

Can stress cause hair loss?

February 10 2020, by Daniel K. Hall-Flavin



Credit: CC0 Public Domain

The short answer is yes, stress and hair loss can be related.

Three types of [hair loss](#) that can be associated with high stress levels are:

Telogen effluvium. In telogen effluvium (TEL-o-jun uh-FLOO-vee-um), significant stress pushes large numbers of hair follicles into a resting

phase. Within a few months, affected hairs might fall out suddenly when simply combing or washing your hair.

Trichotillomania. Trichotillomania (trik-o-til-o-MAY-nee-uh) is an irresistible urge to pull out hair from your scalp, eyebrows or other areas of your body. Hair pulling can be a way of dealing with negative or uncomfortable feelings, such as stress, tension, loneliness, boredom or frustration.

Alopecia areata. A variety of factors are thought to cause alopecia areata (al-o-PEE-she-uh ar-e-A-tuh), possibly including severe stress. With [alopecia areata](#), the body's immune system attacks the hair follicles—causing hair loss.

Stress and hair loss don't have to be permanent. If you get your stress under control, your hair might grow back.

If you notice sudden or patchy hair loss or more than usual hair loss when combing or washing your hair, talk to your [health care provider](#). Sudden hair loss can signal an underlying medical condition that requires treatment. If needed, your health care provider might also suggest treatment options for your hair loss.

©2020 Mayo Foundation for Medical Education and Research
Distributed by Tribune Content Agency, LLC.

Citation: Can stress cause hair loss? (2020, February 10) retrieved 9 May 2024 from <https://medicalxpress.com/news/2020-02-stress-hair-loss.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--