.925 that although kind of these
NOTE Confidence: 0.9661264
00:16:55.925 --> 00:16:57.444 symptoms tend to onset in
NOTE Confidence: 0.9661264
00:16:57.444 --> 00:16:59.190 early adolescence, they tend to
NOTE Confidence: 0.9661264
00:16:59.350 --> 00:17:01.030 peak in our samples in
NOTE Confidence: 0.9661264
00:17:01.030 --> 00:17:02.970 severity in later adolescence. So
NOTE Confidence: 0.9661264
00:17:03.270 --> 00:17:04.470 with trick, when we did
NOTE Confidence: 0.9661264
00:17:04.470 --> 00:17:05.690 this joint point regression,
NOTE Confidence: 0.97177273

00:17:06.070 --> 00:17:07.670 the peak severity was around
NOTE Confidence: 0.97177273

00:17:07.670 --> 00:17:08.730 eighteen years old,
NOTE Confidence: 0.90856403

00:17:09.030 --> 00:17:10.869 and the for excoriation disorder
NOTE Confidence: 0.90856403

00:17:10.869 --> 00:17:12.390 was around sixteen years old.
NOTE Confidence: 0.90856403

00:17:12.390 --> 00:17:13.530 And so this really,
NOTE Confidence: 0.7327769

00:17:14.595 --> 00:17:15.095 suggests,
NOTE Confidence: 0.974729

00:17:16.195 --> 00:17:17.475 that we may be seeing
NOTE Confidence: 0.974729

00:17:17.475 --> 00:17:18.755 kids in the clinic when
NOTE Confidence: 0.974729

00:17:18.755 --> 00:17:20.195 they're really experiencing some of
NOTE Confidence: 0.974729

00:17:20.195 --> 00:17:21.395 their most severe symptoms and
NOTE Confidence: 0.974729

00:17:21.395 --> 00:17:22.115 really in,
NOTE Confidence: 0.960752

00:17:22.515 --> 00:17:23.575 in need of treatments.
NOTE Confidence: 0.99660397

00:17:24.515 --> 00:17:25.635 So how are we doing
NOTE Confidence: 0.99660397

00:17:25.715 --> 00:17:26.755 speaking of treatments, how are
NOTE Confidence: 0.99660397

00:17:26.755 --> 00:17:28.135 we doing treating these conditions?
NOTE Confidence: 0.989145

00:17:29.660 --> 00:17:31.179 And so these studies are

NOTE Confidence: 0.989145

00:17:31.179 --> 00:17:32.140 a bit older, but I

NOTE Confidence: 0.989145

00:17:32.140 --> 00:17:33.179 like to cite them because

NOTE Confidence: 0.989145

00:17:33.179 --> 00:17:34.220 they are still really the

NOTE Confidence: 0.989145

00:17:34.220 --> 00:17:35.980 largest surveys we have available

NOTE Confidence: 0.989145

00:17:35.980 --> 00:17:37.260 of individuals who have these

NOTE Confidence: 0.989145

00:17:37.260 --> 00:17:37.760 conditions.

NOTE Confidence: 0.97803956

00:17:39.419 --> 00:17:41.020 And the results are pretty

NOTE Confidence: 0.97803956

00:17:41.020 --> 00:17:41.520 sobering.

NOTE Confidence: 0.9916593

00:17:42.434 --> 00:17:43.794 So in these surveys of

NOTE Confidence: 0.9916593

00:17:43.794 --> 00:17:45.715 those who sought treatment, twenty

NOTE Confidence: 0.9916593

00:17:45.715 --> 00:17:46.534 eight to thirty

NOTE Confidence: 0.9809776

00:17:47.315 --> 00:17:49.095 percent felt that their provider

NOTE Confidence: 0.9809776

00:17:49.154 --> 00:17:50.355 had never heard of the

NOTE Confidence: 0.9809776

00:17:50.355 --> 00:17:51.715 disorder. So everyone in this

NOTE Confidence: 0.9809776

00:17:51.715 --> 00:17:52.674 room is doing better than

NOTE Confidence: 0.9809776

00:17:52.674 --> 00:17:53.794 that that twenty eight to
NOTE Confidence: 0.9809776

00:17:53.794 --> 00:17:54.534 thirty percent.
NOTE Confidence: 0.976495

00:17:55.970 --> 00:17:58.130 Only thirteen to fifteen percent
NOTE Confidence: 0.976495

00:17:58.130 --> 00:17:59.410 felt that their provider knew
NOTE Confidence: 0.976495

00:17:59.410 --> 00:18:00.770 a lot or was an
NOTE Confidence: 0.976495

00:18:00.770 --> 00:18:02.530 expert in excoriation disorder and
NOTE Confidence: 0.976495

00:18:02.530 --> 00:18:03.030 trichotillomania.
NOTE Confidence: 0.9924131

00:18:03.970 --> 00:18:04.850 And I'm hoping by the
NOTE Confidence: 0.9924131

00:18:04.850 --> 00:18:05.730 end of this, you guys
NOTE Confidence: 0.9924131

00:18:05.730 --> 00:18:06.790 all feel like experts.
NOTE Confidence: 0.95288324

00:18:10.635 --> 00:18:12.155 Fifty four to fifty eight
NOTE Confidence: 0.95288324

00:18:12.155 --> 00:18:13.595 percent felt that their symptoms
NOTE Confidence: 0.95288324

00:18:13.595 --> 00:18:15.435 were unchanged or worse by
NOTE Confidence: 0.95288324

00:18:15.435 --> 00:18:16.875 the treatment that they received.
NOTE Confidence: 0.95288324

00:18:16.875 --> 00:18:18.235 And I wanna pause on
NOTE Confidence: 0.95288324

00:18:18.235 --> 00:18:19.275 this because this is, like,

NOTE Confidence: 0.95288324
00:18:19.275 --> 00:18:20.875 shocking. Right? This is over
NOTE Confidence: 0.95288324
00:18:20.875 --> 00:18:21.855 fifteen percent
NOTE Confidence: 0.99360645
00:18:22.235 --> 00:18:24.095 feel unchanged or worse.
NOTE Confidence: 0.97921634
00:18:24.540 --> 00:18:25.580 I mean, that's like we're
NOTE Confidence: 0.97921634
00:18:25.580 --> 00:18:27.119 almost doing harm. Right?
NOTE Confidence: 0.99570227
00:18:28.460 --> 00:18:29.740 And only four to five
NOTE Confidence: 0.99570227
00:18:29.740 --> 00:18:31.820 percent reported very being very
NOTE Confidence: 0.99570227
00:18:31.820 --> 00:18:32.640 much improved.
NOTE Confidence: 0.9994585
00:18:33.900 --> 00:18:36.000 And the most common treatment
NOTE Confidence: 0.9994585
00:18:36.060 --> 00:18:36.560 received
NOTE Confidence: 0.9947915
00:18:37.035 --> 00:18:37.935 was pharmacotherapy
NOTE Confidence: 0.9915274
00:18:38.875 --> 00:18:39.775 with SSRIs
NOTE Confidence: 0.98201025
00:18:40.075 --> 00:18:41.195 being the most common class.
NOTE Confidence: 0.98201025
00:18:41.195 --> 00:18:42.315 And I'm gonna do a
NOTE Confidence: 0.98201025
00:18:42.315 --> 00:18:43.275 bit of a spoiler because
NOTE Confidence: 0.98201025

00:18:43.275 --> 00:18:44.234 I'm gonna talk about the
NOTE Confidence: 0.98201025

00:18:44.234 --> 00:18:46.095 treatments now. But, really, pharmacotherapy
NOTE Confidence: 0.98201025

00:18:46.395 --> 00:18:47.775 should not be first line.
NOTE Confidence: 0.9947168

00:18:48.234 --> 00:18:49.675 There's much more evidence for
NOTE Confidence: 0.9947168

00:18:49.675 --> 00:18:50.734 behavioral therapies.
NOTE Confidence: 0.9541833

00:18:51.435 --> 00:18:51.935 And,
NOTE Confidence: 0.9778925

00:18:52.609 --> 00:18:53.730 if Michael Block were here,
NOTE Confidence: 0.9778925

00:18:53.730 --> 00:18:54.690 one of the things he
NOTE Confidence: 0.9778925

00:18:54.690 --> 00:18:55.730 often told me is the
NOTE Confidence: 0.9778925

00:18:55.730 --> 00:18:57.190 one thing he feels confident
NOTE Confidence: 0.96001196

00:18:57.810 --> 00:18:58.210 about,
NOTE Confidence: 0.99737376

00:18:58.770 --> 00:19:00.390 the pharmacology of trichotillomania
NOTE Confidence: 0.96093726

00:19:00.850 --> 00:19:02.130 is that SSRIs do not
NOTE Confidence: 0.96093726

00:19:02.130 --> 00:19:02.630 work.
NOTE Confidence: 0.9703396

00:19:03.650 --> 00:19:04.609 So they may help for
NOTE Confidence: 0.9703396

00:19:04.609 --> 00:19:05.935 co occurring conditions, but they

NOTE Confidence: 0.83876246

00:19:06.655 --> 00:19:07.155 there's,

NOTE Confidence: 0.99903476

00:19:07.695 --> 00:19:09.215 substantial evidence that they actually

NOTE Confidence: 0.99903476

00:19:09.215 --> 00:19:10.175 do not help with the

NOTE Confidence: 0.99903476

00:19:10.175 --> 00:19:11.234 hair pulling itself.

NOTE Confidence: 0.9613552

00:19:12.734 --> 00:19:13.695 You would think they might

NOTE Confidence: 0.9613552

00:19:13.695 --> 00:19:15.055 because they're so helpful in

NOTE Confidence: 0.9613552

00:19:15.055 --> 00:19:17.155 OCD and anxiety and depression.

NOTE Confidence: 0.9613552

00:19:17.215 --> 00:19:17.715 But,

NOTE Confidence: 0.98630214

00:19:18.590 --> 00:19:19.490 okay. So,

NOTE Confidence: 0.99201655

00:19:19.950 --> 00:19:21.150 now I wanna present these

NOTE Confidence: 0.99201655

00:19:21.150 --> 00:19:22.910 are actually unpublished results. This

NOTE Confidence: 0.99201655

00:19:22.910 --> 00:19:24.609 is a network meta analysis,

NOTE Confidence: 0.8343466

00:19:27.630 --> 00:19:28.770 led by Louise,

NOTE Confidence: 0.967637

00:19:29.790 --> 00:19:30.830 and and so this is

NOTE Confidence: 0.967637

00:19:30.830 --> 00:19:31.950 under review right now. So

NOTE Confidence: 0.967637

00:19:31.950 --> 00:19:32.685 fingers crossed.
NOTE Confidence: 0.94728553

00:19:33.965 --> 00:19:35.645 And, he has really become
NOTE Confidence: 0.94728553

00:19:35.645 --> 00:19:36.845 an expert kind of working
NOTE Confidence: 0.94728553

00:19:36.845 --> 00:19:38.285 with Michael and doing these,
NOTE Confidence: 0.94728553

00:19:38.445 --> 00:19:39.965 network meta analyses. And what's
NOTE Confidence: 0.94728553

00:19:39.965 --> 00:19:41.565 interesting about these is you
NOTE Confidence: 0.94728553

00:19:41.565 --> 00:19:42.065 can
NOTE Confidence: 0.97638

00:19:42.365 --> 00:19:43.565 not only look at the
NOTE Confidence: 0.97638

00:19:43.565 --> 00:19:45.245 level of evidence for different,
NOTE Confidence: 0.95710886

00:19:45.725 --> 00:19:47.710 interventions, but you actually can
NOTE Confidence: 0.95710886

00:19:47.710 --> 00:19:49.789 compare interventions even if there
NOTE Confidence: 0.95710886

00:19:49.789 --> 00:19:51.149 aren't kinda head to head
NOTE Confidence: 0.95710886

00:19:51.149 --> 00:19:51.649 trials
NOTE Confidence: 0.99690825

00:19:51.950 --> 00:19:53.169 of different interventions.
NOTE Confidence: 0.9703252

00:19:54.669 --> 00:19:55.950 And so I'm gonna start.
NOTE Confidence: 0.9703252

00:19:55.950 --> 00:19:57.309 We, you know, over the

NOTE Confidence: 0.9703252

00:19:57.309 --> 00:19:59.409 last two years, we identified,

NOTE Confidence: 0.93100715

00:20:00.109 --> 00:20:01.785 a hundred and thirteen kinda

NOTE Confidence: 0.93100715

00:20:01.785 --> 00:20:02.285 published

NOTE Confidence: 0.995037

00:20:02.744 --> 00:20:03.244 study

NOTE Confidence: 0.95744824

00:20:05.385 --> 00:20:06.925 studies, a hundred and thirteen,

NOTE Confidence: 0.95744824

00:20:07.065 --> 00:20:08.045 I guess, papers

NOTE Confidence: 0.97234505

00:20:08.345 --> 00:20:09.725 that reported on fifty,

NOTE Confidence: 0.97786313

00:20:10.505 --> 00:20:11.484 six individual,

NOTE Confidence: 0.9064499

00:20:12.025 --> 00:20:14.285 randomized controlled trials of interventions,

NOTE Confidence: 0.9456468

00:20:14.905 --> 00:20:15.725 that are summarized.

NOTE Confidence: 0.97870255

00:20:16.410 --> 00:20:16.890 So,

NOTE Confidence: 0.99824864

00:20:17.610 --> 00:20:19.770 psychotherapies are certainly the most

NOTE Confidence: 0.99824864

00:20:19.770 --> 00:20:20.750 well studied.

NOTE Confidence: 0.99163556

00:20:21.690 --> 00:20:22.970 This is a little hard

NOTE Confidence: 0.99163556

00:20:22.970 --> 00:20:24.410 to see, but the thicker

NOTE Confidence: 0.99163556

00:20:24.410 --> 00:20:25.690 the line, the more studies
NOTE Confidence: 0.99163556

00:20:25.690 --> 00:20:26.650 there are. And I'll just
NOTE Confidence: 0.99163556

00:20:26.650 --> 00:20:27.310 tell you
NOTE Confidence: 0.99600136

00:20:27.610 --> 00:20:29.765 that the most commonly studied,
NOTE Confidence: 0.9835197

00:20:30.225 --> 00:20:31.125 are behavioral
NOTE Confidence: 0.9593002

00:20:31.425 --> 00:20:33.105 therapies. There are nine studies
NOTE Confidence: 0.9593002

00:20:33.105 --> 00:20:34.545 comparing to wait list, and
NOTE Confidence: 0.9593002

00:20:34.545 --> 00:20:36.625 then cognitive behavioral therapies. And
NOTE Confidence: 0.9593002

00:20:36.625 --> 00:20:38.385 so we've actually kinda made
NOTE Confidence: 0.9593002

00:20:38.385 --> 00:20:39.585 those categories. So I'm gonna
NOTE Confidence: 0.9593002

00:20:39.585 --> 00:20:40.500 tell you a little bit
NOTE Confidence: 0.9593002

00:20:40.740 --> 00:20:41.700 how we kind of group
NOTE Confidence: 0.9593002

00:20:41.700 --> 00:20:43.480 these together. So behavioral therapies
NOTE Confidence: 0.9559261

00:20:44.100 --> 00:20:45.720 are kind of habit reversal
NOTE Confidence: 0.9559261

00:20:45.859 --> 00:20:46.359 training
NOTE Confidence: 0.9222661

00:20:46.980 --> 00:20:48.520 and kind of related techniques,

NOTE Confidence: 0.9222661
00:20:48.580 --> 00:20:50.760 primarily just that behavioral components,
NOTE Confidence: 0.9932714
00:20:51.780 --> 00:20:53.560 whereas cognitive behavioral therapies,
NOTE Confidence: 0.9970437
00:20:54.340 --> 00:20:55.000 are often
NOTE Confidence: 0.99822646
00:20:55.934 --> 00:20:57.534 interventions that are kind of
NOTE Confidence: 0.99822646
00:20:57.534 --> 00:20:58.034 enhanced
NOTE Confidence: 0.9664791
00:20:58.414 --> 00:21:00.494 behavioral therapies. So have some
NOTE Confidence: 0.9664791
00:21:00.494 --> 00:21:02.255 sort of kind of cognitive
NOTE Confidence: 0.9664791
00:21:02.255 --> 00:21:04.274 restructuring or third wave components,
NOTE Confidence: 0.92849165
00:21:05.375 --> 00:21:06.654 or they're kind of those
NOTE Confidence: 0.92849165
00:21:06.654 --> 00:21:08.494 cognitive components alone. So like
NOTE Confidence: 0.92849165
00:21:08.494 --> 00:21:09.429 a study
NOTE Confidence: 0.761331
00:21:09.970 --> 00:21:11.030 of, like, acceptance,
NOTE Confidence: 0.9026131
00:21:11.410 --> 00:21:12.869 ACT, or, DBT.
NOTE Confidence: 0.69988227
00:21:15.090 --> 00:21:15.590 So
NOTE Confidence: 0.99699444
00:21:16.210 --> 00:21:17.169 this is not my area
NOTE Confidence: 0.99699444

00:21:17.169 --> 00:21:18.289 of expertise. I am a
NOTE Confidence: 0.99699444

00:21:18.289 --> 00:21:19.890 child psychiatrist, not a therapist,
NOTE Confidence: 0.99699444

00:21:19.890 --> 00:21:20.690 but I will try to
NOTE Confidence: 0.99699444

00:21:20.690 --> 00:21:22.369 do my best to, kinda
NOTE Confidence: 0.99699444

00:21:22.369 --> 00:21:23.625 explain this. I think
NOTE Confidence: 0.9790178

00:21:24.025 --> 00:21:25.305 it's important to think about
NOTE Confidence: 0.9790178

00:21:25.305 --> 00:21:26.265 kind of the history of
NOTE Confidence: 0.9790178

00:21:26.265 --> 00:21:28.665 these behavioral therapies. So habit
NOTE Confidence: 0.9790178

00:21:28.665 --> 00:21:30.425 reversal training was really the
NOTE Confidence: 0.9790178

00:21:30.425 --> 00:21:32.185 first therapy that was shown
NOTE Confidence: 0.9790178

00:21:32.185 --> 00:21:33.805 to be helpful in trichotillomania
NOTE Confidence: 0.8520207

00:21:34.345 --> 00:21:35.244 and skip picking,
NOTE Confidence: 0.9944721

00:21:35.545 --> 00:21:37.225 and, this involves a few
NOTE Confidence: 0.9944721

00:21:37.225 --> 00:21:38.390 kind of components. So the
NOTE Confidence: 0.9944721

00:21:38.390 --> 00:21:39.929 first step is usually psychoeducation.
NOTE Confidence: 0.9616713

00:21:40.789 --> 00:21:41.830 The next step is this

NOTE Confidence: 0.9616713

00:21:41.830 --> 00:21:43.590 awareness training. And this is

NOTE Confidence: 0.9616713

00:21:43.590 --> 00:21:45.429 really important particularly in these

NOTE Confidence: 0.9616713

00:21:45.429 --> 00:21:46.789 disorders. Right? Because I talked

NOTE Confidence: 0.9616713

00:21:46.789 --> 00:21:47.669 about how a lot of

NOTE Confidence: 0.9616713

00:21:47.669 --> 00:21:48.710 the hair pulling and skin

NOTE Confidence: 0.9616713

00:21:48.710 --> 00:21:50.309 picking can be automatic, so

NOTE Confidence: 0.9616713

00:21:50.309 --> 00:21:51.510 kind of being aware on

NOTE Confidence: 0.9616713

00:21:51.510 --> 00:21:52.549 it if you wanna change

NOTE Confidence: 0.9616713

00:21:52.549 --> 00:21:53.984 that behavior is really important.

NOTE Confidence: 0.989521

00:21:55.085 --> 00:21:57.184 There's usually a stimulus control

NOTE Confidence: 0.7264825

00:21:57.885 --> 00:21:58.385 component,

NOTE Confidence: 0.9758851

00:21:59.085 --> 00:22:00.684 where you're really addressing kind

NOTE Confidence: 0.9758851

00:22:00.684 --> 00:22:02.765 of, removing a triggering part

NOTE Confidence: 0.9758851

00:22:02.765 --> 00:22:04.605 of the environment. So this

NOTE Confidence: 0.9758851

00:22:04.605 --> 00:22:05.804 might look like, you know,

NOTE Confidence: 0.9758851

00:22:05.804 --> 00:22:07.325 covering up mirrors if that
NOTE Confidence: 0.9758851

00:22:07.325 --> 00:22:07.740 is,
NOTE Confidence: 0.9934473

00:22:08.140 --> 00:22:08.720 a trigger.
NOTE Confidence: 0.9632979

00:22:09.420 --> 00:22:11.179 It might be limiting TV.
NOTE Confidence: 0.9632979

00:22:11.179 --> 00:22:12.700 Sometimes people will pull while
NOTE Confidence: 0.9632979

00:22:12.700 --> 00:22:14.140 they're watching TV or picking,
NOTE Confidence: 0.9632979

00:22:14.460 --> 00:22:15.660 or pick during that time.
NOTE Confidence: 0.9632979

00:22:15.660 --> 00:22:16.859 And then the kind of
NOTE Confidence: 0.9632979

00:22:16.859 --> 00:22:18.460 core of HRT is kinda
NOTE Confidence: 0.9632979

00:22:18.460 --> 00:22:20.640 developing this competing response, so
NOTE Confidence: 0.9632979

00:22:20.700 --> 00:22:22.335 an alternative movement
NOTE Confidence: 0.9995206

00:22:22.794 --> 00:22:23.934 that directly opposes
NOTE Confidence: 0.9903071

00:22:24.394 --> 00:22:25.434 it. And so this was
NOTE Confidence: 0.9903071

00:22:25.434 --> 00:22:26.715 really what was studied for
NOTE Confidence: 0.9903071

00:22:26.715 --> 00:22:28.315 a long time in terms
NOTE Confidence: 0.9903071

00:22:28.315 --> 00:22:28.975 of treating,

NOTE Confidence: 0.92921644

00:22:31.274 --> 00:22:31.774 BFRBs.

