

Dr Imogen Rehm is a psychologist in private practice and lecturer at RMIT University.

In 2016, she received her PhD in clinical psychology at Swinburne University of Technology for work exploring the role of unhelpful thinking styles and beliefs in trichotillomania (hair pulling disorder).

Imogen serves on the Anxiety Recovery Centre of Victoria committee of management, Australian Psychological Society technology advisory group, and RMIT University human research ethics committee.

### **Imogen's Hocking Fellowship research**

Trichotillomania and skin picking disorder are body-focused repetitive behaviour disorders (BFRBs) that involve difficult-to-control hair pulling and skin picking, respectively. These disorders cause shame and disruption to work, relationships, and quality of life for as many as 500,000 Australians affected.

Awareness of BFRBs among mental health professionals and the public is lacking, and so too is access to effective treatments. Many people with BFRBs turn to the internet for information and support. Access to reliable digital mental health resources can reduce misinformation, raise hope and provide evidence-informed options for recovery.

Imogen's Hocking Fellowship project will develop evidence-based digital resources for Australians with BFRBs.

Through attendance at international conferences and training programs, and interviews with leading researchers, clinicians and people with lived experience of BFRBs, this project will guide the development of digital resources for Australians with trichotillomania and skin picking disorder, and training for local clinicians.