

ALL PARTICIPANTS

Most people cited stress, anxiety and boredom

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2 participants = 4/4 days
2 participants = 3/4 days
1 participant = 1/4 days

SKIN PICKED

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DAY 1 participants were frustrated/angry but more aware

DAY 4 most participants felt neutral / accepted the habit

DAY 4 some participants tried to do something

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Participants cited reasons DAY 1-3 anxiety, stress, etc.

but then cited JUST HABIT as the trigger, less contextual awareness/ reflection

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Many said that being alone was an external factor

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Most participants cited bathroom as location for skin picking

Home

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PARTICIPANT 1

3-5 times per day

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Home, bathroom, car consistently

waiting in Doctor's OFFICE

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one anomaly in trigger was lack of sleep

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Third day tried to do something to stop

USED GLOVE

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PARTICIPANT 2

15 minutes, 1-3 times per day

1 hour session from anxiety at work

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Reward from completing habit, sensory seeking, anxiety for long sessions

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work bathroom and friend's place

was only participant who did it more in front of people/coworkers/friends

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felt the worst after long 1-hour session

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Had fixation to bathroom mirror for skin picking

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Tried a lot of things: gaming distraction, doing dishes, acne patches

MOISTURIZING SKIN most effective

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PARTICIPANT 3

2-3 times, 1-2 minutes

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Needed to keep hands busy, noticed imperfections on skin

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stronger emotion on day 1 and day 4

tried to do something on last day, noticed and awareness helped a little

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PARTICIPANT 4

6, 8, 12 times a day

1-5 minutes

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lying in bed, sitting on chair, waking up in bed, before going to sleep

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ADHD meds help tame the habit

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Itchy, anxiety, habit

cited tired on day 4

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Not aware of the habit before it happens, very subconscious

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Used insect bite gel and moisturizer ONLY AFTER THE FACT

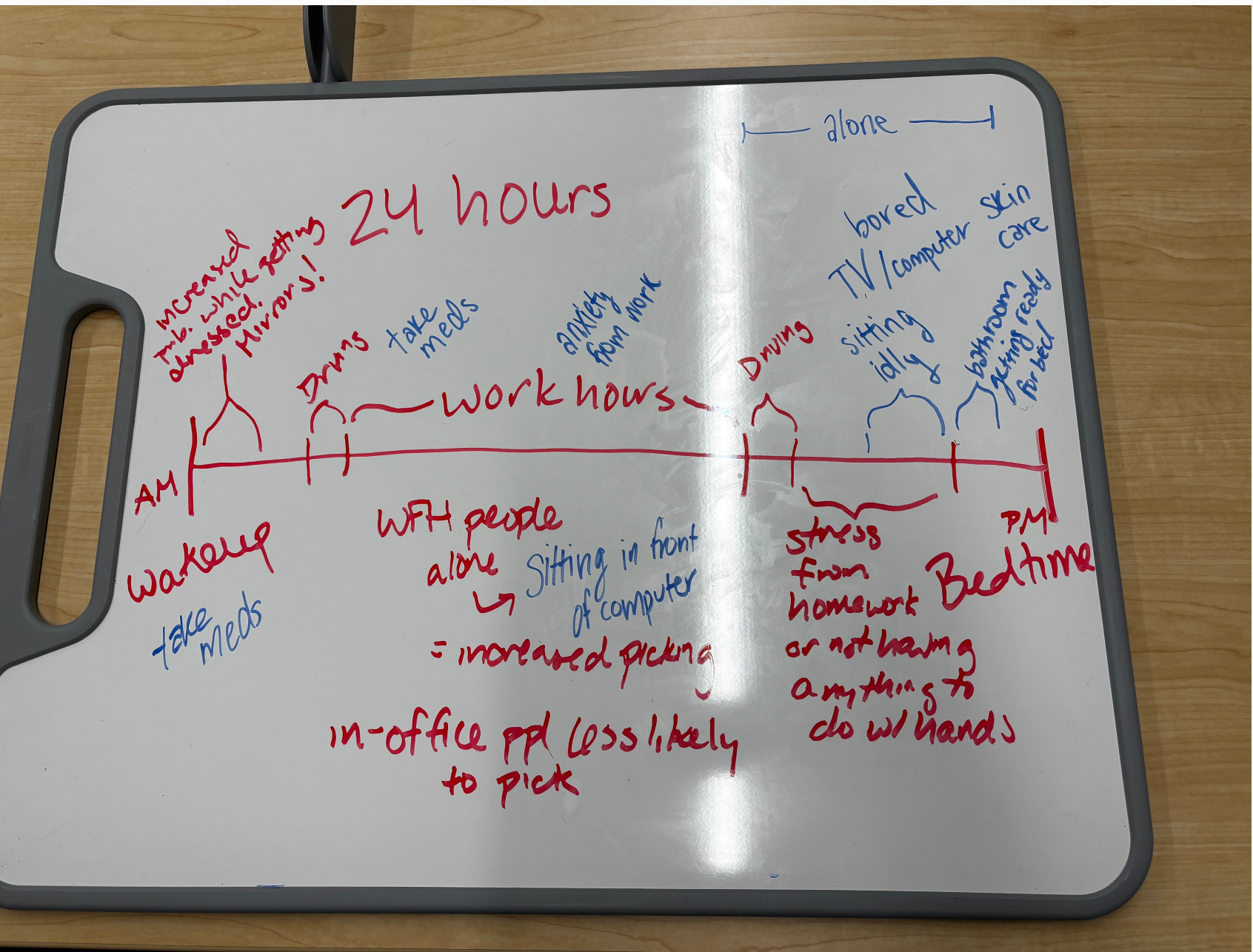
EFFECTIVE

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Topic Importance

1	Physical Triggers
2	Emotional Triggers
3	Personal/ Environmental Prevention
4	Emotional Response
5	Medication Prevention
6	Personal Prevention
7	Knowledge of Habit
8	Attempts to Stop
9	Frequency

24-hr Timeline



Mapping Insights