NOTE Confidence: 0.9664163

00:22:32.234 --> 00:22:33.595 But more recently, they've kind

NOTE Confidence: 0.9664163

00:22:33.595 --> 00:22:34.815 of been at

NOTE Confidence: 0.9887276

00:22:35.210 --> 00:22:37.070 the addition of additional components

NOTE Confidence: 0.9887276

00:22:37.210 --> 00:22:39.130 to it. So adding sort

NOTE Confidence: 0.9887276

00:22:39.130 --> 00:22:40.350 of cognitive therapy

NOTE Confidence: 0.9619717

00:22:40.890 --> 00:22:42.570 techniques, so not just focusing

NOTE Confidence: 0.9619717

00:22:42.570 --> 00:22:44.090 on the behavior, but also

NOTE Confidence: 0.9619717

00:22:44.090 --> 00:22:45.850 we triggering thoughts that may

NOTE Confidence: 0.9619717

00:22:45.850 --> 00:22:46.910 lead to the behavior,

NOTE Confidence: 0.9633683

00:22:48.170 --> 00:22:50.330 emotional regulation training, and then

NOTE Confidence: 0.9633683

00:22:50.330 --> 00:22:50.744 kind of,

NOTE Confidence: 0.9827923

00:22:51.545 --> 00:22:53.705 mindfulness and acceptance and commitment

NOTE Confidence: 0.9827923

00:22:53.705 --> 00:22:54.205 therapy.

NOTE Confidence: 0.9814185

00:22:54.744 --> 00:22:55.945 So what we found when

NOTE Confidence: 0.9814185

00:22:55.945 --> 00:22:56.984 we kind of group the
NOTE Confidence: 0.9814185

00:22:56.984 --> 00:22:58.505 trials these ways is that
NOTE Confidence: 0.9814185

00:22:58.505 --> 00:23:00.665 we found that, behavioral cognitive
NOTE Confidence: 0.9814185

00:23:00.665 --> 00:23:01.165 behavioral
NOTE Confidence: 0.9529765

00:23:01.545 --> 00:23:03.625 therapy and actually supportive behavioral
NOTE Confidence: 0.9529765

00:23:03.625 --> 00:23:05.005 therapy that was a control
NOTE Confidence: 0.9529765

00:23:05.225 --> 00:23:06.420 in many of the trials,
NOTE Confidence: 0.8446282

00:23:07.780 --> 00:23:09.000 were, beneficial
NOTE Confidence: 0.9997715

00:23:09.380 --> 00:23:10.040 at reducing
NOTE Confidence: 0.94605994

00:23:10.420 --> 00:23:12.260 BFRB symptoms compared to wait
NOTE Confidence: 0.94605994

00:23:12.260 --> 00:23:13.800 list. I just wanna highlight
NOTE Confidence: 0.94605994

00:23:13.859 --> 00:23:15.380 the two groups, as I
NOTE Confidence: 0.94605994

00:23:15.380 --> 00:23:16.340 said, that were kind of
NOTE Confidence: 0.94605994

00:23:16.420 --> 00:23:17.540 are most well studied or
NOTE Confidence: 0.94605994

00:23:17.540 --> 00:23:19.080 kind of these cognitive behavioral
NOTE Confidence: 0.98938096

00:23:20.155 --> 00:23:22.234 techniques versus the behavioral. And

NOTE Confidence: 0.98938096
00:23:22.234 --> 00:23:23.835 in this network meta analysis,
NOTE Confidence: 0.98938096
00:23:23.835 --> 00:23:25.115 we actually do see a
NOTE Confidence: 0.98938096
00:23:25.115 --> 00:23:25.615 statistically
NOTE Confidence: 0.96302015
00:23:26.395 --> 00:23:29.115 significant improvement with adding that
NOTE Confidence: 0.96302015
00:23:29.115 --> 00:23:29.615 cognitive,
NOTE Confidence: 0.9565754
00:23:31.035 --> 00:23:32.940 part to the behavioral therapy,
NOTE Confidence: 0.9565754
00:23:32.940 --> 00:23:33.980 kind of suggesting that that
NOTE Confidence: 0.9565754
00:23:33.980 --> 00:23:35.419 is an important kind of
NOTE Confidence: 0.9565754
00:23:35.419 --> 00:23:36.700 addition. And it makes sense
NOTE Confidence: 0.9565754
00:23:36.700 --> 00:23:37.840 when we talk to patients,
NOTE Confidence: 0.9818273
00:23:38.220 --> 00:23:39.500 they often do describe kind
NOTE Confidence: 0.9818273
00:23:39.500 --> 00:23:40.859 of a cognitive aspect. So
NOTE Confidence: 0.9818273
00:23:40.859 --> 00:23:42.480 kind of targeting that therapeutically,
NOTE Confidence: 0.98739815
00:23:43.659 --> 00:23:44.480 makes sense.
NOTE Confidence: 0.9728968
00:23:45.485 --> 00:23:46.445 We also looked at the
NOTE Confidence: 0.9728968

00:23:46.445 --> 00:23:48.205 delivery formats, and, I think
NOTE Confidence: 0.9728968

00:23:48.205 --> 00:23:49.965 this is important because as
NOTE Confidence: 0.9728968

00:23:49.965 --> 00:23:51.244 I'm gonna talk about, we
NOTE Confidence: 0.9728968

00:23:51.244 --> 00:23:52.845 really, don't have enough trained
NOTE Confidence: 0.9728968

00:23:52.845 --> 00:23:53.345 providers.
NOTE Confidence: 0.98795664

00:23:53.885 --> 00:23:55.345 So most of the studies,
NOTE Confidence: 0.9964836

00:23:56.445 --> 00:23:57.725 focused on kind of looking
NOTE Confidence: 0.9964836

00:23:57.725 --> 00:23:59.359 at individual sessions, but there
NOTE Confidence: 0.9964836

00:23:59.359 --> 00:24:00.640 were quite a few studies
NOTE Confidence: 0.9964836

00:24:00.640 --> 00:24:02.000 here that looked at kind
NOTE Confidence: 0.9964836

00:24:02.000 --> 00:24:03.619 of unguided self help.
NOTE Confidence: 0.9226972

00:24:04.640 --> 00:24:05.600 And when we did the
NOTE Confidence: 0.9226972

00:24:05.600 --> 00:24:07.619 met network meta analysis
NOTE Confidence: 0.9478715

00:24:08.320 --> 00:24:10.260 compared to wait list, individual
NOTE Confidence: 0.9478715

00:24:10.480 --> 00:24:12.744 group, Internet delivered, and unguided
NOTE Confidence: 0.9478715

00:24:12.804 --> 00:24:14.325 self help were actually all

NOTE Confidence: 0.9478715
00:24:14.325 --> 00:24:15.145 more effective.
NOTE Confidence: 0.98763055
00:24:15.924 --> 00:24:17.445 I'm highlighting again the two
NOTE Confidence: 0.98763055
00:24:17.445 --> 00:24:18.325 groups that we have the
NOTE Confidence: 0.98763055
00:24:18.325 --> 00:24:19.465 most data on.
NOTE Confidence: 0.96291435
00:24:20.244 --> 00:24:21.385 Clearly, individual
NOTE Confidence: 0.95528376
00:24:21.924 --> 00:24:23.990 is kind of the best,
NOTE Confidence: 0.90755427
00:24:24.290 --> 00:24:25.330 but I think it is
NOTE Confidence: 0.90755427
00:24:25.330 --> 00:24:27.010 important and in our network
NOTE Confidence: 0.90755427
00:24:27.010 --> 00:24:28.710 meta analysis, it was superior
NOTE Confidence: 0.98146933
00:24:29.170 --> 00:24:30.609 to kind of unguided self
NOTE Confidence: 0.98146933
00:24:30.609 --> 00:24:31.890 help by itself. But I
NOTE Confidence: 0.98146933
00:24:31.890 --> 00:24:33.250 think it is important to
NOTE Confidence: 0.98146933
00:24:33.250 --> 00:24:35.090 recognize that unguided self help
NOTE Confidence: 0.98146933
00:24:35.090 --> 00:24:36.450 does when people are on
NOTE Confidence: 0.98146933
00:24:36.450 --> 00:24:37.965 wait list waiting for their
NOTE Confidence: 0.98146933

00:24:37.965 --> 00:24:39.565 individual therapy that there can

NOTE Confidence: 0.98146933

00:24:39.565 --> 00:24:41.005 be some benefit of that.

NOTE Confidence: 0.98146933

00:24:41.005 --> 00:24:41.885 And so I think that's

NOTE Confidence: 0.98146933

00:24:41.885 --> 00:24:43.005 important to keep in mind

NOTE Confidence: 0.98146933

00:24:43.005 --> 00:24:44.065 when we see patients.

NOTE Confidence: 0.97636247

00:24:45.005 --> 00:24:45.484 So,

NOTE Confidence: 0.99541026

00:24:46.285 --> 00:24:47.345 a big problem,

NOTE Confidence: 0.9912326

00:24:47.805 --> 00:24:49.325 is kind of disseminating these

NOTE Confidence: 0.9912326

00:24:49.325 --> 00:24:51.165 therapies. There's a huge shortage

NOTE Confidence: 0.9912326

00:24:51.165 --> 00:24:51.825 of providers,

NOTE Confidence: 0.98669726

00:24:52.880 --> 00:24:54.159 who know how to provide

NOTE Confidence: 0.98669726

00:24:54.159 --> 00:24:54.880 these kind of,

NOTE Confidence: 0.9964701

00:24:55.359 --> 00:24:56.720 therapies that are specific to

NOTE Confidence: 0.9964701

00:24:56.720 --> 00:24:57.619 treating BFRBs.

NOTE Confidence: 0.93615896

00:24:59.039 --> 00:25:00.799 The TLC Foundation, which is

NOTE Confidence: 0.93615896

00:25:00.799 --> 00:25:02.240 what Catherine was speaking at

NOTE Confidence: 0.93615896
00:25:02.240 --> 00:25:03.840 at the beginning, is, a
NOTE Confidence: 0.93615896
00:25:03.840 --> 00:25:05.059 nonprofit organization
NOTE Confidence: 0.998495
00:25:05.359 --> 00:25:06.100 for these
NOTE Confidence: 0.89983433
00:25:07.285 --> 00:25:07.785 BFRBs,
NOTE Confidence: 0.97119117
00:25:08.165 --> 00:25:09.925 and they, prior to COVID,
NOTE Confidence: 0.97119117
00:25:09.925 --> 00:25:10.885 it was in person. It's
NOTE Confidence: 0.97119117
00:25:10.885 --> 00:25:12.325 become virtual since then, but
NOTE Confidence: 0.97119117
00:25:12.325 --> 00:25:13.785 they have a training institute
NOTE Confidence: 0.97119117
00:25:13.925 --> 00:25:14.744 for providers.
NOTE Confidence: 0.9906094
00:25:15.525 --> 00:25:16.265 They've also,
NOTE Confidence: 0.9984991
00:25:16.645 --> 00:25:18.025 created kind of a manual.
NOTE Confidence: 0.97369605
00:25:18.405 --> 00:25:20.085 The, training they do is
NOTE Confidence: 0.97369605
00:25:20.085 --> 00:25:20.905 for something,
NOTE Confidence: 0.9512059
00:25:21.649 --> 00:25:22.389 that's like,
NOTE Confidence: 0.96085036
00:25:22.850 --> 00:25:24.529 a cognitive behavioral therapy. It's
NOTE Confidence: 0.96085036

00:25:24.529 --> 00:25:26.690 called comprehensive behavioral treatment for

NOTE Confidence: 0.96085036

00:25:26.690 --> 00:25:28.130 trick and skin picking comb

NOTE Confidence: 0.96085036

00:25:28.130 --> 00:25:29.970 b. It's similar to what

NOTE Confidence: 0.96085036

00:25:29.970 --> 00:25:30.850 you might have heard of,

NOTE Confidence: 0.96085036

00:25:30.850 --> 00:25:32.230 like, CBIT for,

NOTE Confidence: 0.91695887

00:25:33.090 --> 00:25:34.070 for tic disorders.

NOTE Confidence: 0.981124

00:25:35.075 --> 00:25:36.515 And Heidi and Sharon, who

NOTE Confidence: 0.981124

00:25:36.515 --> 00:25:37.975 are two of our outstanding

NOTE Confidence: 0.981124

00:25:38.115 --> 00:25:39.635 clinicians here, kind of both

NOTE Confidence: 0.981124

00:25:39.635 --> 00:25:40.915 did the training pre COVID,

NOTE Confidence: 0.981124

00:25:40.915 --> 00:25:41.955 and so they do these

NOTE Confidence: 0.981124

00:25:41.955 --> 00:25:43.555 specific therapies in our clinic

NOTE Confidence: 0.981124

00:25:43.555 --> 00:25:44.055 here.

NOTE Confidence: 0.89212215

00:25:45.875 --> 00:25:47.010 And so now I'm,

NOTE Confidence: 0.9722539

00:25:47.490 --> 00:25:48.530 phew, got through that part.

NOTE Confidence: 0.9722539

00:25:48.530 --> 00:25:49.970 Now I'm gonna switch gears

NOTE Confidence: 0.9722539
00:25:49.970 --> 00:25:50.930 to a little more of
NOTE Confidence: 0.9722539
00:25:50.930 --> 00:25:51.990 my comfort zone,
NOTE Confidence: 0.98693347
00:25:52.369 --> 00:25:53.250 which is kind of the
NOTE Confidence: 0.98693347
00:25:53.250 --> 00:25:53.750 pharmacologic
NOTE Confidence: 0.98759305
00:25:54.050 --> 00:25:56.150 treatments. And so here,
NOTE Confidence: 0.9898898
00:25:56.530 --> 00:25:57.510 I'm just highlighting,
NOTE Confidence: 0.98409426
00:25:57.810 --> 00:25:59.090 this is what all the
NOTE Confidence: 0.98409426
00:25:59.090 --> 00:26:00.130 trials we found from the
NOTE Confidence: 0.98409426
00:26:00.130 --> 00:26:01.490 network meta analysis. And the
NOTE Confidence: 0.98409426
00:26:01.490 --> 00:26:02.869 first thing I wanna highlight
NOTE Confidence: 0.98409426
00:26:03.165 --> 00:26:03.885 is I don't know if
NOTE Confidence: 0.98409426
00:26:03.885 --> 00:26:05.085 you can see the numbers
NOTE Confidence: 0.98409426
00:26:05.085 --> 00:26:06.125 on this, and this is
NOTE Confidence: 0.98409426
00:26:06.125 --> 00:26:07.405 taken from the draft of
NOTE Confidence: 0.98409426
00:26:07.405 --> 00:26:08.525 the paper, but I'll just
NOTE Confidence: 0.98409426

00:26:08.525 --> 00:26:10.125 tell you. There are five
NOTE Confidence: 0.98409426

00:26:10.125 --> 00:26:11.585 studies looking at SSRIs,
NOTE Confidence: 0.9318568

00:26:12.045 --> 00:26:13.405 three studies looking at n
NOTE Confidence: 0.9318568

00:26:13.405 --> 00:26:13.905 acetylcysteine,
NOTE Confidence: 0.99378306

00:26:15.760 --> 00:26:17.380 two studies looking at clomipramine,
NOTE Confidence: 0.99378306

00:26:17.600 --> 00:26:18.880 and everything else is one
NOTE Confidence: 0.99378306

00:26:18.880 --> 00:26:19.380 trial.
NOTE Confidence: 0.9993488

00:26:20.400 --> 00:26:21.539 There is really
NOTE Confidence: 0.9968698

00:26:22.320 --> 00:26:23.619 so little research
NOTE Confidence: 0.9996459

00:26:24.080 --> 00:26:24.980 on the pharmacotherapy
NOTE Confidence: 0.9846931

00:26:25.280 --> 00:26:27.140 of these disorders, especially considering
NOTE Confidence: 0.9846931

00:26:27.280 --> 00:26:28.400 how prevalent they are and
NOTE Confidence: 0.9846931

00:26:28.400 --> 00:26:29.859 how many kids they're impacting.
NOTE Confidence: 0.9863158

00:26:31.265 --> 00:26:32.225 Here are kind of the
NOTE Confidence: 0.9863158

00:26:32.225 --> 00:26:34.225 overview of the results. Again,
NOTE Confidence: 0.9863158

00:26:34.225 --> 00:26:35.985 if the confidence intervals don't

NOTE Confidence: 0.9863158
00:26:35.985 --> 00:26:37.685 cross the line, they're statistically
NOTE Confidence: 0.9863158
00:26:37.825 --> 00:26:39.025 significant. So we do have
NOTE Confidence: 0.9863158
00:26:39.025 --> 00:26:40.145 a few treatments in the
NOTE Confidence: 0.9863158
00:26:40.145 --> 00:26:42.245 meta analysis that are statistically
NOTE Confidence: 0.9863158
00:26:42.545 --> 00:26:43.925 separating from placebo.
NOTE Confidence: 0.9965878
00:26:44.850 --> 00:26:46.049 I wanna highlight at the
NOTE Confidence: 0.9965878
00:26:46.049 --> 00:26:46.549 bottom
NOTE Confidence: 0.9444812
00:26:46.929 --> 00:26:48.450 the most well studied group,
NOTE Confidence: 0.9444812
00:26:48.450 --> 00:26:49.109 the SSRIs,
NOTE Confidence: 0.91851664
00:26:50.530 --> 00:26:51.750 essentially no benefit.
NOTE Confidence: 0.9593464
00:26:52.369 --> 00:26:53.250 And so this is one
NOTE Confidence: 0.9593464
00:26:53.250 --> 00:26:54.210 of the take home points
NOTE Confidence: 0.9593464
00:26:54.210 --> 00:26:56.070 for all the child psychiatrists
NOTE Confidence: 0.9593464
00:26:56.130 --> 00:26:57.169 in the room who don't
NOTE Confidence: 0.9593464
00:26:57.169 --> 00:26:59.169 prescribe SSRIs or increase the
NOTE Confidence: 0.9593464

00:26:59.169 --> 00:27:01.154 SSRIs to target hair pulling
NOTE Confidence: 0.9593464

00:27:01.154 --> 00:27:02.054 or skin picking.
NOTE Confidence: 0.99790335

00:27:03.234 --> 00:27:04.595 I'm gonna quickly walk through
NOTE Confidence: 0.99790335

00:27:04.595 --> 00:27:05.635 the data on these other
NOTE Confidence: 0.99790335

00:27:05.635 --> 00:27:06.375 four medications,
NOTE Confidence: 0.96483636

00:27:07.075 --> 00:27:08.515 in case helpful because these
NOTE Confidence: 0.96483636

00:27:08.515 --> 00:27:09.475 are things you might think
NOTE Confidence: 0.96483636

00:27:09.475 --> 00:27:09.975 about,
NOTE Confidence: 0.9961194

00:27:10.515 --> 00:27:11.394 if you have a patient
NOTE Confidence: 0.9961194

00:27:11.394 --> 00:27:13.015 with these disorders. So
NOTE Confidence: 0.95955735

00:27:13.635 --> 00:27:15.010 I'm gonna start with clomipramine,
NOTE Confidence: 0.9819442

00:27:15.710 --> 00:27:16.669 because it was kind of
NOTE Confidence: 0.9819442

00:27:16.669 --> 00:27:17.809 the first one studied.
NOTE Confidence: 0.99557686

00:27:18.590 --> 00:27:20.289 This is a tricyclic antidepressant.
NOTE Confidence: 0.9937781

00:27:20.669 --> 00:27:21.470 It was kind of an
NOTE Confidence: 0.9937781

00:27:21.470 --> 00:27:22.830 obvious choice to look at

NOTE Confidence: 0.9937781

00:27:22.830 --> 00:27:24.350 because it is FDA approved

NOTE Confidence: 0.9937781

00:27:24.350 --> 00:27:25.010 for OCD,

NOTE Confidence: 0.97822016

00:27:26.190 --> 00:27:27.890 in both children and adults.

