

Table SI. Nail biting characteristics (p-value according to Pearson's χ^2 test)

Nail biting characteristics	All individuals n (%)	Females n (%)	Males n (%)	p-value	Early onset n (%)	Later onset n (%)	p-value
Nail biting frequency							
Every day	6 (9.0)	3 (8.8)	3 (9.1)	0.99	6 (10.9)	0 (0)	0.4
Almost every day	7 (10.4)	3 (8.8)	4 (12.1)		5 (9.1)	2 (16.7)	
Several times a week	22 (32.8)	11 (32.4)	11 (33.3)		16 (29.1)	6 (50)	
Several times a month	32 (47.8)	17 (50.0)	15 (45.5)		28 (50.9)	4 (33.3)	
Frequency							
<5 times/day	60 (89.5)	31 (91.2)	29 (87.9)	0.42	49 (89.1)	11 (91.7)	0.89
5–10 times/day	6 (9.0)	2 (5.9)	4 (12.1)		5 (9.1)	1 (8.3)	
11–20 times/day	0 (0)	0 (0)	0 (0)		0 (0)	0 (0)	
>20 times/day	1 (1.5)	1 (2.9)	0 (0)		1 (1.8)	0 (0)	
Duration of nail biting episodes							
1–10 min/day	48 (71.6)	24 (67.6)	24 (72.7)	0.91	38 (69.1)	10 (83.3)	0.47
11–20 min/day	14 (20.9)	7 (20.6)	7 (21.2)		12 (21.8)	2 (16.7)	
>20 min/day	5 (7.5)	3 (8.8)	2 (6.1)		5 (9.1)	0 (0)	
Last nail biting episode							
Today	10 (14.9)	5 (14.7)	5 (15.1)	0.98	10 (18.2)	0 (0)	0.78
Yesterday	13 (19.4)	7 (20.6)	6 (18.2)		8 (14.6)	5 (41.7)	
Within last week	31 (46.3)	16 (47.1)	15 (45.4)		25 (45.4)	6 (50)	
Within last month	10 (14.9)	5 (14.7)	5 (15.2)		10 (18.2)	0 (0)	
Within last 6 months	3 (4.5)	1 (2.9)	2 (6.1)		2 (3.6)	1 (8.3)	
Ceasing nail biting in the past for one month or longer							
No	26 (38.8)	11 (32.4)	15 (45.5)	0.31	22 (40.0)	4 (33.3)	0.84
Yes	40 (59.7)	22 (64.7)	18 (54.5)		32 (58.2)	8 (66.7)	
Do not know	1 (1.5)	1 (2.9)	0 (0)		1 (1.8)	0 (0)	
Eating fingernails							
Never	45 (67.1)	23 (67.7)	22 (66.7)	0.87	35 (63.6)	10 (83.3)	0.46
Sometimes	13 (19.4)	8 (23.5)	5 (15.1)		11 (20)	2 (16.7)	
Often	6 (9.0)	3 (8.8)	3 (9.1)		6 (10.9)	0 (0)	
Always	3 (4.5)	0 (0)	3 (9.1)		3 (5.5)	0 (0)	
Localization							
Fingernails of one hand	4 (5.9)	2 (5.9)	2 (6.1)	0.83	4 (7.3)	0 (0)	0.43
Fingernails of both hands	60 (89.6)	30 (88.2)	30 (90.9)		48 (87.3)	12 (100)	
Selected fingernails only	3 (4.5)	2 (5.9)	1 (3.0)		3 (5.4)	0 (0)	
Nail biting for perfect nails							
Never	10 (14.9)	6 (17.6)	4 (12.1)	0.6	9 (16.4)	1 (8.3)	0.81
Sometimes	20 (29.8)	14 (41.2)	6 (18.2)		17 (30.9)	13 (25.0)	
Often	27 (40.3)	9 (26.5)	18 (54.5)		2 (38.2)	6 (50.0)	
Always	7 (10.5)	4 (11.8)	3 (9.1)		6 (10.9)	1 (8.3)	
Do not know	3 (4.5)	1 (2.9)	2 (6.1)		2 (3.6)	1 (8.3)	

Table SII. Nail biting characteristics and specific factors related to nail biting in group with early and later onset of nail biting (*p*-value according to Pearson's χ^2 test).

