

# TRİKOTİLLOMANİ (SAÇ YOLMA BOZUKLUĐU)

Prof. Dr. Lut TAMAM

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# ÖNSÖZ

Trikotillomani, kişinin yaşadığı kaygı ve stresi gidermek amacıyla kendi saçını tekrar tekrar çekip koparmasıyla karakterize olan, saçlarındaki kel alanlar yüzünden mahcubiyet duygularına yol açan, kişinin yaşam kalitesini ve işlevselliğini bozan ve sosyal yaşama daha az katılmasına yol açan, tedavi edilmediği takdirde yaşam boyu sürecek olan ve Ruhsal Bozuklukların Tanısal ve İstatistiksel El Kitabı'nın son sürümü olan DSM-5'te 'Obsesif-Kompulsif Bozukluk ve İlişkili Bozukluklar' kategorisinde yer alan hem bir dürtü kontrol bozukluğu hem beden odaklı tekrarlayıcı bir davranış bozukluğu hem de psikodermatolojik bir bozukluktur. Kişi, saç yolma davranışından önce yoğun bir biçimde kaygı ve gerginlik yaşar. Saçlarını kopardıktan sonra ise geçici bir rahatlama yaşar. Bazı vakalarda saç koparma otomatik olarak gerçekleşirken bazı vakalarda ise odaklanmış saç koparma görülür. Bazı olgularda çekilen saçların yenildiği adına Trikofaji adı verilen durumlar görülür. Yapılan çalışmalar bozukluğun düşünülen de yaygın olduğunu ortaya koymuştur. Bozukluktan muzdarip olan bireyler, genellikle saçlarını, kaşlarını ve kirpiklerini koparırlar. Bozukluğun başlangıcı çocukluk ve ergenlik yıllarına kadar gider. Çocuk ve ergenlerde daha yaygın görülse de yetişkinlerde de ortaya çıkabilir. Çocukluk ve ergenlik döneminde beliren Trikotillomani tedaviye daha iyi yanıt verirken geç başlangıçlı Trikotillomani hem tedaviye dirençlidir ve hem de ruhsal bir bozukluğa dayalıdır. Trikotillomani hastaları çoğunlukla tedavi için ilk olarak dermatoloji polikliniğine başvururlar. Ardından psikiyatri hekimlerine sevk edilirler. Trikotillomani hastaları tedavi için başvurduklarında saçlarını yolduklarını kabul ettiklerinde süreç kolaylaşır. Ancak bunu reddettiklerinde ise hekimlerin işi daha da zorlaşır. Başka nedenlere bağlı olan saç dökülmesiyle Trikotillomani'nin ayırt edilmesi biraz güçtür. Böyle durumlarda Trikoskopi gibi yöntemler uzmanların işini kolaylaştırmaktadır. Trikotillomani kadınlarda erkeklere göre dört kat daha fazla görülmektedir. Eşlik eden ruhsal bozukluklar incelendiğinde Trikotillomani'ye en fazla Depresyon, Anksiyete Bozuklukları ve diğer Obsesif-Kompulsif Spektrum Bozuklukları'nın eşlik ettiği söylenebilir. Yapılan etiyolojik çalışmalar bozukluğun genetik anomaliler, nörobiyolojik problemler, nörotransmitter sistemindeki bozulmalar ve psikososyal faktörlerle ilişkilendirilebileceğini göstermiştir. Farmakolojik tedavide onaylanmış bir ilaç olmasa da bazı ilaç tedavilerinden faydalar sağlanmıştır. Yapılan

çalışmalar ilaç tedavisine eklenen psikososyal tedavilerin daha yararlı olduğu sonucunu ortaya koymuştur. Psikososyal tedavilerde Bilişsel Davranışçı Terapi'ler ve Alışkanlık Tersine Çevirme Eğitimi faydalıdır. İlaç tedavisinden yeterince fayda sağlanamaması bunun aksine psikososyal tedavilerin oldukça etkili olması, tedavide hastaların sürece daha fazla dâhil olmaları mecburiyetini doğurmuştur. Trikotillomani hastalarının bu bozuklukla ilgili kuramsal bilgilere sahip olmaları, bozukluğun doğasını, kritik noktaları, terapi yöntemlerini, korunma stratejilerini ve baş etme biçimlerini öğrenmeleri tedavinin temel noktasıdır. Bu konuda yazılmış kendine yardım kitapları, hastaların tedavi olma süreçlerinde birer kılavuzluk görevi görmektedir. Eserde Trikotillomani'nin tanımına, ilgili araştırmalara, tarihesine, tanı kriterlerine, epidemiyolojisine, sınıflamasına, profil özelliklerine, prognozuna, ayırıcı tanılarına, komorbiditesine, etiyolojisine, değerlendirme araçlarına, tedavisine ve olgu sunumlarına yer verilmiştir. Bu eser ülkemiz psikiyatri ve dermatoloji literatüründe müstakil olarak Trikotillomani ile ilgili yazılmış ilk kitaptır. Eserin alandaki büyük boşluğu dolduracağı düşünülmektedir. Eser, psikiyatri ve dermatoloji hekimleri ve uzmanlık öğrencileri için bir başvuru kitabı, Trikotillomani'nin tedavi sürecinde yer alan ruh sağlığı uzmanları için bir tedavi kılavuzu ve Trikotillomani'den muzdarip olan bireyler için bir kendine yardım kitabı olarak yazılmıştır. Eserin alana katkı sağlaması dileğiyle...

