Appendix Table 1. Comparison of individuals with a body-focused repetitive disorder (BFRD) relative to those not affected by OCD, depression, or anxiety. Note that prevalence rates of the various BFRBs vary, which impacts group comparisons.

|  |  |  |  |
| --- | --- | --- | --- |
| Condition BFRD | OCD | Depression | Anxiety |
| Nail biting | 9.5%\*\*\*\* | 54.4%\*\*\*\* | 53.3%\*\*\*\* |
| Trichotillomania | 9.5%+ | 57.1%\*\*\*\* | 54.8%\*\*\*\* |
| Lip-cheek biting | 10.3%\*\*\*\* | 59.0%\*\*\*\* | 56.4%\*\*\*\* |
| Dermatophagia | 7.8%\* | 61.2%\*\*\*\* | 57.4%\*\*\*\* |
| Skin picking | 9.8%\*\*\*\* | 61.5%\*\*\*\* | 60.7%\*\*\*\* |
| Thumb sucking | 15.8%\*\* | 52.6%+ | 47.4% |
| Grinding (awake) | 12.7%\*\*\* | 58.2%\*\*\*\* | 52.7%\*\*\*\* |
| Joint cracking | 11.9%\*\* | 40.5% | 38.1% |
| Nose picking | 9.5% | 42.9% | 38.1% |
| Total Sample | 4.3% | 33.8% | 30.6% |

*Notes*. + *p* ≤ .1; \* *p* ≤ .05; \*\* *p* ≤ .01; \*\*\* *p* ≤ .005; \*\*\*\* *p* ≤ .001

OCD = obsessive-compulsive disorder

Appendix Table 2. Prevalence rates

|  |  |  |
| --- | --- | --- |
| Condition | Present sample | Kessler *et al*. (2012), lifetime morbid risk |
| Depression | 33.8% | 29.9% |
| Anxiety | 30.6% | 41.7% (28.9)\* |
| PTSD | 10.7% | 10.1% |
| OCD | 4.3% | 2.7% |
| Bipolar | 7.8% | 4.1% |

*Notes*. \* This category also included post-traumatic stress disorder and obsessive-compulsive disorder. If these disorders are removed, the rate is 28.9%

OCD = obsessive-compulsive disorder; PTSD = post-traumatic stress disorder

Appendix Table 3. Prevalence rates by race (White vs. non-White, matched)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Condition | BFRB | | | | | BFRD | | |
|  | Current | | Lifetime | | | Current | | |
|  | White  (*n* = 437) | Non-White  (*n* = 437) | | White  (*n* = 437) | Non-White  (*n* = 437) | | White  (*n* = 437) | Non-White  (*n* = 437) | |
| Nail biting | 51.3% | 41.6%\*\*\* | | 77.6% | 70.9%\* | | 21.3% | 9.8%\*\*\*\* | |
| Trichotillomania | 11.7% | 14.2% | | 22.4% | 22.2% | | 4.3% | 3.0% | |
| Lip-cheek biting | 47.8% | 33.9%\*\*\*\* | | 79.4% | 73.9%+ | | 12.1% | 8.0%\* | |
| Dermatophagia | 35.5% | 25.2%\*\*\*\* | | 52.9% | 46.7%+ | | 16.2% | 7.3%\*\*\*\* | |
| Skin picking | 28.4% | 26.3% | | 51.3% | 47.4% | | 13.0% | 7.6%\*\* | |
| Thumb sucking | 6.2% | 5.3% | | 8.5% | 8.2% | | 0.9% | 1.8% | |
| Teeth grinding (awake) | 32.3% | 22.2%\*\*\*\* | | 42.6% | 33.2%\*\*\* | | 6.7% | 4.1% | |
| Joint cracking | 53.5% | 48.3% | | 67.3% | 64.5% | | 4.3% | 3.2% | |
| Nose picking | 55.1% | 51.7% | | 80.3% | 78.9% | | 2.1% | 1.4% | |
| Mean number of conditions entire sample; % with at least one condition | 3.22 (2.09) [89.9%] | 2.69 (2.19)\*\*\*\* [83.5%] \*\*\* | | 4.82 (1.93) [99.3%] | 4.46 (2.18) \*\* [96.6%]\*\*\* | | 0.80 (1.26) [39.4%] | 0.46 (1.19)\*\*\*\* [21.5%\*\*\*\*] | |

+ *p* ≤ .1; \* *p* ≤ .05; \*\* *p* ≤ .01; \*\*\* *p* ≤ .005; \*\*\*\* *p* ≤ .001

Appendix Table 4. Prevalence by educational level (not higher than high school vs. at least university degree)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Condition | BFRB | | | | BFRD  Current | |
|  | Current | | lifetime | |
|  | High (*n* = 597) | Low (*n* = 597) | High (*n* = 597) | Low (*n* = 597) | High (*n* = 597) | Low (*n* = 597) |
| Nail biting | 40.9% | 39.2% | 70.4% | 69.0% | 13.9% | 10.7%+ |
| Trichotillomania | 7.7% | 14.9%\*\*\*\* | 15.4% | 22.6%\*\*\* | 2.2% | 3.7% |
| Lip-cheek biting | 35.0% | 36.3% | 74.5% | 75.9% | 7.4% | 8.5% |
| Dermatophagia | 27.0% | 25.1% | 45.6% | 48.4% | 10.7% | 7.5% |
| Skin picking | 25.3% | 27.6% | 50.8% | 49.2% | 7.7% | 9.4% |
| Thumb sucking | 3.4% | 6.9%\*\* | 5.9% | 8.9%\* | 0.3% | 2.7%\*\*\*\* |
| Teeth grinding (awake) | 26.6% | 28.1% | 38.9% | 40.0% | 4.2% | 3.4% |
| Joint cracking | 47.6% | 40.5%\* | 65.3% | 57.6%\*\* | 3.2% | 3.2% |
| Nose picking | 52.3% | 55.6% | 79.2% | 82.1% | 1.7% | 1.5% |
| Mean number of conditions entire sample; % with at least one condition | 2.66 (1.94)  [86.4%] | 2.74 (2.30) [82.1%\*] | 4.46 (2.00) [96.3%] | 4.54 (2.19) [97.7%] | 0.51 (1.09) [25.3%] | 0.50 (1.24) [24.0%] |

+ *p* ≤ .1; \* *p* ≤ .05; \*\* *p* ≤ .01; \*\*\* *p* ≤ .005; \*\*\*\* *p* ≤ .001