

**Handout #3: Comprehensive Behavioral\* (ComB) Interventions for BFRBs Using SCAMP (Sensory, Cognition, Affective, Motor, Place) Interventions**

| <b>Domain</b>                                                                                         | <b>Cognitive Behavioral Strategy</b>  | <b>Specific Interventions</b>                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b><u>Sensory</u></b>                                                                                 | Distraction<br>Stimulation / Soothing | Baths<br>Massages                                                                                                                                                          |
|                                                                                                       | Medication                            | Cortisone and antibiotic creams<br>Lacrilube                                                                                                                               |
|                                                                                                       | Substitution                          | Nibble on food<br>Positive Skin Care (Facial masks, toners, creams, astringents)<br>Brush hair<br>Nibble food                                                              |
| <b><u>Cognitive</u></b>                                                                               | Cognitive Coping                      | Cognitive correction<br>Problem-solving strategies                                                                                                                         |
|                                                                                                       | Cognitive Conditioning                | Psychoeducation                                                                                                                                                            |
| <b><u>Affective</u></b>                                                                               | Relaxation                            | Progressive muscle relaxation<br>Controlled breathing<br>Meditation, yoga                                                                                                  |
|                                                                                                       | Emotive                               | Assertiveness<br>Journal writing, talking with friends<br>Exercise, volunteer work<br>Acceptance, use of affirmations<br>Daily gratitude lists                             |
|                                                                                                       | Positive Practice                     | Positive visualization, covert and actual rehearsal                                                                                                                        |
|                                                                                                       | Medication                            | Serotonin reuptake inhibitors<br>Antidepressants<br>Anxiolytics                                                                                                            |
| <b><u>Motor</u></b>                                                                                   | Awareness<br>Training                 | Self-monitoring<br>Finger bandages                                                                                                                                         |
|                                                                                                       | Response<br>Prevention                | Gloves, band-aids on fingertips<br>Band-aids on vulnerable areas of skin<br>Clothes that cover area<br>Cut fingernails short                                               |
|                                                                                                       | Competing<br>Response<br>Training     | Self-manicures, positive hand care<br>Holding Koosh ball or other touch toy<br>Knitting or other crafts<br>Physical exercise                                               |
| <b><u>Place</u></b><br>(Environment:<br>Location,<br>activity,<br>social environment,<br>time of day) | Stimulus Control                      | Remove/cover mirrors<br>Eliminate tweezers<br>Stay out of certain room<br>Dim lights<br>Cover mirror<br>Go to dermatologist/aesthetician for facials, etc.<br>Wear make-up |
|                                                                                                       | Contingency<br>Management             | Rewards<br>Penalties<br>Covert contingencies                                                                                                                               |

\* The ComB (Comprehensive Behavioral) Model for BFRBs was developed by Dr. Charles Mansueto and his colleagues at the Behavior Therapy Center of Greater Washington, Silver Spring, MD