NOTE Confidence: 0.97822016

00:27:28.155 --> 00:27:29.515 There have been two small

NOTE Confidence: 0.97822016

00:27:29.515 --> 00:27:30.555 trials, and when I say

NOTE Confidence: 0.97822016

00:27:30.555 --> 00:27:32.015 small, I mean very small.

NOTE Confidence: 0.98421144

00:27:33.275 --> 00:27:34.395 Both of them did have

NOTE Confidence: 0.98421144

00:27:34.395 --> 00:27:36.155 some benefit, but, again, the

NOTE Confidence: 0.98421144

00:27:36.155 --> 00:27:37.835 longer term benefit is is

NOTE Confidence: 0.98421144

00:27:37.835 --> 00:27:39.435 less clear. Not everyone continues

NOTE Confidence: 0.98421144

00:27:39.435 --> 00:27:40.475 to respond when some of

NOTE Confidence: 0.98421144

00:27:40.475 --> 00:27:42.255 these, individuals were followed

NOTE Confidence: 0.9684863

00:27:43.100 --> 00:27:44.300 up. And as you know,

NOTE Confidence: 0.9684863

00:27:44.619 --> 00:27:45.900 may know, there are kind

NOTE Confidence: 0.9684863

00:27:45.900 --> 00:27:47.100 of side effects that have

NOTE Confidence: 0.9684863

00:27:47.100 --> 00:27:47.900 to be cons you know,
NOTE Confidence: 0.9684863

00:27:47.900 --> 00:27:48.400 anticholinergic
NOTE Confidence: 0.98863727

00:27:48.780 --> 00:27:50.140 side effects, etcetera, with starting
NOTE Confidence: 0.98863727

00:27:50.140 --> 00:27:51.040 this type of medication.
NOTE Confidence: 0.9966719

00:27:51.980 --> 00:27:53.180 Next, I'm gonna talk about
NOTE Confidence: 0.9966719

00:27:53.180 --> 00:27:53.680 olanzapine.
NOTE Confidence: 0.9699988

00:27:53.980 --> 00:27:55.180 There's only one trial looking
NOTE Confidence: 0.9699988

00:27:55.180 --> 00:27:56.165 at this. This is not
NOTE Confidence: 0.9699988

00:27:56.165 --> 00:27:57.605 a medication that we usually
NOTE Confidence: 0.9699988

00:27:57.605 --> 00:27:58.965 consider in kids because of
NOTE Confidence: 0.9699988

00:27:58.965 --> 00:28:00.405 the obvious kinda side effect
NOTE Confidence: 0.9699988

00:28:00.405 --> 00:28:00.905 profile,
NOTE Confidence: 0.9582131

00:28:02.005 --> 00:28:02.965 but they it was thought
NOTE Confidence: 0.9582131

00:28:02.965 --> 00:28:04.085 to be studied because,
NOTE Confidence: 0.9660105

00:28:04.965 --> 00:28:06.405 it was you know, SSRIs
NOTE Confidence: 0.9660105

00:28:06.405 --> 00:28:07.445 were found not to be

NOTE Confidence: 0.9660105
00:28:07.445 --> 00:28:07.800 effective,
NOTE Confidence: 0.93734205
00:28:08.760 --> 00:28:10.040 which are kind of our,
NOTE Confidence: 0.93734205
00:28:10.280 --> 00:28:11.560 first line treatment and OCD.
NOTE Confidence: 0.93734205
00:28:11.560 --> 00:28:12.520 So I thought, well, maybe
NOTE Confidence: 0.93734205
00:28:12.520 --> 00:28:13.960 this is more like a
NOTE Confidence: 0.93734205
00:28:13.960 --> 00:28:14.920 a tick. Right? We know
NOTE Confidence: 0.93734205
00:28:14.920 --> 00:28:16.600 habit reversal training is helpful.
NOTE Confidence: 0.93734205
00:28:16.600 --> 00:28:17.100 So,
NOTE Confidence: 0.9479367
00:28:17.800 --> 00:28:18.840 let's look at kind of
NOTE Confidence: 0.9479367
00:28:18.840 --> 00:28:19.500 a neuroleptic.
NOTE Confidence: 0.97203106
00:28:20.325 --> 00:28:21.284 So this was a randomized
NOTE Confidence: 0.97203106
00:28:21.284 --> 00:28:22.565 controlled trial of twenty five
NOTE Confidence: 0.97203106
00:28:22.565 --> 00:28:23.845 adults. The mean dose was
NOTE Confidence: 0.97203106
00:28:23.845 --> 00:28:24.825 ten point eight.
NOTE Confidence: 0.98955107
00:28:25.924 --> 00:28:27.445 There was significant weight gain
NOTE Confidence: 0.98955107

00:28:27.445 --> 00:28:28.405 as a side effect as
NOTE Confidence: 0.98955107

00:28:28.405 --> 00:28:29.605 you might expect, but there
NOTE Confidence: 0.98955107

00:28:29.605 --> 00:28:30.645 was kind of a clear
NOTE Confidence: 0.98955107

00:28:30.645 --> 00:28:31.145 separation.
NOTE Confidence: 0.96191025

00:28:31.765 --> 00:28:32.885 So this may be helpful
NOTE Confidence: 0.96191025

00:28:32.885 --> 00:28:33.924 for trick, but, again, it's
NOTE Confidence: 0.96191025

00:28:33.924 --> 00:28:35.820 not something we necessarily use,
NOTE Confidence: 0.9462651

00:28:36.539 --> 00:28:37.840 because of the side effects,
NOTE Confidence: 0.9462651

00:28:37.899 --> 00:28:38.960 especially in kids.
NOTE Confidence: 0.9183697

00:28:39.980 --> 00:28:41.580 Now I wanna turn to
NOTE Confidence: 0.9183697

00:28:41.580 --> 00:28:42.559 NACL cysteine,
NOTE Confidence: 0.8410578

00:28:44.460 --> 00:28:44.960 which,
NOTE Confidence: 0.94847214

00:28:45.340 --> 00:28:47.759 is an antioxidant and glutamatergic
NOTE Confidence: 0.99048626

00:28:48.139 --> 00:28:49.659 modulator. This is something that
NOTE Confidence: 0.99048626

00:28:49.659 --> 00:28:50.380 you can buy over the
NOTE Confidence: 0.99048626

00:28:50.380 --> 00:28:51.235 counter. Right? So you don't

NOTE Confidence: 0.99048626

00:28:51.235 --> 00:28:52.615 need a prescription for this.

NOTE Confidence: 0.99048626

00:28:52.615 --> 00:28:54.055 It's in six hundred milligram

NOTE Confidence: 0.99048626

00:28:54.055 --> 00:28:54.935 tablets. You could buy it

NOTE Confidence: 0.99048626

00:28:54.935 --> 00:28:56.155 on Amazon, I think.

NOTE Confidence: 0.9832621

00:28:57.335 --> 00:28:58.695 It's very it's very well

NOTE Confidence: 0.9832621

00:28:58.695 --> 00:29:00.295 tolerated. There are, very few

NOTE Confidence: 0.9832621

00:29:00.295 --> 00:29:01.495 side effects. So because of

NOTE Confidence: 0.9832621

00:29:01.495 --> 00:29:02.535 that, this is something that

NOTE Confidence: 0.9832621

00:29:02.535 --> 00:29:03.335 we do try,

NOTE Confidence: 0.9347591

00:29:03.655 --> 00:29:04.475 in our patients.

NOTE Confidence: 0.9741738

00:29:05.270 --> 00:29:06.470 And it's been studying a

NOTE Confidence: 0.9741738

00:29:06.470 --> 00:29:06.970 variety

NOTE Confidence: 0.9806088

00:29:07.270 --> 00:29:08.330 of kind of randomized

NOTE Confidence: 0.8878281

00:29:08.789 --> 00:29:10.710 control trials in psychiatry including

NOTE Confidence: 0.8878281

00:29:10.710 --> 00:29:11.610 things like OCD.

NOTE Confidence: 0.9580079

00:29:12.950 --> 00:29:14.470 For trick and skin picking,
NOTE Confidence: 0.9580079

00:29:14.470 --> 00:29:15.370 there are three,
NOTE Confidence: 0.98940444

00:29:16.070 --> 00:29:17.429 clinical trials. All of them
NOTE Confidence: 0.98940444

00:29:17.429 --> 00:29:18.409 were twelve weeks.
NOTE Confidence: 0.94380957

00:29:19.055 --> 00:29:20.495 They have different populations. So
NOTE Confidence: 0.94380957

00:29:20.495 --> 00:29:21.375 the first one was done
NOTE Confidence: 0.94380957

00:29:21.375 --> 00:29:22.415 by John Grant out at
NOTE Confidence: 0.94380957

00:29:22.415 --> 00:29:24.255 US Chicago looking at adults
NOTE Confidence: 0.94380957

00:29:24.255 --> 00:29:24.995 with trich,
NOTE Confidence: 0.99302894

00:29:25.375 --> 00:29:26.195 had a benefit.
NOTE Confidence: 0.98864484

00:29:27.135 --> 00:29:28.655 I wanna kinda note the
NOTE Confidence: 0.98864484

00:29:28.655 --> 00:29:30.575 doses here. So sometimes people
NOTE Confidence: 0.98864484

00:29:30.575 --> 00:29:31.535 will start NAC, but they
NOTE Confidence: 0.98864484

00:29:31.535 --> 00:29:32.735 just start six hundred. The
NOTE Confidence: 0.98864484

00:29:32.735 --> 00:29:34.470 clinical trial dosing is much
NOTE Confidence: 0.9834468

00:29:35.030 --> 00:29:36.309 higher. So if you're gonna

NOTE Confidence: 0.9834468
00:29:36.309 --> 00:29:37.350 try it, you should probably
NOTE Confidence: 0.9834468
00:29:37.350 --> 00:29:38.390 go up to kind of
NOTE Confidence: 0.9834468
00:29:38.390 --> 00:29:39.130 the full dose.
NOTE Confidence: 0.87240833
00:29:40.470 --> 00:29:41.830 Michael Bloch here at Yale
NOTE Confidence: 0.87240833
00:29:41.830 --> 00:29:42.950 then, tried to,
NOTE Confidence: 0.9803294
00:29:43.429 --> 00:29:44.309 replicate this,
NOTE Confidence: 0.91506696
00:29:44.710 --> 00:29:46.070 using very sim a very
NOTE Confidence: 0.91506696
00:29:46.070 --> 00:29:47.590 similar study dye design to
NOTE Confidence: 0.91506696
00:29:47.590 --> 00:29:48.490 the adult trichotillomania.
NOTE Confidence: 0.9998038
00:29:49.144 --> 00:29:50.105 He did not see a
NOTE Confidence: 0.9998038
00:29:50.105 --> 00:29:50.605 separation
NOTE Confidence: 0.90849113
00:29:50.985 --> 00:29:51.804 from placebo,
NOTE Confidence: 0.9751717
00:29:54.184 --> 00:29:55.264 maybe due to a variety
NOTE Confidence: 0.9751717
00:29:55.264 --> 00:29:56.264 of factors. I'm sure you
NOTE Confidence: 0.9751717
00:29:56.264 --> 00:29:57.384 could ask Michael. He's got
NOTE Confidence: 0.9751717

00:29:57.384 --> 00:29:58.605 lots of thoughts on that.
NOTE Confidence: 0.997161

00:29:59.065 --> 00:29:59.865 And then there was an
NOTE Confidence: 0.997161

00:29:59.865 --> 00:30:00.664 adult study,
NOTE Confidence: 0.99466187

00:30:00.985 --> 00:30:02.365 later on looking at excoriation
NOTE Confidence: 0.99466187

00:30:02.585 --> 00:30:03.085 disorder.
NOTE Confidence: 0.98316675

00:30:04.810 --> 00:30:06.170 When you meta analyze them
NOTE Confidence: 0.98316675

00:30:06.170 --> 00:30:07.210 together, you do see a
NOTE Confidence: 0.98316675

00:30:07.210 --> 00:30:08.490 nice separation. So this is
NOTE Confidence: 0.98316675

00:30:08.490 --> 00:30:10.330 something we will try. Again,
NOTE Confidence: 0.98316675

00:30:10.330 --> 00:30:11.790 first line should be therapies.
NOTE Confidence: 0.998397

00:30:12.410 --> 00:30:13.370 And then the last thing
NOTE Confidence: 0.998397

00:30:13.370 --> 00:30:14.910 I wanna mention is memantine.
NOTE Confidence: 0.99419045

00:30:16.010 --> 00:30:16.750 So this
NOTE Confidence: 0.9973518

00:30:18.105 --> 00:30:19.145 is a medication we don't
NOTE Confidence: 0.9973518

00:30:19.145 --> 00:30:20.184 think about that much in
NOTE Confidence: 0.9973518

00:30:20.184 --> 00:30:21.005 child psychiatry.

NOTE Confidence: 0.9668872

00:30:22.345 --> 00:30:23.865 This, it was thought to

NOTE Confidence: 0.9668872

00:30:23.865 --> 00:30:25.145 be studied because of the

NOTE Confidence: 0.9668872

00:30:25.145 --> 00:30:27.145 benefit of NACL cysteine and

NOTE Confidence: 0.9668872

00:30:27.145 --> 00:30:29.405 potentially targeting the glutamate system.

NOTE Confidence: 0.9765919

00:30:29.945 --> 00:30:30.925 So it's a

NOTE Confidence: 0.95965385

00:30:32.740 --> 00:30:35.140 receptor antagonist. It's FDA approved,

NOTE Confidence: 0.95965385

00:30:35.380 --> 00:30:36.840 for Alzheimer's disease.

NOTE Confidence: 0.979992

00:30:37.380 --> 00:30:39.380 And this was recently studied.

NOTE Confidence: 0.979992

00:30:39.539 --> 00:30:40.900 This was published in twenty

NOTE Confidence: 0.979992

00:30:40.900 --> 00:30:42.200 twenty three in the AJP.

NOTE Confidence: 0.99598056

00:30:42.820 --> 00:30:43.320 Again,

NOTE Confidence: 0.6504048

00:30:43.620 --> 00:30:44.200 say, led

NOTE Confidence: 0.93716025

00:30:44.740 --> 00:30:45.700 led by John Grant. He

NOTE Confidence: 0.93716025

00:30:45.700 --> 00:30:46.435 does a lot of the,

NOTE Confidence: 0.93716025

00:30:46.675 --> 00:30:47.175 pharmacology

NOTE Confidence: 0.9248112

00:30:47.555 --> 00:30:48.915 studies. Looking at a hundred
NOTE Confidence: 0.9248112

00:30:48.915 --> 00:30:50.275 adults, and they actually combine
NOTE Confidence: 0.9248112

00:30:50.275 --> 00:30:51.815 trich and skin picking here.
NOTE Confidence: 0.9915036

00:30:52.275 --> 00:30:53.255 So they had trichotillomania,
NOTE Confidence: 0.8916219

00:30:53.635 --> 00:30:55.955 excoriation, or both. They started
NOTE Confidence: 0.8916219

00:30:55.955 --> 00:30:57.315 at ten milligrams, and then
NOTE Confidence: 0.8916219

00:30:57.315 --> 00:30:59.015 at two weeks increased twenty.
NOTE Confidence: 0.9767259

00:31:00.240 --> 00:31:01.360 They found a huge effect
NOTE Confidence: 0.9767259

00:31:01.360 --> 00:31:03.440 size. Again, single site, only
NOTE Confidence: 0.9767259

00:31:03.440 --> 00:31:04.180 one location.
NOTE Confidence: 0.9985172

00:31:04.560 --> 00:31:06.580 But after eight weeks, sixty
NOTE Confidence: 0.9820559

00:31:06.960 --> 00:31:08.000 point five percent in the
NOTE Confidence: 0.9820559

00:31:08.000 --> 00:31:10.000 memantine group were much or
NOTE Confidence: 0.9820559

00:31:10.000 --> 00:31:11.760 very much improved compared to
NOTE Confidence: 0.9820559

00:31:11.760 --> 00:31:13.040 only eight percent in the
NOTE Confidence: 0.9820559

00:31:13.040 --> 00:31:14.815 placebo group. So a number

NOTE Confidence: 0.9820559

00:31:14.815 --> 00:31:16.335 needed to treat of one

NOTE Confidence: 0.9820559

00:31:16.335 --> 00:31:17.775 point nine. And I know

NOTE Confidence: 0.9820559

00:31:17.775 --> 00:31:18.815 not everyone's used to looking

NOTE Confidence: 0.9820559

00:31:18.815 --> 00:31:19.775 at those numbers. That's a

NOTE Confidence: 0.9820559

00:31:19.775 --> 00:31:20.975 really high number needed to

NOTE Confidence: 0.9820559

00:31:20.975 --> 00:31:22.275 treat. That's high in psychiatry.

NOTE Confidence: 0.9820559

00:31:22.335 --> 00:31:23.775 That's high for all of

NOTE Confidence: 0.9820559

00:31:23.775 --> 00:31:24.275 medicine.

NOTE Confidence: 0.9871464

00:31:25.135 --> 00:31:26.175 And the graphs from the

NOTE Confidence: 0.9871464

00:31:26.175 --> 00:31:27.455 paper kinda show it. So,

NOTE Confidence: 0.99863577

00:31:28.175 --> 00:31:29.075 the first graph

NOTE Confidence: 0.99208724

00:31:29.455 --> 00:31:30.150 looks at,

NOTE Confidence: 0.9607345

00:31:31.110 --> 00:31:32.790 the severity in terms of

NOTE Confidence: 0.9607345

00:31:32.790 --> 00:31:34.150 the NIMH scale. So that's

NOTE Confidence: 0.9607345

00:31:34.150 --> 00:31:35.370 a clinician administered

NOTE Confidence: 0.9473705

00:31:35.750 --> 00:31:37.190 scale. And the second graph
NOTE Confidence: 0.9473705

00:31:37.190 --> 00:31:37.910 looks at the,
NOTE Confidence: 0.9798263

00:31:38.710 --> 00:31:39.930 self report scale,
NOTE Confidence: 0.96268976

00:31:40.390 --> 00:31:41.130 the MGH.
NOTE Confidence: 0.99048185

00:31:41.510 --> 00:31:42.390 And you can see this
NOTE Confidence: 0.99048185

00:31:42.390 --> 00:31:44.014 kind of really nice separation,
NOTE Confidence: 0.99048185

00:31:44.414 --> 00:31:45.695 at eight weeks between the
NOTE Confidence: 0.99048185

00:31:45.695 --> 00:31:46.195 placebo
NOTE Confidence: 0.9874516

00:31:46.495 --> 00:31:47.955 and the memantine groups.
NOTE Confidence: 0.9979865

00:31:48.735 --> 00:31:49.534 And so this is a
NOTE Confidence: 0.9979865

00:31:49.534 --> 00:31:50.735 medication that, you know, we
NOTE Confidence: 0.9979865

00:31:50.735 --> 00:31:52.335 have started trying on patients.
NOTE Confidence: 0.94020253

00:31:53.135 --> 00:31:54.654 Sometimes it is I've had
NOTE Confidence: 0.94020253

00:31:54.654 --> 00:31:55.850 I've had patients who who
NOTE Confidence: 0.94020253

00:31:55.850 --> 00:31:56.970 have found it helpful. It's
NOTE Confidence: 0.94020253

00:31:56.970 --> 00:31:57.470 generally,

NOTE Confidence: 0.9991828
00:31:58.330 --> 00:31:59.850 well tolerated, but it is
NOTE Confidence: 0.9991828
00:31:59.850 --> 00:32:01.390 another option that we use.
NOTE Confidence: 0.997038
00:32:03.290 --> 00:32:03.790 Okay.
NOTE Confidence: 0.92739224
00:32:04.890 --> 00:32:05.390 So,
NOTE Confidence: 0.9061637
00:32:06.490 --> 00:32:06.990 now,
NOTE Confidence: 0.94081336
00:32:08.170 --> 00:32:09.130 so, you know
NOTE Confidence: 0.96212846
00:32:09.985 --> 00:32:11.024 But I've kind of given
NOTE Confidence: 0.96212846
00:32:11.024 --> 00:32:11.904 you all this data, and
NOTE Confidence: 0.96212846
00:32:11.904 --> 00:32:13.105 you may notice that most
NOTE Confidence: 0.96212846
00:32:13.105 --> 00:32:14.304 of it's adult data. The
NOTE Confidence: 0.96212846
00:32:14.304 --> 00:32:16.085 only clinical trial in kids,
NOTE Confidence: 0.9641539
00:32:16.945 --> 00:32:18.385 in all of BFRBs was
NOTE Confidence: 0.9641539
00:32:18.385 --> 00:32:19.284 Michael's trial,
NOTE Confidence: 0.8519501
00:32:20.225 --> 00:32:21.524 of NACL assisting.
NOTE Confidence: 0.98656815
00:32:22.670 --> 00:32:23.470 And and we do that
NOTE Confidence: 0.98656815

00:32:23.470 --> 00:32:24.590 in trial psychiatry a lot.
NOTE Confidence: 0.98656815

00:32:24.590 --> 00:32:25.890 We use data from adults.
NOTE Confidence: 0.9828342