Characteristics	All individuals <i>n</i> (%)	Females <i>n</i> (%)	Males <i>n</i> (%)	<i>p</i> -value	Early onset <i>n</i> (%)	Later onset <i>n</i> (%)	<i>p</i> -value
Tension before or when trying to resist nail biting							
Never	26 (38.8)	11 (32.3)	15 (45.5)	0.46	23 (41.8)	3 (25.0)	0.21
Sometimes	24 (35.8)	13 (38.2)	11 (33.3)		18 (32.7)	6 (50.0)	
Often	8 (11.9)	4 (11.8)	4 (12.1)		8 (14.6)	0 (0)	
Always	5 (7.5)	4 (11.8)	1 (3.0)		5 (9.1)	0 (0)	
Do not know	4 (6.0)	2 (5.9)	2 (6.1)		1 (1.8)	3 (25.0)	
Feeling of relief, gratification or pleasure after nail biting							
Never	32 (47.8)	19 (55.9)	13 (39.4)	0.48	27 (49.1)	5 (41.7)	0.48
Sometimes	16 (23.9)	7 (20.6)	9 (27.3)		12 (21.8)	4 (33.3)	
Often	7 (10.4)	3 (8.8)	4 (12.1)		7 (12.7)	0 (0)	
Always	1 (1.5)	0 (0)	1 (3.0)		1 (1.8)	0 (0)	
Do not know	11 (16.4)	5 (14.7)	6 (18.2)		8 (14.6)	3 (25.0)	
Automatic nail biting							
Never	5 (7.5)	1 (2.9)	4 (12.1)	0.02	5 (9.1)	0 (0)	0.72
Sometimes	19 (28.3)	7 (20.6)	12 (36.4)		15 (27.3)	4 (33.3)	
Often	24 (35.8)	12 (35.3)	12 (36.4)		19 (34.5)	5 (41.7)	
Always	17 (25.4)	14 (41.2)	3 (9.1)		14 (25.5)	3 (25.0)	
Do not know	2 (3.0)	0 (0)	2 (6.0)		2 (3.6)	0 (0)	
Nail biting during other activities							
Never	12 (17.9)	6 (17.5)	6 (18.2)	0.05	12 (21.8)	0 (0)	0.12
Sometimes	23 (34.3)	8 (23.5)	15 (45.5)		16 (29.1)	7 (58.4)	
Often	22 (32.9)	12 (35.5)	10 (30.3)		19 (34.5)	3 (25.0)	
Always	9 (13.4)	8 (23.5)	1 (3.0)		8 (14.5)	1 (8.3)	
Do not know	1 (1.5)	0 (0)	1 (3.0)		0 (0)	1 (8.3)	
Nail biting as an intentional activity							
Never	44 (65.6)	28 (82.3)	16 (48.5)	0.02	38 (69.1)	6 (50.0)	0.52
Sometimes	14 (20.9)	4 (11.7)	10 (30.3)		10 (18.2)	4 (33.4)	
Often	4 (6.0)	1 (2.9)	3 (9.1)		3 (5.5)	1 (8.3)	
Always	2 (3.0)	1 (2.9)	1 (3.0)		2 (3.6)	0 (0)	
Do not know	3 (4.5)	0 (0)	3 (9.1)		2 (3.6)	1 (8.3)	
Suffering because of nail biting							
Never	46 (68.6)	22 (64.7)	24 (72.7)	0.53	36 (65.5)	10 (83.3)	0.65
Sometimes	19 (28.4)	11 (32.4)	8 (24.3)		17 (30.9)	2 (16.7)	
Often	1 (1.5)	0 (0)	1 (3.0)		1 (1.8)	0 (0)	
Always	1 (1.5)	1 (2.9)	0 (0)		1 (1.8)	0 (0)	
Do not know	0 (0)	0 (0)	0 (0)		0 (0)	0 (0)	

Table SIII. Frequency of anxiety disorders and obsessive-compulsive disorder (OCD) among individuals with lifetime onychophagia and without onychophagia (p-value according to Pearson's χ^2 test)

Disorder	Individuals with onychophagia n (%)	Individuals without onychophagia n (%)	p-value	All individuals n (%)
Generalized anxiety disorder	8 (5.0)	0 (0)	0.033	8 (2.3)
Panic disorder	5 (3.1)	12 (6.7)	0.13	17 (5.0)
Agoraphobia	2 (1.2)	2 (1.1)	0.91	4 (1.2)
OCD	5 (3.1)	9 (5.0)	0.38	14 (4.1)
Social phobia	8 (5.0)	7 (3.9)	0.63	15 (4.4)
Specific phobia	17 (10.6)	31 (17.3)	0.078	48 (14.1)
Phobia NOS	4 (2.5)	3 (1.7)	0.59	7 (2.1)

NOS: not otherwise specified.

Table SIV. Specific factors related to nail biting in relation to the presence of anxiety disorders or obsessive-compulsive disorder (OCD) (p-value according to Pearson's χ^2 test)

Characteristics	No psychiatric comorbidity n (%)	Anxiety disorder/OCD n (%)	p-value
Tension before or when trying to resist nail biting			
Never	24 (51.1)	2 (12.5)	0.006
At least sometimes	23 (48.9)	14 (87.5)	
Feeling of relief, gratification or pleasure after nail biting			
Never	23 (54.7)	9 (60.0)	0.72
At least sometimes	19 (45.3)	6 (40.0)	
Automatic nail biting			
Never	4 (8.3)	1 (5.8)	0.74
At least sometimes	44 (91.7)	16 (94.2)	
Nail biting during other activities			
Never	8 (16.3)	3 (17.3)	0.89
At least sometimes	41 (83.7)	14 (82.4)	
Nail biting as an intentional activity			
Never	33 (70.2)	10 (58.8)	0.39
At least sometimes	14 (29.8)	7 (41.2)	
Suffering because of nail biting			
Never	38 (76.0)	8 (47.1)	0.026
At least sometimes	12 (24.0)	9 (52.9)	