Prof. Dr. Lut TAMAM

Adana, Şubat 2026

# İÇİNDEKİLER

<b>1. GİRİŞ</b> .....	<b>1</b>
<b>2. TANIMLAR</b> .....	<b>7</b>
2.1.Dürtüsellik.....	7
2.2.Dürtü Kontrol Bozuklukları .....	7
2.3.Obsesif-Kompulsif Bozukluk ve İlişkili Bozukluklar .....	8
2.4.Beden Odaklı Tekrarlayıcı Davranış Bozuklukları .....	8
2.5.Psikodermatoloji.....	9
2.6.Trikoskopi.....	11
<b>3. İLGİLİ ARAŞTIRMALAR</b> .....	<b>13</b>
<b>4. TARİHÇE</b> .....	<b>19</b>
<b>5. TANI KRİTERLERİ</b> .....	<b>21</b>
5.1.DSM-5'te Trikotillomani'nin Tanı Kriterleri.....	21
5.2.ICD-11'de Trikotillomani'nin Tanı Kriterleri.....	22
<b>6. EPİDEMİYOLOJİ</b> .....	<b>25</b>
<b>7. SINIFLAMA</b> .....	<b>29</b>
<b>8. PROFİL</b> .....	<b>33</b>
<b>9. PROGNOZ</b> .....	<b>41</b>
<b>10. AYIRICI TANI</b> .....	<b>43</b>
<b>11. KOMORBİDİTE</b> .....	<b>51</b>
<b>12. ETİYOLOJİ</b> .....	<b>55</b>
12.1.Biyolojik Etiyoloji .....	55
12.2.Psikososyal Etiyoloji.....	58
<b>13. DEĞERLENDİRME</b> .....	<b>61</b>
<b>14. TEDAVİ</b> .....	<b>79</b>
14.1.Farmakolojik Tedavi.....	80
14.2.Psikososyal Tedaviler .....	87
14.2.1.Psikodinamik Terapi.....	88
14.2.2.Bilişsel Davranışçı Terapi.....	97
14.2.3.Alişkanlık Tersine Çevirme Eğitimi (HRT) .....	99
14.2.4.Kapsamlı Davranışçı Tedavi (ComB).....	107
14.2.5.Kabul ve Kararlılık Terapisi .....	122

14.2.6.Ayrıştırma Terapisi.....	138
14.2.7.Diyalektik Davranışçı Terapi .....	138
14.2.8.Meta Bilişsel Terapi .....	139
<b>15. OLGU SUNUMLARI .....</b>	<b>147</b>
15.1.Depresyon ve Borderline Kişilik Bozukluğuyla Komorbid Trikotillomani .....	147
15.2.Tekrarlayan Rapunzel Sendromu ve Trikotillomani.....	149
15.3.Kopardığı Saçları Yiyen Trikotillomani Olgusu .....	151
15.4.Duyusal Bozuklukları Olan Yaşlı Bir Hastada Trikotillomani .....	153
15.5. Dört Yaşındaki Kız Çocuğunda Trikotillomani .....	154
15.6.Tedaviye Dirençli Trikotillomani'de Toplumsal Güçlendirme ve Algıları Sağlıklılaştırma.....	155
15.7.Esrar Bağımlılığıyla Birlikte Ortaya Çıkan Trikotillomani.....	156
15.9.Şizofrenik Bir Hastada Trikotillomani ve Trikofaji.....	157
15.8.Aile İçi Problemlerden Sonra Ortaya Çıkan Trikotillomani .....	158
15.10.Erkek Pediatrik Hastada Trikotillomani, Trikofaji ve Triko bezoar .....	159
<b>SONUÇ.....</b>	<b>161</b>
<b>KAYNAKÇA.....</b>	<b>163</b>
<b>İNDEKS.....</b>	<b>179</b>
<b>YAZARLAR HAKKINDA .....</b>	<b>182</b>

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