00:32:26.270 --> 00:32:27.549 There are really no FDA
NOTE Confidence: 0.9828342

00:32:27.549 --> 00:32:29.330 approved medications for these disorders.
NOTE Confidence: 0.99821746

00:32:30.270 --> 00:32:31.950 And so there isn't much
NOTE Confidence: 0.99821746

00:32:31.950 --> 00:32:33.150 when we see patients that
NOTE Confidence: 0.99821746

00:32:33.150 --> 00:32:34.030 we have to offer them.
NOTE Confidence: 0.99821746

00:32:34.030 --> 00:32:35.170 We do what we can.
NOTE Confidence: 0.97585213

00:32:36.195 --> 00:32:37.475 And so I feel kind
NOTE Confidence: 0.97585213

00:32:37.475 --> 00:32:38.515 of strongly that I think
NOTE Confidence: 0.97585213

00:32:38.515 --> 00:32:40.515 there's a really important need
NOTE Confidence: 0.97585213

00:32:40.515 --> 00:32:41.875 to under better understand the
NOTE Confidence: 0.97585213

00:32:41.875 --> 00:32:43.475 etiology of these conditions because
NOTE Confidence: 0.97585213

00:32:43.475 --> 00:32:45.155 we really don't have kind
NOTE Confidence: 0.97585213

00:32:45.155 --> 00:32:46.615 of clear medications,
NOTE Confidence: 0.9863205

00:32:47.690 --> 00:32:49.530 to use. And therapy can

NOTE Confidence: 0.9863205
00:32:49.530 --> 00:32:50.270 be effective,
NOTE Confidence: 0.9996322
00:32:51.049 --> 00:32:52.330 but it's not effective for
NOTE Confidence: 0.9996322
00:32:52.330 --> 00:32:52.830 everyone.
NOTE Confidence: 0.98518705
00:32:53.130 --> 00:32:54.650 It's often harder to do,
NOTE Confidence: 0.98518705
00:32:54.650 --> 00:32:56.090 right, in younger children and
NOTE Confidence: 0.98518705
00:32:56.090 --> 00:32:57.130 things like that. So we
NOTE Confidence: 0.98518705
00:32:57.130 --> 00:32:58.190 do have some limitations.
NOTE Confidence: 0.97360075
00:32:59.929 --> 00:33:00.890 And so one thing we've
NOTE Confidence: 0.97360075
00:33:00.890 --> 00:33:01.929 known I have a genetics
NOTE Confidence: 0.97360075
00:33:01.929 --> 00:33:03.390 background, so I'm very interested.
NOTE Confidence: 0.97360075
00:33:03.605 --> 00:33:04.645 I came to this interested
NOTE Confidence: 0.97360075
00:33:04.645 --> 00:33:06.165 in genetics, but we've known
NOTE Confidence: 0.97360075
00:33:06.165 --> 00:33:07.125 for a long time that
NOTE Confidence: 0.97360075
00:33:07.125 --> 00:33:08.645 these disorders run-in families and
NOTE Confidence: 0.97360075
00:33:08.645 --> 00:33:09.605 families will tell you this.
NOTE Confidence: 0.97360075

00:33:09.605 --> 00:33:10.565 And we know this from
NOTE Confidence: 0.97360075

00:33:10.565 --> 00:33:11.925 family studies and we also
NOTE Confidence: 0.97360075

00:33:11.925 --> 00:33:13.305 know this from twin studies
NOTE Confidence: 0.96188855

00:33:13.765 --> 00:33:15.765 where you can compare identical
NOTE Confidence: 0.96188855

00:33:15.765 --> 00:33:17.125 twins who share a hundred
NOTE Confidence: 0.96188855

00:33:17.125 --> 00:33:18.325 percent of their DNA and
NOTE Confidence: 0.96188855

00:33:18.325 --> 00:33:19.490 have the same environment,
NOTE Confidence: 0.9809732

00:33:19.790 --> 00:33:20.910 and you can compare them
NOTE Confidence: 0.9809732

00:33:20.910 --> 00:33:22.350 to fraternal twins who share
NOTE Confidence: 0.9809732

00:33:22.350 --> 00:33:23.390 fifty percent of their DNA
NOTE Confidence: 0.9809732

00:33:23.390 --> 00:33:24.270 but also have the same
NOTE Confidence: 0.9809732

00:33:24.270 --> 00:33:25.470 environment. They're being kind of
NOTE Confidence: 0.9809732

00:33:25.470 --> 00:33:26.190 brought up in the same
NOTE Confidence: 0.9809732

00:33:26.190 --> 00:33:26.690 household.
NOTE Confidence: 0.9964484

00:33:27.470 --> 00:33:28.990 And in the largest kind
NOTE Confidence: 0.9964484

00:33:28.990 --> 00:33:30.270 of twin study that has

NOTE Confidence: 0.9964484

00:33:30.270 --> 00:33:31.695 been done for trick and

NOTE Confidence: 0.9964484

00:33:31.695 --> 00:33:32.514 skin picking,

NOTE Confidence: 0.9994325

00:33:33.294 --> 00:33:34.335 they found that all of

NOTE Confidence: 0.9994325

00:33:34.335 --> 00:33:34.835 these

NOTE Confidence: 0.82049763

00:33:35.934 --> 00:33:37.855 obsessive compulsive and related disorders

NOTE Confidence: 0.82049763

00:33:37.855 --> 00:33:38.674 were heritable.

NOTE Confidence: 0.9768152

00:33:39.054 --> 00:33:40.174 But they not only kinda

NOTE Confidence: 0.9768152

00:33:40.174 --> 00:33:41.794 give us these heritability estimates,

NOTE Confidence: 0.9768152

00:33:41.855 --> 00:33:43.294 they also did something kinda

NOTE Confidence: 0.9768152

00:33:43.294 --> 00:33:43.794 interesting.

NOTE Confidence: 0.9657414

00:33:44.200 --> 00:33:44.920 And I won't go through

NOTE Confidence: 0.9657414

00:33:44.920 --> 00:33:45.960 the details, but they did

NOTE Confidence: 0.9657414

00:33:45.960 --> 00:33:47.560 this nice kind of latent

NOTE Confidence: 0.9657414

00:33:47.560 --> 00:33:49.640 factor analysis where they basically

NOTE Confidence: 0.9657414

00:33:49.640 --> 00:33:50.760 showed that there seemed to

NOTE Confidence: 0.9657414

00:33:50.760 --> 00:33:52.380 be some genetic factors
NOTE Confidence: 0.95950764

00:33:52.840 --> 00:33:54.840 that are shared across all
NOTE Confidence: 0.95950764

00:33:54.840 --> 00:33:57.000 OCD related disorders. So OCD,
NOTE Confidence: 0.95950764

00:33:57.000 --> 00:33:58.680 hoarding, body dysmorphic trick and
NOTE Confidence: 0.95950764

00:33:58.680 --> 00:34:00.185 skin picking. But then the
NOTE Confidence: 0.95950764

00:34:00.185 --> 00:34:01.625 model that best described the
NOTE Confidence: 0.95950764

00:34:01.625 --> 00:34:02.665 data that they were seeing
NOTE Confidence: 0.95950764

00:34:02.665 --> 00:34:03.705 is then there are some
NOTE Confidence: 0.95950764

00:34:03.705 --> 00:34:05.305 genetic factors that are really
NOTE Confidence: 0.95950764

00:34:05.305 --> 00:34:05.805 specific
NOTE Confidence: 0.96619797

00:34:06.265 --> 00:34:07.005 to trichotillomania
NOTE Confidence: 0.95159835

00:34:07.465 --> 00:34:09.065 and excoriation disorder, and that's
NOTE Confidence: 0.95159835

00:34:09.065 --> 00:34:10.665 that second latent factor that's
NOTE Confidence: 0.95159835

00:34:10.665 --> 00:34:12.125 distinct from these other,
NOTE Confidence: 0.97064066

00:34:12.900 --> 00:34:14.280 OCD related disorders.
NOTE Confidence: 0.9623667

00:34:15.140 --> 00:34:16.579 And that actually most of

NOTE Confidence: 0.9623667

00:34:16.579 --> 00:34:17.940 the genetic factors seem to

NOTE Confidence: 0.9623667

00:34:17.940 --> 00:34:19.460 be shared between trick and

NOTE Confidence: 0.9623667

00:34:19.460 --> 00:34:20.420 skin picking, and that's kind

NOTE Confidence: 0.9623667

00:34:20.420 --> 00:34:21.460 of the premise for looking

NOTE Confidence: 0.9623667

00:34:21.460 --> 00:34:22.819 at them together. And I

NOTE Confidence: 0.9623667

00:34:22.819 --> 00:34:24.359 was very interested in this,

NOTE Confidence: 0.9985291

00:34:25.015 --> 00:34:25.515 but

NOTE Confidence: 0.9892574

00:34:25.815 --> 00:34:27.335 I also felt clinically when

NOTE Confidence: 0.9892574

00:34:27.335 --> 00:34:29.335 I saw patients in clinic

NOTE Confidence: 0.9892574

00:34:29.335 --> 00:34:30.234 that, you know,

NOTE Confidence: 0.99915075

00:34:30.535 --> 00:34:31.035 sometimes

NOTE Confidence: 0.9432675

00:34:31.494 --> 00:34:32.375 that's not the case. Like,

NOTE Confidence: 0.9432675

00:34:32.375 --> 00:34:33.755 I feel like in families,

NOTE Confidence: 0.9432675

00:34:33.815 --> 00:34:35.435 they tend to run individually.

NOTE Confidence: 0.9432675

00:34:35.494 --> 00:34:36.535 Like, you'll see a family

NOTE Confidence: 0.9432675

00:34:36.535 --> 00:34:37.734 where an individual is trick
NOTE Confidence: 0.9432675

00:34:37.734 --> 00:34:39.494 and and their parents also
NOTE Confidence: 0.9432675

00:34:39.494 --> 00:34:41.040 have trick. And so we
NOTE Confidence: 0.9432675

00:34:41.040 --> 00:34:41.920 decided to look at our
NOTE Confidence: 0.9432675

00:34:41.920 --> 00:34:42.880 data, and this is actually
NOTE Confidence: 0.9432675

00:34:42.880 --> 00:34:44.239 led by Doris Chen who's
NOTE Confidence: 0.9432675

00:34:44.239 --> 00:34:44.900 a postgrad.
NOTE Confidence: 0.9323412

00:34:45.840 --> 00:34:47.440 She mainly works on kind
NOTE Confidence: 0.9323412

00:34:47.440 --> 00:34:48.800 of anxiety and an anxiety
NOTE Confidence: 0.9323412

00:34:48.800 --> 00:34:50.560 genetics product with Wendy and
NOTE Confidence: 0.9323412

00:34:50.560 --> 00:34:51.600 Ellie, but she decided to
NOTE Confidence: 0.9323412

00:34:51.600 --> 00:34:52.480 kinda look at this as
NOTE Confidence: 0.9323412

00:34:52.480 --> 00:34:52.980 well.
NOTE Confidence: 0.9633695

00:34:53.600 --> 00:34:54.525 And so we took,
NOTE Confidence: 0.9548228

00:34:56.444 --> 00:34:57.645 our data where we, looked
NOTE Confidence: 0.9548228

00:34:57.645 --> 00:34:59.244 at, probans, and these are

NOTE Confidence: 0.9548228
00:34:59.244 --> 00:35:00.444 all from different families who
NOTE Confidence: 0.9548228
00:35:00.444 --> 00:35:01.265 had trichotillomania
NOTE Confidence: 0.9931948
00:35:01.724 --> 00:35:02.224 only,
NOTE Confidence: 0.97057766
00:35:03.085 --> 00:35:05.085 excoriation disorder only in both
NOTE Confidence: 0.97057766
00:35:05.085 --> 00:35:05.585 conditions,
NOTE Confidence: 0.96769166
00:35:06.620 --> 00:35:08.060 and we compared the family
NOTE Confidence: 0.96769166
00:35:08.060 --> 00:35:09.360 history of these disorders.
NOTE Confidence: 0.9955041
00:35:10.140 --> 00:35:11.440 And as you might expect,
NOTE Confidence: 0.999555
00:35:11.739 --> 00:35:13.200 the individuals who had
NOTE Confidence: 0.99683094
00:35:13.580 --> 00:35:14.080 trichotillomania
NOTE Confidence: 0.941987
00:35:15.340 --> 00:35:16.860 had a higher family history
NOTE Confidence: 0.941987
00:35:16.860 --> 00:35:18.219 of first degree relatives of
NOTE Confidence: 0.941987
00:35:18.219 --> 00:35:18.719 trichotillomania
NOTE Confidence: 0.9900475
00:35:19.180 --> 00:35:20.700 compared to skin picking, and
NOTE Confidence: 0.9900475
00:35:20.700 --> 00:35:22.185 those who had skin picking
NOTE Confidence: 0.9900475

00:35:22.425 --> 00:35:23.945 had a higher family history
NOTE Confidence: 0.9900475

00:35:23.945 --> 00:35:24.985 of skin picking compared to
NOTE Confidence: 0.9900475

00:35:24.985 --> 00:35:25.965 those who had trichotillomania.
NOTE Confidence: 0.9811676

00:35:26.344 --> 00:35:27.785 And as the this was
NOTE Confidence: 0.9811676

00:35:27.785 --> 00:35:28.985 just recently published, but as
NOTE Confidence: 0.9811676

00:35:28.985 --> 00:35:30.745 the reviewer said, this supports
NOTE Confidence: 0.9811676

00:35:30.745 --> 00:35:32.525 that these conditions breed true.
NOTE Confidence: 0.9811676

00:35:32.825 --> 00:35:34.105 And so kinda how do
NOTE Confidence: 0.9811676

00:35:34.105 --> 00:35:35.245 you put this together?
NOTE Confidence: 0.98498696

00:35:36.105 --> 00:35:37.610 You know, it may be
NOTE Confidence: 0.98498696

00:35:37.610 --> 00:35:38.890 that there are genetic factors
NOTE Confidence: 0.98498696

00:35:38.890 --> 00:35:40.010 that are specific to the
NOTE Confidence: 0.98498696

00:35:40.010 --> 00:35:40.510 conditions,
NOTE Confidence: 0.98782635

00:35:41.370 --> 00:35:42.489 even though we know from
NOTE Confidence: 0.98782635

00:35:42.489 --> 00:35:44.010 kinda the twin studies that
NOTE Confidence: 0.98782635

00:35:44.010 --> 00:35:45.610 there are genetic factors that

NOTE Confidence: 0.98782635

00:35:45.610 --> 00:35:47.550 are clearly shared between them.

NOTE Confidence: 0.9973929

00:35:48.090 --> 00:35:48.590 But

NOTE Confidence: 0.98103815

00:35:48.915 --> 00:35:49.955 it also may be that

NOTE Confidence: 0.98103815

00:35:49.955 --> 00:35:51.715 there are environmental factors. Right?

NOTE Confidence: 0.98103815

00:35:51.715 --> 00:35:52.675 That you may have a

NOTE Confidence: 0.98103815

00:35:52.675 --> 00:35:54.435 genetic liability to develop these

NOTE Confidence: 0.98103815

00:35:54.435 --> 00:35:55.955 BFRBs, but kind of being

NOTE Confidence: 0.98103815

00:35:55.955 --> 00:35:58.035 around one disorder, maybe through

NOTE Confidence: 0.98103815

00:35:58.035 --> 00:35:59.655 parental modeling or whatnot,

NOTE Confidence: 0.9958904

00:36:00.195 --> 00:36:01.094 might be important.

NOTE Confidence: 0.9221118

00:36:01.475 --> 00:36:01.875 And,

NOTE Confidence: 0.9814445

00:36:02.570 --> 00:36:03.610 we did look at family

NOTE Confidence: 0.9814445

00:36:03.610 --> 00:36:04.410 history of a bunch of

NOTE Confidence: 0.9814445

00:36:04.410 --> 00:36:05.690 other conditions in these groups,

NOTE Confidence: 0.9814445

00:36:05.690 --> 00:36:07.130 and there's no differences. It's

NOTE Confidence: 0.9814445

00:36:07.130 --> 00:36:08.489 only within when you look
NOTE Confidence: 0.9814445

00:36:08.489 --> 00:36:09.290 at the trick and skin
NOTE Confidence: 0.9814445

00:36:09.290 --> 00:36:10.330 picking that you see these
NOTE Confidence: 0.9814445

00:36:10.330 --> 00:36:10.830 differences.
NOTE Confidence: 0.9972199

00:36:12.250 --> 00:36:13.070 And so
NOTE Confidence: 0.98101985

00:36:13.530 --> 00:36:14.650 I've basically told you so
NOTE Confidence: 0.98101985

00:36:14.650 --> 00:36:16.010 we know genetic factors are
NOTE Confidence: 0.98101985

00:36:16.010 --> 00:36:16.844 important for BFRBs,
NOTE Confidence: 0.98316205

00:36:17.325 --> 00:36:18.685 but what are those specific
NOTE Confidence: 0.98316205

00:36:18.685 --> 00:36:20.545 genetic risk factors? Right?
NOTE Confidence: 0.9133836

00:36:22.045 --> 00:36:22.705 And currently,
NOTE Confidence: 0.9511378

00:36:23.244 --> 00:36:24.844 there are no genome wide,
NOTE Confidence: 0.9511378

00:36:24.844 --> 00:36:26.205 like, large scale genome wide
NOTE Confidence: 0.9511378

00:36:26.205 --> 00:36:27.405 studies of either the disorders.
NOTE Confidence: 0.9511378

00:36:27.405 --> 00:36:28.785 There are no GWAS studies.
NOTE Confidence: 0.9511378

00:36:28.844 --> 00:36:30.945 Like, there's really limited data.

NOTE Confidence: 0.9888904

00:36:31.469 --> 00:36:31.950 And,

NOTE Confidence: 0.9824072

00:36:32.350 --> 00:36:33.550 this was something when I

NOTE Confidence: 0.9824072

00:36:33.550 --> 00:36:34.590 was a resident here that

NOTE Confidence: 0.9824072

00:36:34.590 --> 00:36:36.110 really struck me, and I

NOTE Confidence: 0.9824072

00:36:36.110 --> 00:36:37.489 really wanted to work on.

NOTE Confidence: 0.9696634

00:36:37.790 --> 00:36:38.830 And we know in child

NOTE Confidence: 0.9696634

00:36:38.830 --> 00:36:40.670 psychiatry, one approach that's especially

NOTE Confidence: 0.9696634

00:36:40.670 --> 00:36:42.190 helpful at helping us find

NOTE Confidence: 0.9696634

00:36:42.190 --> 00:36:43.310 risk genes, which when you

NOTE Confidence: 0.9696634

00:36:43.310 --> 00:36:44.965 think about, like, identifying druggable

NOTE Confidence: 0.9696634

00:36:45.025 --> 00:36:46.225 targets is really kind of

NOTE Confidence: 0.9696634

00:36:46.225 --> 00:36:46.885 the goal,

NOTE Confidence: 0.98028874

00:36:48.065 --> 00:36:49.745 is parent child trio studies.

NOTE Confidence: 0.98028874

00:36:49.745 --> 00:36:50.945 And this allows you not

NOTE Confidence: 0.98028874

00:36:50.945 --> 00:36:52.305 only to look at how

NOTE Confidence: 0.98028874

00:36:52.305 --> 00:36:54.085 genetic factors are inherited,
NOTE Confidence: 0.935485

00:36:54.785 --> 00:36:56.545 but also kinda new genetic
NOTE Confidence: 0.935485

00:36:56.545 --> 00:36:57.745 factors or these de novo
NOTE Confidence: 0.935485

00:36:57.745 --> 00:36:59.425 mutations. And we know that
NOTE Confidence: 0.935485

00:36:59.425 --> 00:37:00.320 this approach risk
NOTE Confidence: 0.94014317

00:37:01.580 --> 00:37:02.780 genes. This has really been
NOTE Confidence: 0.94014317

00:37:02.780 --> 00:37:03.900 pioneered in the field of
NOTE Confidence: 0.94014317

00:37:03.900 --> 00:37:05.100 autism. I have a paper
NOTE Confidence: 0.94014317

00:37:05.100 --> 00:37:06.300 here when they cross that
NOTE Confidence: 0.94014317

00:37:06.300 --> 00:37:07.580 threshold of a hundred risk
NOTE Confidence: 0.94014317

00:37:07.580 --> 00:37:08.620 genes, but this is now
NOTE Confidence: 0.94014317

00:37:08.620 --> 00:37:09.980 five years old. And now
NOTE Confidence: 0.94014317

00:37:09.980 --> 00:37:11.260 there are hundreds of risk
NOTE Confidence: 0.94014317

00:37:11.260 --> 00:37:12.400 genes that have been associated
NOTE Confidence: 0.94014317

00:37:12.460 --> 00:37:13.200 with autism,
NOTE Confidence: 0.99765134

00:37:14.114 --> 00:37:15.094 and other neurodevelopmental

NOTE Confidence: 0.94296074

00:37:15.475 --> 00:37:16.594 disorders. And this is really

NOTE Confidence: 0.94296074

00:37:16.594 --> 00:37:18.675 already impacting clinical care. Right?

