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Is Biting nails a mental disorder?

Nail biting can be associated with mental health conditions, such as: attention deficit hyperactivity disorder (ADHD) major depressive disorder (MDD) obsessive-compulsive disorder (OCD)

Nail Biting: Mental Disorder Or Just A Bad Habit?

Pathological nail biting may be a form of grooming on steroids, but it also makes the biter feel good, unlike fear-driven OCD. Andrea Kissack for KQED Do you bite your nails? For 30 years, I did.

Why Do People Bite their Nails?

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Why is it a bad habit to bite our nails?

It's bad for your teeth Regularly biting your nails can cause your teeth to shift out of place, which can require correctional braces or a retainer. Nail biting could also cause your teeth to break or could damage your tooth enamel. The germs could also potentially infect, or cause irritation, to your gums.

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