

21. BÖLÜM

Onikofaji (Tırnak Yeme)

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Onikofaji, tekrarlayan tırnak kırma ve yeme durumudur, Yunanca tırnak anlamına gelen “onycho” ve yemek anlamına gelen “phagos” kelimelerinin birleşiminden üretilmiştir. Onikofaji ağza bir ya da daha fazla parmağı koyarak ısırma olarak tanımlanır. Onikofaji literatürde az çalışılmış olan alanlardan biridir (Ghanizadeh 2008b).

Tırnak yeme ile ilgili en erken bilgiler 16. yüzyıl dolaylarında Fransız kaynaklarında anksiyete ile ilişkili olarak ortaya çıkan bir alışkanlık olarak tanımlanmıştır (de Lisle, 1577). Tırnak yeme üzerine psikanalitik yayınlar 1950’ler boyunca devam etmiştir (Billig, 1941). 1970’lerin sonu ve 1980’lerin başında davranış odaklı tedavi faaliyetleri kapsamında tırnak yeme ile ilgili yeni araştırmalar başlamıştır. Trikotillomani ve patolojik deri yolma gibi tekrarlayıcı davranışlarla ilgili

çalışmalar artış göstermesine rağmen tırnak yeme Obsesif-kompulsif bozukluk (OKB) spektrumunun bir parçası olarak kalmıştır. Örneğin yapılan bir çalışmada (Nestadt ve ark., 2003) olası OKB alt tiplerini incelenmiş tırnak yeme ve deri yolmayı OKB spektrumunun bir parçası olarak ele almıştır.

Bu yazının amacı onikofaji (tırnak yeme) durumunu tanımlamak, sınıflama ve epidemiyolojisi, etyolojisi, kliniği ve birlikte bulunan diğer bozuklukları inceleyerek tedavisi hakkında bilgilendirmektir.

| SINIFLAMA

Tırnak yeme her zaman patolojik bir durum olmaması ile birlikte bu davranışın normal ya da patolojik sınırı kesin değildir. Sağlıklı çocuklarda tırnak yeme geçicidir ve

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