NOTE Confidence: 0.94296074

00:37:18.675 --> 00:37:20.355 Because for families, understanding why

NOTE Confidence: 0.94296074

00:37:20.355 --> 00:37:21.815 they have the condition, understand

NOTE Confidence: 0.94296074

00:37:21.875 --> 00:37:24.775 recurrence risk, understanding medical comorbidities.

NOTE Confidence: 0.95106304

00:37:25.075 --> 00:37:26.310 And so this approach was

NOTE Confidence: 0.95106304

00:37:26.310 --> 00:37:27.590 really pioneered as I said

NOTE Confidence: 0.95106304

00:37:27.590 --> 00:37:28.870 in kind of autism in

NOTE Confidence: 0.95106304

00:37:28.870 --> 00:37:30.330 the field of, neurodevelopmental

NOTE Confidence: 0.95348835

00:37:30.790 --> 00:37:32.790 disorders, but my mentor here,

NOTE Confidence: 0.95348835

00:37:32.790 --> 00:37:33.910 Tom, had shown that you

NOTE Confidence: 0.95348835

00:37:33.910 --> 00:37:35.510 could use this approach. He'd

NOTE Confidence: 0.95348835

00:37:35.510 --> 00:37:37.050 led studies along with others,

NOTE Confidence: 0.9504495

00:37:37.510 --> 00:37:38.685 to find risk genes in

NOTE Confidence: 0.9504495

00:37:38.844 --> 00:37:40.685 OCD and tic disorders, which

NOTE Confidence: 0.9504495

00:37:40.685 --> 00:37:41.745 we know are related.

NOTE Confidence: 0.9819148

00:37:42.285 --> 00:37:43.965 And more recently, we've also,

NOTE Confidence: 0.97950417

00:37:44.364 --> 00:37:46.205 applied this in anxiety disorders

NOTE Confidence: 0.97950417

00:37:46.205 --> 00:37:46.945 and ADHD.

NOTE Confidence: 0.95671374

00:37:48.125 --> 00:37:49.405 And so we were hoping

NOTE Confidence: 0.95671374

00:37:49.405 --> 00:37:51.085 to really apply this in

NOTE Confidence: 0.95671374

00:37:51.085 --> 00:37:52.205 trick and skin picking, and

NOTE Confidence: 0.95671374

00:37:52.205 --> 00:37:53.529 that was kind of the

NOTE Confidence: 0.95671374

00:37:53.529 --> 00:37:54.109 tab study.

NOTE Confidence: 0.9862366

00:37:55.130 --> 00:37:56.650 And I'm showing a photo.

NOTE Confidence: 0.9862366

00:37:56.650 --> 00:37:57.369 This is right when we

NOTE Confidence: 0.9862366

00:37:57.369 --> 00:37:58.410 were starting the study. I

NOTE Confidence: 0.9862366

00:37:58.410 --> 00:37:59.630 was a second year resident,

NOTE Confidence: 0.97607374

00:38:00.329 --> 00:38:01.609 and we had, with the

NOTE Confidence: 0.97607374

00:38:01.609 --> 00:38:02.730 help of Michael and Tom,

NOTE Confidence: 0.97607374

00:38:02.730 --> 00:38:03.849 we'd kind of put this
NOTE Confidence: 0.97607374

00:38:03.849 --> 00:38:05.849 together. And we had decided
NOTE Confidence: 0.97607374

00:38:05.849 --> 00:38:07.065 we were gonna start recruitment
NOTE Confidence: 0.97607374

00:38:07.065 --> 00:38:08.344 at the TLC meeting, and
NOTE Confidence: 0.97607374

00:38:08.344 --> 00:38:09.465 this was pre COVID. So
NOTE Confidence: 0.97607374

00:38:09.465 --> 00:38:10.285 this was out,
NOTE Confidence: 0.84133977

00:38:11.785 --> 00:38:13.305 in San Francisco, and,
NOTE Confidence: 0.9374879

00:38:13.785 --> 00:38:15.625 I had, like we had
NOTE Confidence: 0.9374879

00:38:15.625 --> 00:38:17.224 shipped all these saliva collection
NOTE Confidence: 0.9374879

00:38:17.224 --> 00:38:18.360 kits, and you can see
NOTE Confidence: 0.9374879

00:38:18.440 --> 00:38:19.560 on the table, I printed
NOTE Confidence: 0.9374879

00:38:19.560 --> 00:38:20.380 all the consents
NOTE Confidence: 0.9344311

00:38:20.920 --> 00:38:23.340 organized by child, adolescent, etcetera.
NOTE Confidence: 0.96555436

00:38:24.200 --> 00:38:25.160 And this was kind of
NOTE Confidence: 0.96555436

00:38:25.160 --> 00:38:26.120 the first warning, and I
NOTE Confidence: 0.96555436

00:38:26.120 --> 00:38:26.920 remember setting up the table

NOTE Confidence: 0.96555436

00:38:26.920 --> 00:38:27.880 and being really proud. I

NOTE Confidence: 0.96555436

00:38:27.880 --> 00:38:28.520 was like, I should take

NOTE Confidence: 0.96555436

00:38:28.520 --> 00:38:29.580 a picture of this.

NOTE Confidence: 0.9951299

00:38:30.120 --> 00:38:31.560 And I didn't really know

NOTE Confidence: 0.9951299

00:38:31.560 --> 00:38:33.020 what to expect that day,

NOTE Confidence: 0.944094

00:38:34.035 --> 00:38:35.255 But it really

NOTE Confidence: 0.9995519

00:38:35.635 --> 00:38:36.454 was amazing

NOTE Confidence: 0.9931954

00:38:36.915 --> 00:38:37.875 how many people I mean,

NOTE Confidence: 0.9931954

00:38:37.875 --> 00:38:38.835 we didn't have money to

NOTE Confidence: 0.9931954

00:38:38.835 --> 00:38:39.555 pay them. I was a

NOTE Confidence: 0.9931954

00:38:39.555 --> 00:38:40.055 trainee.

NOTE Confidence: 0.9605956

00:38:40.835 --> 00:38:42.114 How many people really signed

NOTE Confidence: 0.9605956

00:38:42.114 --> 00:38:43.075 up for the study, and

NOTE Confidence: 0.9605956

00:38:43.075 --> 00:38:44.355 I kinda made a decision

NOTE Confidence: 0.9605956

00:38:44.355 --> 00:38:46.275 that I wanted to contribute

NOTE Confidence: 0.9605956

00:38:46.275 --> 00:38:47.954 to these disorders. Right? That
NOTE Confidence: 0.9605956

00:38:47.954 --> 00:38:49.619 I that I was gonna
NOTE Confidence: 0.9605956

00:38:49.619 --> 00:38:51.299 spend a good chunk of
NOTE Confidence: 0.9605956

00:38:51.299 --> 00:38:52.420 not all my career, but
NOTE Confidence: 0.9605956

00:38:52.420 --> 00:38:53.380 I was gonna try and
NOTE Confidence: 0.9605956

00:38:53.380 --> 00:38:54.739 advance this because I I
NOTE Confidence: 0.9605956

00:38:54.739 --> 00:38:56.440 really felt moved by how
NOTE Confidence: 0.9605956

00:38:56.579 --> 00:38:58.520 excited they were, the participants
NOTE Confidence: 0.9605956

00:38:58.660 --> 00:39:00.359 about this research. And so
NOTE Confidence: 0.9605956

00:39:00.500 --> 00:39:01.559 we started collecting,
NOTE Confidence: 0.9726755

00:39:02.285 --> 00:39:02.785 trios.
NOTE Confidence: 0.99359226

00:39:03.405 --> 00:39:04.545 We collected saliva,
NOTE Confidence: 0.9974899

00:39:05.085 --> 00:39:06.445 from these families for DNA.
NOTE Confidence: 0.9974899

00:39:06.445 --> 00:39:06.945 We
NOTE Confidence: 0.9214419

00:39:07.325 --> 00:39:09.185 collected surveys from them.
NOTE Confidence: 0.9455846

00:39:11.405 --> 00:39:12.925 And and this study has

NOTE Confidence: 0.9455846

00:39:12.925 --> 00:39:13.425 continued,

NOTE Confidence: 0.9675619

00:39:13.885 --> 00:39:15.260 and it's kind of the,

NOTE Confidence: 0.9675619

00:39:15.500 --> 00:39:16.859 premise of my k award,

NOTE Confidence: 0.9675619

00:39:16.859 --> 00:39:18.060 which is finishing its third

NOTE Confidence: 0.9675619

00:39:18.060 --> 00:39:19.099 year now. How hard to

NOTE Confidence: 0.9675619

00:39:19.099 --> 00:39:21.180 believe. And just put together

NOTE Confidence: 0.9675619

00:39:21.180 --> 00:39:22.700 the progress report recently, so

NOTE Confidence: 0.9675619

00:39:22.700 --> 00:39:24.300 I collected the numbers. We've

NOTE Confidence: 0.9675619

00:39:24.300 --> 00:39:25.119 now collected

NOTE Confidence: 0.97418785

00:39:25.500 --> 00:39:27.099 a hundred and fifty seven

NOTE Confidence: 0.97418785

00:39:27.099 --> 00:39:28.435 parent spring trios,

NOTE Confidence: 0.97873944

00:39:28.735 --> 00:39:30.415 so far. I'm highlighting Anna

NOTE Confidence: 0.97873944

00:39:30.415 --> 00:39:31.455 who's worked on this the

NOTE Confidence: 0.97873944

00:39:31.455 --> 00:39:32.815 last two years, but, you

NOTE Confidence: 0.97873944

00:39:32.815 --> 00:39:34.255 know, these recruitment of trios

NOTE Confidence: 0.97873944

00:39:34.255 --> 00:39:35.375 really takes a village. There

NOTE Confidence: 0.97873944

00:39:35.375 --> 00:39:36.575 are lots of trainees who

NOTE Confidence: 0.97873944

00:39:36.575 --> 00:39:37.555 have, contributed,

NOTE Confidence: 0.992255

00:39:37.935 --> 00:39:39.215 and lots of faculty members

NOTE Confidence: 0.992255

00:39:39.215 --> 00:39:40.255 who have helped me along

NOTE Confidence: 0.992255

00:39:40.255 --> 00:39:40.835 the way.

NOTE Confidence: 0.9863382

00:39:41.980 --> 00:39:43.340 With my k award and

NOTE Confidence: 0.9863382

00:39:43.340 --> 00:39:44.380 a variety of other grants,

NOTE Confidence: 0.9863382

00:39:44.380 --> 00:39:44.700 we've,

NOTE Confidence: 0.99559736

00:39:45.180 --> 00:39:46.300 started doing a lot of

NOTE Confidence: 0.99559736

00:39:46.300 --> 00:39:47.280 genetics work,

NOTE Confidence: 0.9570529

00:39:47.820 --> 00:39:49.900 generating genetics data, really trying

NOTE Confidence: 0.9570529

00:39:49.900 --> 00:39:50.780 to find what are these

NOTE Confidence: 0.9570529

00:39:50.780 --> 00:39:51.820 risk genes, what are these

NOTE Confidence: 0.9570529

00:39:51.820 --> 00:39:53.040 risk genetic factors.

NOTE Confidence: 0.9375359

00:39:53.445 --> 00:39:54.485 And I presented some of

NOTE Confidence: 0.9375359
00:39:54.485 --> 00:39:55.765 this data before at a
NOTE Confidence: 0.9375359
00:39:55.765 --> 00:39:56.885 variety of settings in the
NOTE Confidence: 0.9375359
00:39:56.885 --> 00:39:58.245 child's study center. I decided
NOTE Confidence: 0.9375359
00:39:58.245 --> 00:39:58.745 today
NOTE Confidence: 0.97288686
00:39:59.125 --> 00:40:00.005 I would focus on a
NOTE Confidence: 0.97288686
00:40:00.005 --> 00:40:01.445 newer analysis that was led
NOTE Confidence: 0.97288686
00:40:01.445 --> 00:40:02.165 by Sam,
NOTE Confidence: 0.94494396
00:40:02.645 --> 00:40:04.344 who's here, who's a PhD
NOTE Confidence: 0.94494396
00:40:04.405 --> 00:40:06.245 study student working with me.
NOTE Confidence: 0.94494396
00:40:06.245 --> 00:40:06.985 And so
NOTE Confidence: 0.9725282
00:40:07.299 --> 00:40:08.819 this is an analysis. It's
NOTE Confidence: 0.9725282
00:40:08.819 --> 00:40:10.500 not published yet, but, hopefully,
NOTE Confidence: 0.9725282
00:40:10.500 --> 00:40:11.960 it's gonna be submitted soon,
NOTE Confidence: 0.9979242
00:40:12.579 --> 00:40:14.440 where we took we generated
NOTE Confidence: 0.9727076
00:40:14.739 --> 00:40:16.420 genome wide array data in
NOTE Confidence: 0.9727076

00:40:16.420 --> 00:40:17.799 a hundred and ten families,
NOTE Confidence: 0.98712474

00:40:20.714 --> 00:40:21.594 And, you know, you have
NOTE Confidence: 0.98712474

00:40:21.594 --> 00:40:22.394 to do a variety of
NOTE Confidence: 0.98712474

00:40:22.394 --> 00:40:23.594 quality control. We ended up
NOTE Confidence: 0.98712474

00:40:23.594 --> 00:40:25.194 examining a hundred probands with
NOTE Confidence: 0.98712474

00:40:25.194 --> 00:40:25.694 trichotillomania
NOTE Confidence: 0.98708135

00:40:26.555 --> 00:40:28.174 and or excoriation disorder
NOTE Confidence: 0.99664766

00:40:28.474 --> 00:40:30.234 with their parents. And then
NOTE Confidence: 0.99664766

00:40:30.234 --> 00:40:31.434 in these families, we were
NOTE Confidence: 0.99664766

00:40:31.434 --> 00:40:32.734 able to look at transmission
NOTE Confidence: 0.9595433

00:40:33.434 --> 00:40:34.710 of polygenic risk,
NOTE Confidence: 0.9572129

00:40:35.589 --> 00:40:36.790 and look at, rates of
NOTE Confidence: 0.9572129

00:40:36.790 --> 00:40:39.050 rare, copy number variance. And
NOTE Confidence: 0.98894286

00:40:39.510 --> 00:40:40.810 this is just the demographics
NOTE Confidence: 0.98894286

00:40:40.950 --> 00:40:42.070 of the sample. You can
NOTE Confidence: 0.98894286

00:40:42.070 --> 00:40:43.430 see our sample is mostly

NOTE Confidence: 0.98894286

00:40:43.430 --> 00:40:44.250 with female.

NOTE Confidence: 0.9919048

00:40:44.710 --> 00:40:46.310 That's just we recruit everyone.

NOTE Confidence: 0.9919048

00:40:46.310 --> 00:40:47.349 We just happen to get

NOTE Confidence: 0.9919048

00:40:47.349 --> 00:40:48.250 mostly female

NOTE Confidence: 0.8938925

00:40:48.935 --> 00:40:49.435 enrolled.

NOTE Confidence: 0.9626609

00:40:49.895 --> 00:40:51.175 They're on average twenty one

NOTE Confidence: 0.9626609

00:40:51.175 --> 00:40:51.915 years old,

NOTE Confidence: 0.9960876

00:40:53.015 --> 00:40:54.295 but there's a huge range.

NOTE Confidence: 0.9960876

00:40:54.295 --> 00:40:55.575 We have children to later

NOTE Confidence: 0.9960876

00:40:55.575 --> 00:40:56.075 adults.

NOTE Confidence: 0.9898805

00:40:56.375 --> 00:40:57.495 They have a variety of

NOTE Confidence: 0.9898805

00:40:57.495 --> 00:40:59.175 co occurring conditions. We essentially

NOTE Confidence: 0.9898805

00:40:59.175 --> 00:41:00.555 had no kind of exclusion

NOTE Confidence: 0.9898805

00:41:00.614 --> 00:41:01.114 criteria,

NOTE Confidence: 0.9752375

00:41:01.880 --> 00:41:02.920 because so little is known

NOTE Confidence: 0.9752375

00:41:02.920 --> 00:41:04.040 about these thesaurus that we
NOTE Confidence: 0.9752375

00:41:04.040 --> 00:41:05.239 wanted to include as much
NOTE Confidence: 0.9752375

00:41:05.239 --> 00:41:06.920 as we can. They're mostly
NOTE Confidence: 0.9752375

00:41:06.920 --> 00:41:08.840 European ancestry. We're really working
NOTE Confidence: 0.9752375

00:41:08.840 --> 00:41:09.880 on that. You know, we
NOTE Confidence: 0.9752375

00:41:09.880 --> 00:41:11.239 don't have exclusions, but we
NOTE Confidence: 0.9752375

00:41:11.239 --> 00:41:11.980 really do,
NOTE Confidence: 0.9861453

00:41:13.445 --> 00:41:14.805 we're really making efforts.
NOTE Confidence: 0.97137046

00:41:15.205 --> 00:41:16.565 And if other people have
NOTE Confidence: 0.97137046

00:41:16.565 --> 00:41:17.925 suggestions of ways we can
NOTE Confidence: 0.97137046

00:41:17.925 --> 00:41:19.445 try to make these, samples
NOTE Confidence: 0.97137046

00:41:19.445 --> 00:41:20.665 more diverse, I'm
NOTE Confidence: 0.9590194

00:41:20.965 --> 00:41:22.005 I'm very much open to
NOTE Confidence: 0.9590194

00:41:22.005 --> 00:41:22.505 it.
NOTE Confidence: 0.9194208

00:41:23.525 --> 00:41:25.205 They're they're mo about half
NOTE Confidence: 0.9194208

00:41:25.205 --> 00:41:27.364 simplex families, no family history,

NOTE Confidence: 0.9194208
00:41:27.364 --> 00:41:29.400 and about half multiplex families.
NOTE Confidence: 0.9944566
00:41:30.340 --> 00:41:31.860 And with this data, even
NOTE Confidence: 0.9944566
00:41:31.860 --> 00:41:33.219 though there's no GWAS studies
NOTE Confidence: 0.9944566
00:41:33.219 --> 00:41:33.880 of trichotillomania
NOTE Confidence: 0.97919255
00:41:34.340 --> 00:41:35.860 excoriation disorder, we were able
NOTE Confidence: 0.97919255
00:41:35.860 --> 00:41:37.619 to leverage the GWAS studies
NOTE Confidence: 0.97919255
00:41:37.619 --> 00:41:39.380 of other related conditions, and
NOTE Confidence: 0.97919255
00:41:39.380 --> 00:41:40.680 we were able to test
NOTE Confidence: 0.9843176
00:41:41.060 --> 00:41:42.119 if these kids
NOTE Confidence: 0.86200094
00:41:42.739 --> 00:41:44.225 have just by chance,
NOTE Confidence: 0.98590183
00:41:44.525 --> 00:41:46.865 inherited a higher polygenic risk
NOTE Confidence: 0.98590183
00:41:47.165 --> 00:41:48.525 from their parents. And what
NOTE Confidence: 0.98590183
00:41:48.525 --> 00:41:49.965 we found is that for
NOTE Confidence: 0.98590183
00:41:49.965 --> 00:41:50.465 OCD,
NOTE Confidence: 0.94686556
00:41:50.845 --> 00:41:52.045 which makes sense because we
NOTE Confidence: 0.94686556

00:41:52.045 --> 00:41:53.325 kind of characterize it as
NOTE Confidence: 0.94686556

00:41:53.325 --> 00:41:54.685 an OCD related disorder, we
NOTE Confidence: 0.94686556

00:41:54.685 --> 00:41:56.500 find an enrichment, kinda suggesting
NOTE Confidence: 0.9866123

00:41:57.040 --> 00:41:58.160 for the first time at
NOTE Confidence: 0.9866123

00:41:58.160 --> 00:41:59.520 this kind of genetic level
NOTE Confidence: 0.9866123

00:41:59.520 --> 00:42:00.880 that these conditions may be
NOTE Confidence: 0.9866123

00:42:00.880 --> 00:42:01.380 related,
NOTE Confidence: 0.9991791

00:42:01.920 --> 00:42:02.739 to OCD.
NOTE Confidence: 0.9948281

00:42:04.319 --> 00:42:05.200 We also were able to
NOTE Confidence: 0.9948281

00:42:05.200 --> 00:42:06.339 look at rare CMVs,
NOTE Confidence: 0.9358728

00:42:07.040 --> 00:42:08.020 in these individuals,
NOTE Confidence: 0.9365445

00:42:09.485 --> 00:42:11.405 and we found several rare
NOTE Confidence: 0.9365445

00:42:11.405 --> 00:42:11.905 CMVs,
NOTE Confidence: 0.95758384

00:42:12.364 --> 00:42:14.785 in that impact constrained genes,
NOTE Confidence: 0.95758384

00:42:14.844 --> 00:42:16.065 that impact neurodevelopmental
NOTE Confidence: 0.9983972

00:42:16.605 --> 00:42:17.105 CMVs,

NOTE Confidence: 0.9838322
00:42:18.285 --> 00:42:19.265 and that impact,
NOTE Confidence: 0.99887055
00:42:19.805 --> 00:42:20.305 neurodevelopmental
NOTE Confidence: 0.9705417
00:42:20.685 --> 00:42:21.869 risk chains. But if you
NOTE Confidence: 0.9705417
00:42:21.869 --> 00:42:23.469 look at this table and
NOTE Confidence: 0.9705417
00:42:23.469 --> 00:42:24.829 these are all females partly
NOTE Confidence: 0.9705417
00:42:24.829 --> 00:42:25.890 because of our data.
NOTE Confidence: 0.9968545
00:42:26.510 --> 00:42:27.010 But
NOTE Confidence: 0.9504159
00:42:27.549 --> 00:42:28.269 none if you look at
NOTE Confidence: 0.9504159
00:42:28.269 --> 00:42:29.549 the co occurring conditions, none
NOTE Confidence: 0.9504159
00:42:29.549 --> 00:42:31.969 of these, probands have autism
NOTE Confidence: 0.9504159
00:42:32.109 --> 00:42:33.410 or intellectual disability,
NOTE Confidence: 0.9250924
00:42:34.685 --> 00:42:36.205 but we're seeing these genetic
NOTE Confidence: 0.9250924
00:42:36.205 --> 00:42:37.965 changes in that we know
NOTE Confidence: 0.9250924
00:42:37.965 --> 00:42:39.505 are risk genes for neurodevelopmental
NOTE Confidence: 0.9381846
00:42:40.045 --> 00:42:42.125 disorders kind of suggesting potential
NOTE Confidence: 0.9381846

00:42:42.125 --> 00:42:43.025 kind of pleiotropic
NOTE Confidence: 0.9945195

00:42:43.325 --> 00:42:44.305 effects there.
NOTE Confidence: 0.85329187

00:42:44.844 --> 00:42:46.545 We can also, do pathway
NOTE Confidence: 0.85329187

00:42:46.605 --> 00:42:48.605 analyses to understand are these
NOTE Confidence: 0.85329187

00:42:48.605 --> 00:42:49.105 constraints
NOTE Confidence: 0.78139234

00:42:50.250 --> 00:42:50.910 strain genes
NOTE Confidence: 0.9563068

00:42:53.210 --> 00:42:55.130 enriched for particular pathways more
NOTE Confidence: 0.9563068

00:42:55.130 --> 00:42:56.250 than you might expect by
NOTE Confidence: 0.9563068

00:42:56.250 --> 00:42:58.030 chance. We're seeing things like,
NOTE Confidence: 0.95005965

00:42:58.330 --> 00:43:00.170 nervous cyst bigger the circle,
NOTE Confidence: 0.95005965

00:43:00.170 --> 00:43:01.210 the more genes, and the
NOTE Confidence: 0.95005965

00:43:01.210 --> 00:43:03.469 redder, the more statistical significance.
NOTE Confidence: 0.9659493

00:43:05.145 --> 00:43:06.344 We're seeing enrichment for things
NOTE Confidence: 0.9659493

00:43:06.344 --> 00:43:07.885 like nervous system development,
NOTE Confidence: 0.9746342

00:43:08.344 --> 00:43:10.185 and synapse organization, all things
NOTE Confidence: 0.9746342

00:43:10.185 --> 00:43:11.225 that kinda make sense with

NOTE Confidence: 0.9746342
00:43:11.225 --> 00:43:11.965 our neurodevelopmental
NOTE Confidence: 0.99164665
00:43:12.425 --> 00:43:12.925 understanding.
NOTE Confidence: 0.98302025
00:43:13.625 --> 00:43:14.505 And so I said this
NOTE Confidence: 0.98302025
00:43:14.505 --> 00:43:15.864 is work by Sam. I
NOTE Confidence: 0.98302025
00:43:15.864 --> 00:43:17.405 I kinda wanna give a
NOTE Confidence: 0.99395734
00:43:17.829 --> 00:43:18.950 highlight of this. She'll actually
NOTE Confidence: 0.99395734
00:43:19.030 --> 00:43:19.989 if you're interested in this
NOTE Confidence: 0.99395734
00:43:19.989 --> 00:43:20.869 type of work, she's actually
NOTE Confidence: 0.99395734
00:43:20.869 --> 00:43:22.329 presenting this on Friday,
NOTE Confidence: 0.98718256
00:43:22.790 --> 00:43:23.690 at the YCCI,
NOTE Confidence: 0.8691871
00:43:25.190 --> 00:43:27.670 Robert Sherwin All Scholars Day,
NOTE Confidence: 0.8691871
00:43:27.670 --> 00:43:27.989 and,
NOTE Confidence: 0.9547325
00:43:28.630 --> 00:43:30.089 she's giving an oral presentation.
NOTE Confidence: 0.9547325
00:43:30.309 --> 00:43:31.244 And she's actually if you
NOTE Confidence: 0.9547325
00:43:31.244 --> 00:43:32.364 look at the agenda, I
NOTE Confidence: 0.9547325

00:43:32.364 --> 00:43:33.484 think she is the only
NOTE Confidence: 0.9547325

00:43:33.484 --> 00:43:34.944 pre doc with the presentation,
NOTE Confidence: 0.9547325

00:43:35.005 --> 00:43:36.045 so we're really proud of
NOTE Confidence: 0.9547325

00:43:36.045 --> 00:43:36.545 her.
NOTE Confidence: 0.97373134

00:43:38.045 --> 00:43:39.164 And and so in terms
NOTE Confidence: 0.97373134

00:43:39.164 --> 00:43:39.964 of next steps, you know,
NOTE Confidence: 0.97373134

00:43:39.964 --> 00:43:41.164 we're continuing to recruit these
NOTE Confidence: 0.97373134

00:43:41.164 --> 00:43:42.125 families. We're doing a bunch
NOTE Confidence: 0.97373134

00:43:42.125 --> 00:43:43.805 of different genomic analysis, trying
NOTE Confidence: 0.97373134

00:43:43.805 --> 00:43:45.164 to advance our understanding of
NOTE Confidence: 0.97373134

00:43:45.164 --> 00:43:45.904 these genes.
NOTE Confidence: 0.941058

00:43:47.290 --> 00:43:48.730 I didn't have time today
NOTE Confidence: 0.941058

00:43:48.730 --> 00:43:49.450 or I had to be
NOTE Confidence: 0.941058

00:43:49.450 --> 00:43:50.969 selective, but we're also starting
NOTE Confidence: 0.941058

00:43:50.969 --> 00:43:52.410 to do mechanistic studies when
NOTE Confidence: 0.941058

00:43:52.410 --> 00:43:53.530 Zong's leading some of that

NOTE Confidence: 0.941058
00:43:53.530 --> 00:43:54.809 work. In our lab, we've
NOTE Confidence: 0.941058
00:43:54.809 --> 00:43:55.309 created,
NOTE Confidence: 0.93341976
00:43:55.690 --> 00:43:57.050 kind of brain organized in
NOTE Confidence: 0.93341976
00:43:57.050 --> 00:43:58.030 some of these trichotillomania
NOTE Confidence: 0.8704215
00:43:58.489 --> 00:43:58.989 families,
NOTE Confidence: 0.96445924
00:44:00.174 --> 00:44:01.055 and we're working on that.
NOTE Confidence: 0.96445924
00:44:01.055 --> 00:44:02.174 So maybe the next grand
NOTE Confidence: 0.96445924
00:44:02.174 --> 00:44:02.674 rounds.
NOTE Confidence: 0.9356492
00:44:03.135 --> 00:44:04.335 So we're continuing to do
NOTE Confidence: 0.9356492
00:44:04.335 --> 00:44:05.535 the tab study. I also
NOTE Confidence: 0.9356492
00:44:05.535 --> 00:44:07.295 wanna highlight Michael Block has
NOTE Confidence: 0.9356492
00:44:07.295 --> 00:44:08.434 a clinical trial,
NOTE Confidence: 0.8914244
00:44:09.214 --> 00:44:11.474 looking at, a VMAT inhibitor,
NOTE Confidence: 0.8914244
00:44:11.694 --> 00:44:12.194 valbenazine.
NOTE Confidence: 0.91310775
00:44:12.654 --> 00:44:13.694 So I kinda showed you
NOTE Confidence: 0.91310775

00:44:13.694 --> 00:44:14.335 that benefit,
NOTE Confidence: 0.9919819

00:44:14.930 --> 00:44:16.770 of olanzapine, but, obviously, we're
NOTE Confidence: 0.9919819

00:44:16.770 --> 00:44:17.890 limited because of the side
NOTE Confidence: 0.9919819

00:44:17.890 --> 00:44:19.430 effects. So looking at,
NOTE Confidence: 0.99428415

00:44:20.130 --> 00:44:20.630 valbenazine
NOTE Confidence: 0.9170686

00:44:20.930 --> 00:44:22.390 in terms of, treatment.
NOTE Confidence: 0.9895339

00:44:23.650 --> 00:44:24.770 I'm gonna skip this because
NOTE Confidence: 0.9895339

00:44:24.770 --> 00:44:26.230 I wanna have enough time
NOTE Confidence: 0.8643481

00:44:27.885 --> 00:44:29.344 to kinda end.
NOTE Confidence: 0.96188587

00:44:30.525 --> 00:44:31.485 But I'm not here today
NOTE Confidence: 0.96188587

00:44:31.485 --> 00:44:32.525 to dwell on those hard
NOTE Confidence: 0.96188587

00:44:32.525 --> 00:44:33.585 times in my life.
NOTE Confidence: 0.99459046

00:44:33.965 --> 00:44:35.165 I'm here today to hopefully
NOTE Confidence: 0.99459046

00:44:35.165 --> 00:44:36.765 give you living proof that
NOTE Confidence: 0.99459046

00:44:36.765 --> 00:44:38.364 recovery is possible and things
NOTE Confidence: 0.99459046

00:44:38.364 --> 00:44:39.265 do get better.

NOTE Confidence: 0.99637556

00:44:39.885 --> 00:44:40.925 My senior year of high

NOTE Confidence: 0.99637556

00:44:40.925 --> 00:44:41.885 school, I decided I was

NOTE Confidence: 0.99637556

00:44:41.885 --> 00:44:43.329 tired of keeping this part

NOTE Confidence: 0.99637556

00:44:43.329 --> 00:44:44.469 of my life a secret.

NOTE Confidence: 0.96525764

00:44:45.170 --> 00:44:46.550 I made a Facebook post

NOTE Confidence: 0.96525764

00:44:46.770 --> 00:44:48.450 explaining what trick is and

NOTE Confidence: 0.96525764

00:44:48.450 --> 00:44:50.130 providing links to TLC for

NOTE Confidence: 0.96525764

00:44:50.130 --> 00:44:50.869 more information.

NOTE Confidence: 0.9944267

00:44:51.489 --> 00:44:53.010 The response I received was

NOTE Confidence: 0.9944267

00:44:53.010 --> 00:44:54.630 overwhelming and life changing.

NOTE Confidence: 0.9827542

00:44:55.265 --> 00:44:56.785 Friends and peers began showing

NOTE Confidence: 0.9827542

00:44:56.785 --> 00:44:57.745 more support than I ever

NOTE Confidence: 0.9827542

00:44:57.745 --> 00:44:58.645 could have imagined.

NOTE Confidence: 0.9796113

00:44:59.505 --> 00:45:01.185 Finally, after attending a TLC

NOTE Confidence: 0.9796113

00:45:01.185 --> 00:45:02.465 workshop in New York City

NOTE Confidence: 0.9796113

00:45:02.465 --> 00:45:04.065 one fall day, I decided
NOTE Confidence: 0.9796113

00:45:04.065 --> 00:45:05.025 I was fed up with
NOTE Confidence: 0.9796113

00:45:05.025 --> 00:45:05.525 Trick.
NOTE Confidence: 0.9992924

00:45:06.385 --> 00:45:07.585 Why was I letting this
NOTE Confidence: 0.9992924

00:45:07.585 --> 00:45:09.285 condition control my happiness?
NOTE Confidence: 0.9996921

00:45:10.290 --> 00:45:11.489 Why was I letting it
NOTE Confidence: 0.9996921

00:45:11.489 --> 00:45:12.790 define who I am?
NOTE Confidence: 0.99859726

00:45:13.410 --> 00:45:14.530 From that day on, I
NOTE Confidence: 0.99859726

00:45:14.530 --> 00:45:16.130 stopped feeling sorry for myself
NOTE Confidence: 0.99859726

00:45:16.130 --> 00:45:17.410 and started my journey of
NOTE Confidence: 0.99859726

00:45:17.410 --> 00:45:18.469 really hard work.
NOTE Confidence: 0.98142254

00:45:20.210 --> 00:45:21.170 And I guess I I
NOTE Confidence: 0.98142254

00:45:21.170 --> 00:45:22.130 just wanted to end on
NOTE Confidence: 0.98142254

00:45:22.130 --> 00:45:23.650 that because I I think,
NOTE Confidence: 0.98142254

00:45:23.650 --> 00:45:25.170 again, coming back to kind
NOTE Confidence: 0.98142254

00:45:25.170 --> 00:45:26.954 of these are real people

NOTE Confidence: 0.98142254
00:45:27.015 --> 00:45:28.454 that we're kind of treating,
NOTE Confidence: 0.98142254
00:45:28.454 --> 00:45:29.275 and I think
NOTE Confidence: 0.97653514
00:45:29.734 --> 00:45:30.855 her message of that it's
NOTE Confidence: 0.97653514
00:45:30.855 --> 00:45:31.734 hard work. It is hard
NOTE Confidence: 0.97653514
00:45:31.734 --> 00:45:32.935 work. It's hard work for
NOTE Confidence: 0.97653514
00:45:32.935 --> 00:45:34.055 the patients. It's hard work
NOTE Confidence: 0.97653514
00:45:34.055 --> 00:45:34.875 for the therapists.
NOTE Confidence: 0.9966018
00:45:35.655 --> 00:45:36.614 It's hard work for the
NOTE Confidence: 0.9966018
00:45:36.614 --> 00:45:37.815 researchers, but I think it's
NOTE Confidence: 0.9966018
00:45:37.815 --> 00:45:39.094 really important work that we're
NOTE Confidence: 0.9966018
00:45:39.094 --> 00:45:39.960 all doing on this.
NOTE Confidence: 0.93204546
00:45:40.920 --> 00:45:42.460 And so with that,
NOTE Confidence: 0.93139905
00:45:44.520 --> 00:45:45.960 a big, big thank you,
NOTE Confidence: 0.9705949
00:45:46.599 --> 00:45:47.960 to the individuals and families
NOTE Confidence: 0.9705949
00:45:47.960 --> 00:45:49.320 who participate in these studies.
NOTE Confidence: 0.9705949

00:45:49.320 --> 00:45:50.599 This work is not possible
NOTE Confidence: 0.9705949

00:45:50.599 --> 00:45:51.480 without them. I don't know
NOTE Confidence: 0.9705949

00:45:51.480 --> 00:45:52.280 if any of them are
NOTE Confidence: 0.9705949

00:45:52.280 --> 00:45:53.555 in the audience or listening,
NOTE Confidence: 0.9705949

00:45:53.614 --> 00:45:55.075 but you are the stars
NOTE Confidence: 0.9705949

00:45:55.135 --> 00:45:55.875 of the show.
NOTE Confidence: 0.9987005

00:45:56.335 --> 00:45:56.815 And then,
NOTE Confidence: 0.98366535

00:45:57.295 --> 00:45:58.494 I I also wanna thank
NOTE Confidence: 0.98366535

00:45:58.494 --> 00:45:59.614 everyone in my lab and
NOTE Confidence: 0.98366535

00:45:59.614 --> 00:46:01.454 everyone in, Michael and Tom's
NOTE Confidence: 0.98366535

00:46:01.454 --> 00:46:02.994 labs who, contributed,
NOTE Confidence: 0.99122477

00:46:03.855 --> 00:46:04.355 particularly,
NOTE Confidence: 0.9462252

00:46:04.974 --> 00:46:07.135 to Louise who, I highlighted
NOTE Confidence: 0.9462252

00:46:07.135 --> 00:46:07.935 so much of his work
NOTE Confidence: 0.9462252

00:46:07.935 --> 00:46:09.830 today, and, we're so excited.
NOTE Confidence: 0.9462252

00:46:09.830 --> 00:46:10.630 He came here. I met

NOTE Confidence: 0.9462252

00:46:10.630 --> 00:46:11.590 him as a med student.

NOTE Confidence: 0.9462252

00:46:11.590 --> 00:46:12.630 He started the tab study

NOTE Confidence: 0.9462252

00:46:12.630 --> 00:46:13.270 with me when he was

NOTE Confidence: 0.9462252

00:46:13.270 --> 00:46:14.550 a med student, went back

NOTE Confidence: 0.9462252

00:46:14.550 --> 00:46:15.910 to Brazil, came back as

NOTE Confidence: 0.9462252

00:46:15.910 --> 00:46:17.830 a Fulbright Scholar during his

NOTE Confidence: 0.9462252

00:46:17.830 --> 00:46:19.830 PhD. And now in August,

NOTE Confidence: 0.9462252

00:46:19.830 --> 00:46:21.450 he is joining the faculty.

NOTE Confidence: 0.980206

00:46:21.910 --> 00:46:23.190 So we're so excited that

NOTE Confidence: 0.980206

00:46:23.190 --> 00:46:24.605 he's coming. And,

NOTE Confidence: 0.9946769

00:46:26.344 --> 00:46:27.385 and then, of course, Michael

NOTE Confidence: 0.9946769

00:46:27.385 --> 00:46:28.185 and Tom know how I

NOTE Confidence: 0.9946769

00:46:28.185 --> 00:46:29.085 feel about them.

NOTE Confidence: 0.78689814

00:46:29.705 --> 00:46:30.205 And,

NOTE Confidence: 0.96852434

00:46:31.305 --> 00:46:32.185 yeah. And then I you

NOTE Confidence: 0.96852434

00:46:32.185 --> 00:46:33.145 know, I also wanted to
NOTE Confidence: 0.96852434

00:46:33.145 --> 00:46:34.344 mention, I, you know, I
NOTE Confidence: 0.96852434

00:46:34.344 --> 00:46:35.385 chose to talk about this
NOTE Confidence: 0.96852434

00:46:35.385 --> 00:46:36.905 project because, obviously, I really
NOTE Confidence: 0.96852434

00:46:36.905 --> 00:46:37.785 care about it. We have
NOTE Confidence: 0.96852434

00:46:37.785 --> 00:46:38.969 a lot of other projects,
NOTE Confidence: 0.96852434

00:46:38.969 --> 00:46:40.170 and my last grand rounds,
NOTE Confidence: 0.96852434

00:46:40.170 --> 00:46:41.370 I talked about ADHD and
NOTE Confidence: 0.96852434

00:46:41.370 --> 00:46:42.330 anxiety, but there are a
NOTE Confidence: 0.96852434

00:46:42.330 --> 00:46:43.850 lot of other works, we're
NOTE Confidence: 0.96852434

00:46:43.850 --> 00:46:44.650 doing as well with a
NOTE Confidence: 0.96852434

00:46:44.650 --> 00:46:45.870 bunch of collaborators.
NOTE Confidence: 0.98982894

00:46:46.650 --> 00:46:48.489 And so with that, happy
NOTE Confidence: 0.98982894

00:46:48.489 --> 00:46:49.390 to take questions.
NOTE Confidence: 0.9054255

00:46:57.505 --> 00:46:58.005 Yeah.
NOTE Confidence: 0.8392091

00:46:58.864 --> 00:46:59.364 Yeah.

NOTE Confidence: 0.90454155

00:46:59.825 --> 00:47:00.964 Hi. So,

NOTE Confidence: 0.99200547

00:47:01.505 --> 00:47:02.224 I'm actually

NOTE Confidence: 0.97482514

00:47:02.704 --> 00:47:03.825 I said wow at the

NOTE Confidence: 0.97482514

00:47:03.825 --> 00:47:04.325 beginning

NOTE Confidence: 0.72300005

00:47:04.625 --> 00:47:05.344 because of

NOTE Confidence: 0.9300096

00:47:07.050 --> 00:47:08.170 Earlier on because,

NOTE Confidence: 0.9688819

00:47:09.370 --> 00:47:10.330 so this runs in my

NOTE Confidence: 0.9688819

00:47:10.330 --> 00:47:12.170 family, and, like, we really

NOTE Confidence: 0.9688819

00:47:12.170 --> 00:47:13.290 didn't know a lot about

NOTE Confidence: 0.9688819

00:47:13.290 --> 00:47:14.410 it. So this is kind

NOTE Confidence: 0.9688819

00:47:14.410 --> 00:47:15.610 of, in a weird way,

NOTE Confidence: 0.9688819

00:47:15.610 --> 00:47:17.610 exciting because, unfortunately, we do

NOTE Confidence: 0.9688819

00:47:17.610 --> 00:47:19.070 have an aunt that has

NOTE Confidence: 0.9053939

00:47:19.415 --> 00:47:20.455 still dealing with it, and

NOTE Confidence: 0.9053939

00:47:20.455 --> 00:47:21.734 she's completely evolved. And then

NOTE Confidence: 0.9053939

00:47:21.734 --> 00:47:23.015 we have cousin around my

NOTE Confidence: 0.9053939

00:47:23.015 --> 00:47:24.075 age, twenty seven,

NOTE Confidence: 0.9924045

00:47:24.855 --> 00:47:26.395 that is dealing with it.

NOTE Confidence: 0.9924045

00:47:26.535 --> 00:47:27.035 And,

NOTE Confidence: 0.96442014

00:47:27.655 --> 00:47:28.775 earlier on when I was

NOTE Confidence: 0.96442014

00:47:28.775 --> 00:47:30.214 younger, I was dealing with

NOTE Confidence: 0.96442014

00:47:30.214 --> 00:47:31.515 some skin picking issues.

NOTE Confidence: 0.96565884

00:47:31.815 --> 00:47:32.695 So to me, like, to

NOTE Confidence: 0.96565884

00:47:32.695 --> 00:47:34.089 hear this was like, woah.

NOTE Confidence: 0.96565884

00:47:34.089 --> 00:47:35.530 Like, you you just told

NOTE Confidence: 0.96565884

00:47:35.530 --> 00:47:36.730 me things about my family

NOTE Confidence: 0.96565884

00:47:36.730 --> 00:47:37.550 that I was,

NOTE Confidence: 0.9865484

00:47:38.250 --> 00:47:39.230 not aware of.

NOTE Confidence: 0.99220926

00:47:39.690 --> 00:47:40.089 So,

NOTE Confidence: 0.9997347

00:47:40.489 --> 00:47:41.369 thank you so much for

NOTE Confidence: 0.9997347

00:47:41.369 --> 00:47:41.869 that.

NOTE Confidence: 0.9752491
00:47:42.250 --> 00:47:43.710 I guess my question is,
NOTE Confidence: 0.9829832
00:47:44.329 --> 00:47:46.010 is there data that is
NOTE Confidence: 0.9829832
00:47:46.010 --> 00:47:46.910 talking about,
NOTE Confidence: 0.76210153
00:47:48.114 --> 00:47:48.614 like,
NOTE Confidence: 0.9328757
00:47:48.915 --> 00:47:50.355 maybe that shows the correlation
NOTE Confidence: 0.9328757
00:47:50.355 --> 00:47:51.655 of, like, maybe
NOTE Confidence: 0.9910454
00:47:51.955 --> 00:47:53.235 having that influence of your
NOTE Confidence: 0.9910454
00:47:53.235 --> 00:47:54.455 family that,
NOTE Confidence: 0.9333227
00:47:55.395 --> 00:47:56.835 that has trick or skin
NOTE Confidence: 0.9333227
00:47:56.835 --> 00:47:57.335 picking?
NOTE Confidence: 0.99820864
00:47:57.795 --> 00:47:58.295 And
NOTE Confidence: 0.9974216
00:47:58.835 --> 00:47:59.335 that
NOTE Confidence: 0.98790604
00:47:59.875 --> 00:48:00.775 kind of compares
NOTE Confidence: 0.9819674
00:48:01.730 --> 00:48:03.969 parallel to what the genetic
NOTE Confidence: 0.9819674
00:48:03.969 --> 00:48:05.170 portion of it has just
NOTE Confidence: 0.9819674

00:48:05.170 --> 00:48:05.670 because
NOTE Confidence: 0.95411175

00:48:05.969 --> 00:48:07.170 I I'd just be very
NOTE Confidence: 0.95411175

00:48:07.170 --> 00:48:09.670 interested and understanding again, like,
NOTE Confidence: 0.95411175

00:48:09.809 --> 00:48:10.630 my family's
NOTE Confidence: 0.9040763

00:48:11.089 --> 00:48:12.529 issues and then what's, like,
NOTE Confidence: 0.9040763

00:48:12.529 --> 00:48:13.270 the social
NOTE Confidence: 0.9899387

00:48:13.730 --> 00:48:15.315 aspect of, like, seeing that.
NOTE Confidence: 0.9899387

00:48:15.474 --> 00:48:16.755 Yeah. That's a great question.
NOTE Confidence: 0.9899387

00:48:16.755 --> 00:48:17.795 So first of all, thank
NOTE Confidence: 0.9899387

00:48:17.795 --> 00:48:19.155 you for your comment. It's
NOTE Confidence: 0.9899387

00:48:19.155 --> 00:48:20.435 very validating to hear this
NOTE Confidence: 0.9899387

00:48:20.435 --> 00:48:21.974 is useful to people.
NOTE Confidence: 0.9798306

00:48:22.675 --> 00:48:23.155 And then,
NOTE Confidence: 0.95943195

00:48:24.275 --> 00:48:25.555 yeah, you know, there isn't
NOTE Confidence: 0.95943195

00:48:25.555 --> 00:48:26.855 a ton of data.
NOTE Confidence: 0.9850954

00:48:28.800 --> 00:48:30.239 I don't know if Doris

NOTE Confidence: 0.9850954

00:48:30.239 --> 00:48:32.100 is here. Is she here?

NOTE Confidence: 0.909529

00:48:34.000 --> 00:48:34.500 But,

NOTE Confidence: 0.87242514

00:48:35.120 --> 00:48:35.940 but there,

NOTE Confidence: 0.92959505

00:48:37.280 --> 00:48:38.320 there there have been a

NOTE Confidence: 0.92959505

00:48:38.320 --> 00:48:39.700 few things looking at family

NOTE Confidence: 0.92959505

00:48:39.935 --> 00:48:41.055 factors and looking at kind

NOTE Confidence: 0.92959505

00:48:41.055 --> 00:48:42.015 of the impacts of, like,

NOTE Confidence: 0.92959505

00:48:42.015 --> 00:48:43.055 if your mom has it,

NOTE Confidence: 0.92959505

00:48:43.055 --> 00:48:44.675 but it's definitely an underexplored.

NOTE Confidence: 0.9947381

00:48:44.975 --> 00:48:45.935 And I I tend to

NOTE Confidence: 0.9947381

00:48:45.935 --> 00:48:46.975 think there is kind of

NOTE Confidence: 0.9947381

00:48:46.975 --> 00:48:48.415 a social aspect to it

NOTE Confidence: 0.9947381

00:48:48.415 --> 00:48:48.994 as well,

NOTE Confidence: 0.93126965

00:48:49.455 --> 00:48:51.395 and definitely maybe kind of

NOTE Confidence: 0.96801555

00:48:51.695 --> 00:48:53.470 an accommodation aspect. You know,

NOTE Confidence: 0.96801555

00:48:53.470 --> 00:48:54.350 like, there might be kind
NOTE Confidence: 0.96801555

00:48:54.350 --> 00:48:55.470 of behaviors that we could
NOTE Confidence: 0.96801555

00:48:55.470 --> 00:48:57.230 do, to help improve it
NOTE Confidence: 0.96801555

00:48:57.230 --> 00:48:58.750 as well. But it's very
NOTE Confidence: 0.96801555

00:48:58.750 --> 00:48:59.250 understudied,
NOTE Confidence: 0.92892104

00:48:59.950 --> 00:49:00.910 and I and but I
NOTE Confidence: 0.92892104

00:49:00.910 --> 00:49:02.430 think it it's clearly something
NOTE Confidence: 0.92892104

00:49:02.430 --> 00:49:03.710 I'm interested in and kinda
NOTE Confidence: 0.92892104

00:49:03.710 --> 00:49:04.825 teasing apart. Why does it
NOTE Confidence: 0.92892104

00:49:04.825 --> 00:49:06.185 run-in families? What are kind
NOTE Confidence: 0.92892104

00:49:06.185 --> 00:49:07.225 of what's due to genes?
NOTE Confidence: 0.92892104

00:49:07.225 --> 00:49:08.505 What's due to kinda environment,
NOTE Confidence: 0.92892104

00:49:08.505 --> 00:49:09.805 family factors, etcetera?
NOTE Confidence: 0.97948307

00:49:14.025 --> 00:49:15.705 Hi. I also wanted to
NOTE Confidence: 0.97948307

00:49:15.705 --> 00:49:16.925 say a big thanks.
NOTE Confidence: 0.98641044

00:49:17.625 --> 00:49:18.780 So excoriation

NOTE Confidence: 0.96509284

00:49:19.240 --> 00:49:20.520 is something that I've struggled

NOTE Confidence: 0.96509284

00:49:20.520 --> 00:49:21.720 with in my life since

NOTE Confidence: 0.96509284

00:49:21.720 --> 00:49:23.240 I was young and, like,

NOTE Confidence: 0.96509284

00:49:23.240 --> 00:49:23.820 a teenager.

NOTE Confidence: 0.97848904

00:49:24.840 --> 00:49:26.120 And I I recently saw

NOTE Confidence: 0.97848904

00:49:26.120 --> 00:49:27.160 a picture of myself from

NOTE Confidence: 0.97848904

00:49:27.160 --> 00:49:28.280 ten years ago when I

NOTE Confidence: 0.97848904

00:49:28.280 --> 00:49:29.400 was, like, really struggling with

NOTE Confidence: 0.97848904

00:49:29.400 --> 00:49:30.200 it at, like, the height

NOTE Confidence: 0.97848904

00:49:30.200 --> 00:49:31.420 of it. And

NOTE Confidence: 0.9891548

00:49:32.295 --> 00:49:33.815 everything you're saying rings true.

NOTE Confidence: 0.9891548

00:49:33.815 --> 00:49:34.315 And

NOTE Confidence: 0.9883449

00:49:34.694 --> 00:49:35.895 I was just really interested

NOTE Confidence: 0.9883449

00:49:35.895 --> 00:49:36.395 because

NOTE Confidence: 0.99968886

00:49:36.855 --> 00:49:38.214 I was recently diagnosed as

NOTE Confidence: 0.99968886

00:49:38.214 --> 00:49:39.434 an adult with ADHD
NOTE Confidence: 0.89206916

00:49:40.055 --> 00:49:40.555 and
NOTE Confidence: 0.9988149

00:49:40.855 --> 00:49:41.915 started a course
NOTE Confidence: 0.9891388

00:49:42.295 --> 00:49:43.515 of stimulant medication.
NOTE Confidence: 0.99969214

00:49:43.815 --> 00:49:45.690 And I've heard some evidence
NOTE Confidence: 0.99969214

00:49:45.830 --> 00:49:47.770 that there's a tie between
NOTE Confidence: 0.9726648

00:49:48.230 --> 00:49:49.690 ADHD and these BFRBs.
NOTE Confidence: 0.9975981

00:49:50.630 --> 00:49:51.989 And I was wondering if
NOTE Confidence: 0.9975981

00:49:51.989 --> 00:49:53.750 there's any evidence to suggest
NOTE Confidence: 0.9975981

00:49:53.750 --> 00:49:54.250 that
NOTE Confidence: 0.99891454

00:49:55.670 --> 00:49:56.810 medication that addresses
NOTE Confidence: 0.9879277

00:49:57.355 --> 00:49:58.255 things like ADHD
NOTE Confidence: 0.9366079

00:49:58.795 --> 00:50:00.075 helps with that because this
NOTE Confidence: 0.9366079

00:50:00.075 --> 00:50:01.515 is completely anecdotal, but I
NOTE Confidence: 0.9366079

00:50:01.515 --> 00:50:02.015 noticed
NOTE Confidence: 0.99821657

00:50:02.395 --> 00:50:03.915 a massive reduction in my

NOTE Confidence: 0.99821657
00:50:03.915 --> 00:50:05.835 urge to pick once I
NOTE Confidence: 0.99821657
00:50:05.835 --> 00:50:06.335 started
NOTE Confidence: 0.97871274
00:50:06.795 --> 00:50:08.315 that medication. I I just
NOTE Confidence: 0.97871274
00:50:08.315 --> 00:50:09.275 wanted to hear your thoughts
NOTE Confidence: 0.97871274
00:50:09.275 --> 00:50:09.935 on that.
NOTE Confidence: 0.997265
00:50:10.400 --> 00:50:10.900 Yeah.
NOTE Confidence: 0.9532554
00:50:11.680 --> 00:50:12.980 So there is an association.
NOTE Confidence: 0.9532554
00:50:13.200 --> 00:50:14.480 ADHD is higher in these
NOTE Confidence: 0.9532554
00:50:14.480 --> 00:50:14.980 disorders.
NOTE Confidence: 0.9550207
00:50:15.920 --> 00:50:17.040 I it's hidden in the
NOTE Confidence: 0.9550207
00:50:17.040 --> 00:50:18.080 slides on one of the
NOTE Confidence: 0.9550207
00:50:18.080 --> 00:50:18.580 tables.
NOTE Confidence: 0.95975214
00:50:18.960 --> 00:50:20.000 It might be a little
NOTE Confidence: 0.95975214
00:50:20.000 --> 00:50:21.360 higher with skin picking than
NOTE Confidence: 0.95975214
00:50:21.360 --> 00:50:23.700 with trick, the ADHD Association.
NOTE Confidence: 0.98660976

00:50:24.875 --> 00:50:25.994 Some people have argued that
NOTE Confidence: 0.98660976

00:50:25.994 --> 00:50:26.954 it that actually might be
NOTE Confidence: 0.98660976

00:50:26.954 --> 00:50:28.315 because of the stimulants, that
NOTE Confidence: 0.98660976

00:50:28.315 --> 00:50:30.395 stimulants might be associated with
NOTE Confidence: 0.98660976

00:50:30.395 --> 00:50:31.994 skin picking, but I actually
NOTE Confidence: 0.98660976

00:50:31.994 --> 00:50:33.355 agree the opposite. I agree
NOTE Confidence: 0.98660976

00:50:33.355 --> 00:50:34.474 with what you said. I
NOTE Confidence: 0.98660976

00:50:34.714 --> 00:50:36.635 my clinical experience, and I'm
NOTE Confidence: 0.98660976

00:50:36.635 --> 00:50:37.515 just gonna give you a
NOTE Confidence: 0.98660976

00:50:37.515 --> 00:50:38.714 clinical experience because I don't
NOTE Confidence: 0.98660976

00:50:39.114 --> 00:50:40.550 I unfortunately don't have data
NOTE Confidence: 0.98660976

00:50:40.550 --> 00:50:41.750 to show it. Mhmm. I
NOTE Confidence: 0.98660976

00:50:41.750 --> 00:50:42.710 think you're right. I think
NOTE Confidence: 0.98660976

00:50:42.710 --> 00:50:44.010 when we treat the ADHD,
NOTE Confidence: 0.9505836

00:50:44.710 --> 00:50:46.150 that often that can be,
NOTE Confidence: 0.999388

00:50:46.710 --> 00:50:47.210 helpful

NOTE Confidence: 0.95887417

00:50:47.510 --> 00:50:48.469 for the skip pay. And

NOTE Confidence: 0.95887417

00:50:48.469 --> 00:50:50.230 so because this was something

NOTE Confidence: 0.95887417

00:50:50.230 --> 00:50:51.510 I didn't emphasize that much,

NOTE Confidence: 0.95887417

00:50:51.510 --> 00:50:52.650 but because our pharmacotherapies

NOTE Confidence: 0.99791473

00:50:53.110 --> 00:50:54.090 are so limited,

NOTE Confidence: 0.9854008

00:50:54.645 --> 00:50:56.245 we sometimes do really focus

NOTE Confidence: 0.9854008

00:50:56.245 --> 00:50:57.525 on treating if there are

NOTE Confidence: 0.9854008

00:50:57.525 --> 00:50:59.205 co occurring disorders, treating the

NOTE Confidence: 0.9854008

00:50:59.205 --> 00:51:01.045 co occurring disorders. So sometimes

NOTE Confidence: 0.9854008

00:51:01.045 --> 00:51:02.245 when you treat the anxiety

NOTE Confidence: 0.9854008

00:51:02.245 --> 00:51:03.445 or the depression or the

NOTE Confidence: 0.9854008

00:51:03.445 --> 00:51:03.945 ADHD,

NOTE Confidence: 0.9756659

00:51:04.565 --> 00:51:05.605 that that may lead to

NOTE Confidence: 0.9756659

00:51:05.605 --> 00:51:06.965 a reduction in symptoms and

NOTE Confidence: 0.9756659

00:51:06.965 --> 00:51:08.085 may be helpful. But I

NOTE Confidence: 0.9756659

00:51:08.085 --> 00:51:09.270 think there is a group
NOTE Confidence: 0.9756659

00:51:09.430 --> 00:51:10.790 that it's very tightly linked
NOTE Confidence: 0.9756659

00:51:10.790 --> 00:51:11.670 and that actually,
NOTE Confidence: 0.96512914

00:51:12.550 --> 00:51:13.830 the ability and sometimes you
NOTE Confidence: 0.96512914

00:51:13.830 --> 00:51:14.790 even see it, like, they'll
NOTE Confidence: 0.96512914

00:51:14.790 --> 00:51:16.150 be on stimulants and then
NOTE Confidence: 0.96512914

00:51:16.150 --> 00:51:17.510 they'll be they won't pick
NOTE Confidence: 0.96512914

00:51:17.510 --> 00:51:18.790 during the day. And when
NOTE Confidence: 0.96512914

00:51:18.790 --> 00:51:19.989 the stimulant wears off at
NOTE Confidence: 0.96512914

00:51:19.989 --> 00:51:21.110 night, then they'll pick in
NOTE Confidence: 0.96512914

00:51:21.110 --> 00:51:22.390 the evening before bed. And
NOTE Confidence: 0.96512914

00:51:22.390 --> 00:51:22.890 so,
NOTE Confidence: 0.98552704

00:51:23.645 --> 00:51:24.765 I have a few cases
NOTE Confidence: 0.98552704

00:51:24.765 --> 00:51:25.484 like that. So I I
NOTE Confidence: 0.98552704

00:51:25.484 --> 00:51:26.605 think that there is something
NOTE Confidence: 0.98552704

00:51:26.605 --> 00:51:27.405 there, and it's a really

NOTE Confidence: 0.98552704
00:51:27.405 --> 00:51:28.305 interesting point.
NOTE Confidence: 0.97937495
00:51:31.005 --> 00:51:31.964 We have a question from
NOTE Confidence: 0.97937495
00:51:31.964 --> 00:51:33.244 Julie Chilton on the chat
NOTE Confidence: 0.97937495
00:51:33.244 --> 00:51:34.464 and then Bob King.
NOTE Confidence: 0.74279565
00:51:35.484 --> 00:51:36.525 Julie Hey. Julie, would you
NOTE Confidence: 0.74279565
00:51:36.525 --> 00:51:37.185 be on mute?
NOTE Confidence: 0.92726433
00:51:39.030 --> 00:51:40.330 Can you guys hear me?
NOTE Confidence: 0.7702693
00:51:40.790 --> 00:51:41.610 Yeah. Yeah.
NOTE Confidence: 0.94589025
00:51:42.230 --> 00:51:43.530 Okay. Great. Well,
NOTE Confidence: 0.999087
00:51:43.989 --> 00:51:44.489 fantastic
NOTE Confidence: 0.9460127
00:51:44.870 --> 00:51:45.989 talk. I always,
NOTE Confidence: 0.9423974
00:51:47.110 --> 00:51:48.950 am struggling with what to
NOTE Confidence: 0.9423974
00:51:48.950 --> 00:51:50.090 do when I get,
NOTE Confidence: 0.96757036
00:51:50.825 --> 00:51:52.125 skin pickers or,
NOTE Confidence: 0.9755476
00:51:52.825 --> 00:51:53.964 anything with excoriation
NOTE Confidence: 0.9143305

00:51:54.344 --> 00:51:55.565 disorder in kiddos.
NOTE Confidence: 0.9845662

00:51:56.105 --> 00:51:58.344 I just wondered if you
NOTE Confidence: 0.9845662

00:51:58.344 --> 00:52:01.005 thought space might be appropriate
NOTE Confidence: 0.9845662

00:52:01.144 --> 00:52:02.585 for these guys and and
NOTE Confidence: 0.9845662

00:52:02.585 --> 00:52:03.944 whether Ellie should roll out
NOTE Confidence: 0.9845662

00:52:03.944 --> 00:52:05.484 a new model for that.
NOTE Confidence: 0.9953403

00:52:07.969 --> 00:52:09.650 Well, I can't talk for
NOTE Confidence: 0.9953403

00:52:09.650 --> 00:52:10.790 Ellie, but maybe.
NOTE Confidence: 0.9764776

00:52:12.210 --> 00:52:13.010 I don't know. I have
NOTE Confidence: 0.9764776

00:52:13.010 --> 00:52:14.469 Becca here in his place.
NOTE Confidence: 0.96452236

00:52:15.730 --> 00:52:16.050 But,
NOTE Confidence: 0.96607196

00:52:16.530 --> 00:52:17.810 but there might be I
NOTE Confidence: 0.96607196

00:52:17.810 --> 00:52:19.335 mean, it, again, I think
NOTE Confidence: 0.96607196

00:52:19.335 --> 00:52:20.695 one of the limitations is
NOTE Confidence: 0.96607196

00:52:20.695 --> 00:52:21.735 really when we have these
NOTE Confidence: 0.96607196

00:52:21.735 --> 00:52:22.935 young kids and doing these

NOTE Confidence: 0.96607196
00:52:22.935 --> 00:52:25.175 behavioral treatments. Right? Is it
NOTE Confidence: 0.96607196
00:52:25.255 --> 00:52:26.375 it's really hard with the
NOTE Confidence: 0.96607196
00:52:26.375 --> 00:52:27.594 younger kids. And,
NOTE Confidence: 0.9330972
00:52:28.215 --> 00:52:30.075 I haven't tried actually space
NOTE Confidence: 0.9330972
00:52:30.135 --> 00:52:31.594 specifically for Trich before,
NOTE Confidence: 0.96627426
00:52:32.055 --> 00:52:33.675 only for OCD and anxiety,
NOTE Confidence: 0.96627426
00:52:33.735 --> 00:52:34.235 but
NOTE Confidence: 0.915632
00:52:35.280 --> 00:52:36.020 but yeah.
NOTE Confidence: 0.94623977
00:52:40.080 --> 00:52:40.960 No. No. If you have
NOTE Confidence: 0.94623977
00:52:40.960 --> 00:52:42.260 thoughts, I don't know.
NOTE Confidence: 0.8269141
00:52:42.800 --> 00:52:44.080 It's it's tough because yeah.
NOTE Confidence: 0.8269141
00:52:44.080 --> 00:52:45.360 Like, it's such a I'm
NOTE Confidence: 0.8269141
00:52:45.360 --> 00:52:46.880 old focused. The behavior and
NOTE Confidence: 0.8269141
00:52:46.880 --> 00:52:48.340 space is so focused, obviously,
NOTE Confidence: 0.8269141
00:52:48.545 --> 00:52:49.745 parent behaviors, but I do
NOTE Confidence: 0.8269141

00:52:49.745 --> 00:52:51.125 think just, again, anecdotally,
NOTE Confidence: 0.8883057

00:52:51.665 --> 00:52:53.344 sometimes there are accommodations that
NOTE Confidence: 0.8883057

00:52:53.344 --> 00:52:54.565 some of, like, the surrounding
NOTE Confidence: 0.8883057

00:52:54.625 --> 00:52:56.165 behaviors, like, supplying,
NOTE Confidence: 0.91619194

00:52:56.465 --> 00:52:57.665 you know, bandies or, like,
NOTE Confidence: 0.91619194

00:52:57.665 --> 00:52:59.105 you know, things that parents
NOTE Confidence: 0.91619194

00:52:59.105 --> 00:52:59.895 can't do to maybe help
NOTE Confidence: 0.91619194

00:52:59.895 --> 00:53:01.980 the child, like, cover up
NOTE Confidence: 0.91619194

00:53:02.040 --> 00:53:03.960 their distress related to, you
NOTE Confidence: 0.91619194

00:53:03.960 --> 00:53:05.719 know, these behaviors. But It's
NOTE Confidence: 0.91619194

00:53:05.719 --> 00:53:07.160 an interesting question. Yeah. Talk
NOTE Confidence: 0.91619194

00:53:07.160 --> 00:53:07.739 to Ellie.
NOTE Confidence: 0.9803507

00:53:08.840 --> 00:53:10.040 It would be interesting to
NOTE Confidence: 0.9803507

00:53:10.040 --> 00:53:12.219 think more about the phenomenology
NOTE Confidence: 0.908291

00:53:13.239 --> 00:53:14.060 of this,
NOTE Confidence: 0.94433933

00:53:16.125 --> 00:53:17.985 focused versus automatic

NOTE Confidence: 0.9395378
00:53:18.605 --> 00:53:20.205 sort of pulling because that
NOTE Confidence: 0.9395378
00:53:20.205 --> 00:53:20.705 may
NOTE Confidence: 0.99714416
00:53:21.085 --> 00:53:22.525 shed some light on this
NOTE Confidence: 0.99714416
00:53:22.525 --> 00:53:23.585 question of whether
NOTE Confidence: 0.9987652
00:53:24.125 --> 00:53:25.265 paying more attention
NOTE Confidence: 0.9970259
00:53:25.725 --> 00:53:26.864 or less attention
NOTE Confidence: 0.96192884
00:53:27.440 --> 00:53:28.560 would be better. I mean,
NOTE Confidence: 0.96192884
00:53:28.560 --> 00:53:30.980 certainly, Andreas wrote a letter,
NOTE Confidence: 0.9176506
00:53:32.080 --> 00:53:33.840 twenty years ago about, you
NOTE Confidence: 0.9176506
00:53:33.840 --> 00:53:35.540 know, new onset of trichotillomania
NOTE Confidence: 0.9535465
00:53:36.239 --> 00:53:38.400 on on stimulants and so
NOTE Confidence: 0.9535465
00:53:38.400 --> 00:53:39.300 on. And,
NOTE Confidence: 0.8716933
00:53:40.925 --> 00:53:41.965 there, you know, there's this
NOTE Confidence: 0.8716933
00:53:41.965 --> 00:53:42.785 same debate,
NOTE Confidence: 0.97738135
00:53:43.485 --> 00:53:45.244 in Tourette's that goes back
NOTE Confidence: 0.97738135

00:53:45.244 --> 00:53:46.785 fifty years as to whether,
NOTE Confidence: 0.9596394

00:53:47.725 --> 00:53:49.645 stimulants make tics better or
NOTE Confidence: 0.9596394

00:53:49.645 --> 00:53:51.085 worse. The old line was
NOTE Confidence: 0.9596394

00:53:51.085 --> 00:53:52.305 that it made them worse,
NOTE Confidence: 0.9596394

00:53:52.460 --> 00:53:54.140 but there's actually some data
NOTE Confidence: 0.9596394

00:53:54.140 --> 00:53:55.420 from the tax study and
NOTE Confidence: 0.9596394

00:53:55.420 --> 00:53:56.859 some of those things that
NOTE Confidence: 0.9596394

00:53:56.859 --> 00:53:58.460 it may make it better
NOTE Confidence: 0.9596394

00:53:58.460 --> 00:54:00.319 because maybe you can focus
NOTE Confidence: 0.99017024

00:54:00.859 --> 00:54:01.599 your inhibitory,
NOTE Confidence: 0.9997867

00:54:02.700 --> 00:54:03.200 efforts
NOTE Confidence: 0.99554193

00:54:03.819 --> 00:54:06.059 better as opposed to just
NOTE Confidence: 0.99554193

00:54:06.059 --> 00:54:08.000 sort of spacing out and
NOTE Confidence: 0.96632737

00:54:08.325 --> 00:54:09.864 either ticking or
NOTE Confidence: 0.9990648

00:54:10.484 --> 00:54:10.984 obsessing
NOTE Confidence: 0.93673587

00:54:11.364 --> 00:54:11.864 or,

NOTE Confidence: 0.99009335
00:54:12.244 --> 00:54:14.105 or or pulling or scratching.
NOTE Confidence: 0.9689894
00:54:14.405 --> 00:54:15.464 So, I mean,
NOTE Confidence: 0.9750229
00:54:15.844 --> 00:54:17.045 it might be interesting to
NOTE Confidence: 0.9750229
00:54:17.045 --> 00:54:17.945 do a subanalysis
NOTE Confidence: 0.83644706
00:54:18.565 --> 00:54:19.065 of,
NOTE Confidence: 0.9848307
00:54:19.844 --> 00:54:21.285 of of the effects of
NOTE Confidence: 0.9848307
00:54:21.285 --> 00:54:23.250 stimulants by the type of
NOTE Confidence: 0.94646597
00:54:23.730 --> 00:54:25.270 pulling. But Yeah.
NOTE Confidence: 0.70628554
00:54:26.290 --> 00:54:27.030 And clinically,
NOTE Confidence: 0.9602605
00:54:27.410 --> 00:54:28.770 my experience and, again, I
NOTE Confidence: 0.9602605
00:54:28.770 --> 00:54:30.050 think having data, but I
NOTE Confidence: 0.9602605
00:54:30.050 --> 00:54:31.170 I think this is truly
NOTE Confidence: 0.9602605
00:54:31.170 --> 00:54:32.370 a one size does not
NOTE Confidence: 0.9602605
00:54:32.370 --> 00:54:33.330 fit all. I think there
NOTE Confidence: 0.9602605
00:54:33.330 --> 00:54:34.950 probably are groups of people.
NOTE Confidence: 0.9433806

00:54:35.344 --> 00:54:36.464 I have seen it too
NOTE Confidence: 0.9433806

00:54:36.464 --> 00:54:37.825 where it's gotten worse in
NOTE Confidence: 0.9433806

00:54:37.825 --> 00:54:39.984 individual cases, but I think
NOTE Confidence: 0.9433806

00:54:39.984 --> 00:54:40.864 there are group of people
NOTE Confidence: 0.9433806

00:54:40.864 --> 00:54:41.904 where it really helps the
NOTE Confidence: 0.9433806

00:54:41.904 --> 00:54:43.744 stimulant. Right? So I think,
NOTE Confidence: 0.9433806

00:54:43.984 --> 00:54:45.184 and maybe they're different, as
NOTE Confidence: 0.9433806

00:54:45.184 --> 00:54:46.565 you said, kind of phenomenology
NOTE Confidence: 0.9433806

00:54:46.785 --> 00:54:49.120 or biological factors, and maybe
NOTE Confidence: 0.9433806

00:54:49.120 --> 00:54:50.080 they're really not kind of
NOTE Confidence: 0.9433806

00:54:50.080 --> 00:54:51.520 the same disorder. Right? I
NOTE Confidence: 0.9433806

00:54:51.520 --> 00:54:53.120 think that's what I'm hoping
NOTE Confidence: 0.9433806

00:54:53.120 --> 00:54:54.480 that genetics will help us
NOTE Confidence: 0.9433806

00:54:54.480 --> 00:54:55.760 answer as well as kinda
NOTE Confidence: 0.9433806

00:54:55.760 --> 00:54:56.980 understanding the heterogeneity.
NOTE Confidence: 0.9410455

00:54:58.160 --> 00:54:59.060 Final question.

NOTE Confidence: 0.84530115
00:54:59.694 --> 00:55:01.135 We could occasionally, maybe once
NOTE Confidence: 0.84530115
00:55:01.135 --> 00:55:02.194 a year, see
NOTE Confidence: 0.9349765
00:55:02.974 --> 00:55:04.575 very young children, you know,
NOTE Confidence: 0.9349765
00:55:04.575 --> 00:55:05.474 under two
NOTE Confidence: 0.9054369
00:55:05.775 --> 00:55:07.375 who, you know, who were
NOTE Confidence: 0.9054369
00:55:07.375 --> 00:55:09.454 pulling some mostly, they pull
NOTE Confidence: 0.9054369
00:55:09.454 --> 00:55:10.914 their own hair, but sometimes
NOTE Confidence: 0.90250486
00:55:11.375 --> 00:55:13.469 as in, the Trichobe source
NOTE Confidence: 0.90250486
00:55:13.469 --> 00:55:15.230 cases, they'll be pulling mother's
NOTE Confidence: 0.90250486
00:55:15.230 --> 00:55:17.230 hair. Sometimes it's the genitalia's
NOTE Confidence: 0.90250486
00:55:17.230 --> 00:55:18.610 hair. And those are particularly
NOTE Confidence: 0.90250486
00:55:18.830 --> 00:55:20.850 difficult because they're not exactly
NOTE Confidence: 0.97770774
00:55:21.150 --> 00:55:22.210 open to,
NOTE Confidence: 0.9687257
00:55:22.910 --> 00:55:23.410 sophisticated,
NOTE Confidence: 0.99927866
00:55:24.270 --> 00:55:25.489 cognitive restructuring
NOTE Confidence: 0.9995586

00:55:25.790 --> 00:55:26.290 methods
NOTE Confidence: 0.95193017

00:55:26.775 --> 00:55:27.895 at the age one and
NOTE Confidence: 0.95193017

00:55:27.895 --> 00:55:28.954 a half or two.
NOTE Confidence: 0.9706095

00:55:29.255 --> 00:55:30.775 Any thoughts about that group
NOTE Confidence: 0.9706095

00:55:30.775 --> 00:55:32.135 of kids? The baby truck.
NOTE Confidence: 0.9706095

00:55:32.135 --> 00:55:33.414 I didn't talk about baby
NOTE Confidence: 0.9706095

00:55:33.414 --> 00:55:33.815 truck.
NOTE Confidence: 0.90532964

00:55:34.694 --> 00:55:35.974 It is a described kind
NOTE Confidence: 0.90532964

00:55:35.974 --> 00:55:36.635 of phenomenon.
NOTE Confidence: 0.97218055

00:55:38.660 --> 00:55:40.100 I don't have young enough
NOTE Confidence: 0.97218055

00:55:40.100 --> 00:55:41.540 kinda kids in my sample,
NOTE Confidence: 0.97218055

00:55:41.540 --> 00:55:43.640 and I actually personally haven't
NOTE Confidence: 0.97218055

00:55:43.700 --> 00:55:45.239 treated that many of them.
NOTE Confidence: 0.96563137

00:55:46.739 --> 00:55:48.420 But, but you're definitely right.
NOTE Confidence: 0.96563137

00:55:48.420 --> 00:55:50.020 There is this described phenomenon
NOTE Confidence: 0.96563137

00:55:50.020 --> 00:55:51.540 that there's early onset. It's

NOTE Confidence: 0.96563137
00:55:51.540 --> 00:55:53.219 usually not distressing to the
NOTE Confidence: 0.96563137
00:55:53.219 --> 00:55:53.719 child.
NOTE Confidence: 0.96917945
00:55:55.275 --> 00:55:56.234 The parents are usually the
NOTE Confidence: 0.96917945
00:55:56.234 --> 00:55:57.694 ones concerned about it.
NOTE Confidence: 0.9429056
00:55:59.035 --> 00:55:59.535 But
NOTE Confidence: 0.99380827
00:56:00.315 --> 00:56:01.694 but yeah. But I think
NOTE Confidence: 0.9677691
00:56:02.875 --> 00:56:04.234 it trying there is a
NOTE Confidence: 0.9677691
00:56:04.234 --> 00:56:05.994 paper kinda describing it that
NOTE Confidence: 0.9677691
00:56:05.994 --> 00:56:06.974 it it's
NOTE Confidence: 0.97135496
00:56:07.580 --> 00:56:08.800 got some similarities
NOTE Confidence: 0.9394933
00:56:09.260 --> 00:56:10.940 with kind of later onset
NOTE Confidence: 0.9394933
00:56:10.940 --> 00:56:12.860 trick, etcetera. But, again, the
NOTE Confidence: 0.9394933
00:56:12.860 --> 00:56:14.140 distress part is really,
NOTE Confidence: 0.98333883
00:56:14.540 --> 00:56:16.380 different, and that's my memory
NOTE Confidence: 0.98333883
00:56:16.380 --> 00:56:17.739 of the literature. But you
NOTE Confidence: 0.98333883

00:56:17.739 --> 00:56:18.860 are probably more of an
NOTE Confidence: 0.98333883

00:56:18.860 --> 00:56:20.320 expert in this than me.
NOTE Confidence: 0.9902126

00:56:20.860 --> 00:56:20.940 So
NOTE Confidence: 0.9756809

00:56:21.755 --> 00:56:22.715 And we we might fit
NOTE Confidence: 0.9756809

00:56:22.715 --> 00:56:23.915 in one more question. Angie,
NOTE Confidence: 0.9756809

00:56:23.915 --> 00:56:24.875 do you wanna unmute to
NOTE Confidence: 0.9756809

00:56:24.875 --> 00:56:25.695 ask your question?
NOTE Confidence: 0.99388033

00:56:27.675 --> 00:56:28.955 Yeah. I I just wanted
NOTE Confidence: 0.99388033

00:56:28.955 --> 00:56:30.555 to thank you, Emily, for
NOTE Confidence: 0.99388033

00:56:30.555 --> 00:56:31.995 spotlighting this. It's been a
NOTE Confidence: 0.99388033

00:56:31.995 --> 00:56:34.235 pleasure working with you, since
NOTE Confidence: 0.99388033

00:56:34.235 --> 00:56:35.515 since you were a student.
NOTE Confidence: 0.99388033

00:56:35.515 --> 00:56:36.495 It's been a pleasure
NOTE Confidence: 0.977731

00:56:36.830 --> 00:56:38.510 working with you. And, just
NOTE Confidence: 0.977731

00:56:38.510 --> 00:56:39.730 to highlight different,
NOTE Confidence: 0.9995384

00:56:40.510 --> 00:56:41.410 aspects of

NOTE Confidence: 0.9299226
00:56:41.710 --> 00:56:43.870 even the cultural aspect of
NOTE Confidence: 0.9299226
00:56:43.870 --> 00:56:44.370 trichotillomania,
NOTE Confidence: 0.9157323
00:56:45.790 --> 00:56:46.830 in doing the trial with
NOTE Confidence: 0.9157323
00:56:46.830 --> 00:56:47.489 the valbenazine,
NOTE Confidence: 0.920549
00:56:47.790 --> 00:56:48.430 we've had,
NOTE Confidence: 0.9588527
00:56:49.390 --> 00:56:49.890 Muslim,
NOTE Confidence: 0.999146
00:56:50.350 --> 00:56:50.850 women
NOTE Confidence: 0.9986589
00:56:51.195 --> 00:56:52.415 that hide their trichotillomania
NOTE Confidence: 0.9994174
00:56:52.955 --> 00:56:53.855 under their
NOTE Confidence: 0.9659329
00:56:54.315 --> 00:56:54.815 their,
NOTE Confidence: 0.8963946
00:56:55.675 --> 00:56:56.175 bail.
NOTE Confidence: 0.99194
00:56:56.555 --> 00:56:57.275 We've had,
NOTE Confidence: 0.99930495
00:56:57.675 --> 00:56:59.055 African American women
NOTE Confidence: 0.9423436
00:56:59.435 --> 00:57:01.135 that, hide their trichotillomania
NOTE Confidence: 0.9760558
00:57:01.755 --> 00:57:02.815 under their wig,
NOTE Confidence: 0.91474724

00:57:03.594 --> 00:57:04.635 or the the,
NOTE Confidence: 0.7795417

00:57:05.330 --> 00:57:05.989 hair pieces,
NOTE Confidence: 0.9841266

00:57:07.410 --> 00:57:08.950 and, just the the
NOTE Confidence: 0.99068844

00:57:09.730 --> 00:57:11.510 the toll that trichotillomania
NOTE Confidence: 0.9739024

00:57:12.050 --> 00:57:13.670 has on the female condition
NOTE Confidence: 0.9739024

00:57:13.810 --> 00:57:14.790 just because of
NOTE Confidence: 0.99056435

00:57:15.090 --> 00:57:16.690 how we are viewed in
NOTE Confidence: 0.99056435

00:57:16.690 --> 00:57:17.190 society,
NOTE Confidence: 0.9780955

00:57:18.370 --> 00:57:20.290 and the the the role
NOTE Confidence: 0.9780955

00:57:20.290 --> 00:57:21.665 that the way we look
NOTE Confidence: 0.9780955

00:57:21.665 --> 00:57:23.025 plays in how we are
NOTE Confidence: 0.9780955

00:57:23.025 --> 00:57:23.525 judged,
NOTE Confidence: 0.97092474

00:57:23.825 --> 00:57:25.185 I think, plays such a
NOTE Confidence: 0.97092474

00:57:25.185 --> 00:57:26.385 big role. And the the
NOTE Confidence: 0.97092474

00:57:26.385 --> 00:57:27.905 fact that you're spotlighting this
NOTE Confidence: 0.97092474

00:57:27.905 --> 00:57:28.405 condition,

NOTE Confidence: 0.9961216
00:57:28.945 --> 00:57:30.245 I think, is
NOTE Confidence: 0.99682903
00:57:31.185 --> 00:57:33.185 tantamount to, you know, kind
NOTE Confidence: 0.99682903
00:57:33.185 --> 00:57:33.685 of
NOTE Confidence: 0.75801766
00:57:34.440 --> 00:57:34.880 focusing,
NOTE Confidence: 0.9919082
00:57:35.320 --> 00:57:36.839 a big spotlight and, you
NOTE Confidence: 0.9919082
00:57:36.839 --> 00:57:38.359 know, doing something for women's
NOTE Confidence: 0.9919082
00:57:38.359 --> 00:57:39.900 health that, I think,
NOTE Confidence: 0.9406473
00:57:40.440 --> 00:57:42.520 has been otherwise under rug
NOTE Confidence: 0.9406473
00:57:42.520 --> 00:57:44.540 swept. And, just thank you.
NOTE Confidence: 0.98588234
00:57:46.680 --> 00:57:47.660 Thanks, Angie.
NOTE Confidence: 0.91255516
00:57:48.407 --> 00:57:49.287 What a great note to
NOTE Confidence: 0.91255516
00:57:49.287 --> 00:57:50.487 to end on. So just
NOTE Confidence: 0.91255516
00:57:50.487 --> 00:57:51.367 join me in thanking the
NOTE Confidence: 0.91255516
00:57:51.367 --> 00:57:51.867 analyst.