

Hair Sample Collection and Shipment Protocol

Materials Needed:

- 2–3 hair clips, comb, hair scissors, hair loop
- Disinfectant, paper towels
- Aluminum foil and permanent marker (for packaging/labeling)
- Small plastic bag, large plastic bag

Instruction:

Participants should arrive at the appointment with freshly washed and untreated hair, if possible. After washing their hair, participants should not use any hair care or styling products such as hairspray, gel, wax, oil, or similar products, as these can interfere with the analysis.

1. Disinfect the scissors, comb, and hair clips
2. Section the hair at the center of the back of the head with a hair clip
3. Separate a strand of hair approximately the thickness of a pencil lead
4. Comb through the strand of hair
5. Thread the combed strand of hair through the hair loop and tighten the loop, leaving a finger's width of space between the loop and the head
6. Cut the hair as close to the head as possible (between the head and the loop)

Subsequent packaging & labeling:

- Place the hair strand on a (sufficiently large) piece of aluminum foil
- Mark the end of the strand closest to the head (draw a line on the foil)
- Fold the aluminum foil at all ends (so that no hair can fall out)
- Label with the participant's ID

Video tutorial on how to collect a hair strand (RUB, Genetic Psychology 2020)

<https://1drv.ms/u/s!Ah-XY5ZoJQufgox5f0XwXqN8uiKzVA?e=mVScy0>



This is what a properly cut sample looks like

Please be sure to avoid the following:

- Folding, kinking, or cutting through the strand
- Securing the strand with tape or clips
- Using a strand that is too thin or the end of a long strand
- Failure to completely seal the aluminum foil
- The loop is not pulled tight enough
- Mark the side closest to the head on the aluminum foil; do not mark the hair strand with a marker

Special Cases (please note)

- If there is not enough hair at the back of the head, hair may be taken from another area
- Very long hair that does not fit inside the aluminum foil may be trimmed at the bottom
- Even with dyed hair, take a strand and note how the hair was treated

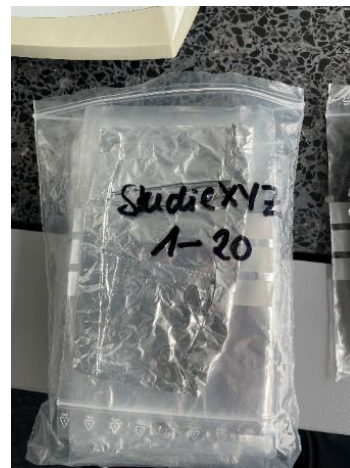
The better the quality of the hair strand, the higher the quality of the results!

Storage & Transport to the Laboratory

In addition to wrapping each strand in aluminum foil, place it in a small plastic bag (write the subject ID on the bag with a permanent marker).

Store the bag at room temperature and protected from light (e.g., in a drawer or a closed cardboard box). Number the samples sequentially starting with 1 and collect 20 samples together in one bag. At the end of the recruitment period, send all samples together to the lab.

Please include a table with the serial numbers and subject IDs.



Negative Examples:

The strand was bent by the aluminum foil, making it nearly impossible to measure exactly 3 cm from the strand.



The strand is only 0.7–1 cm long

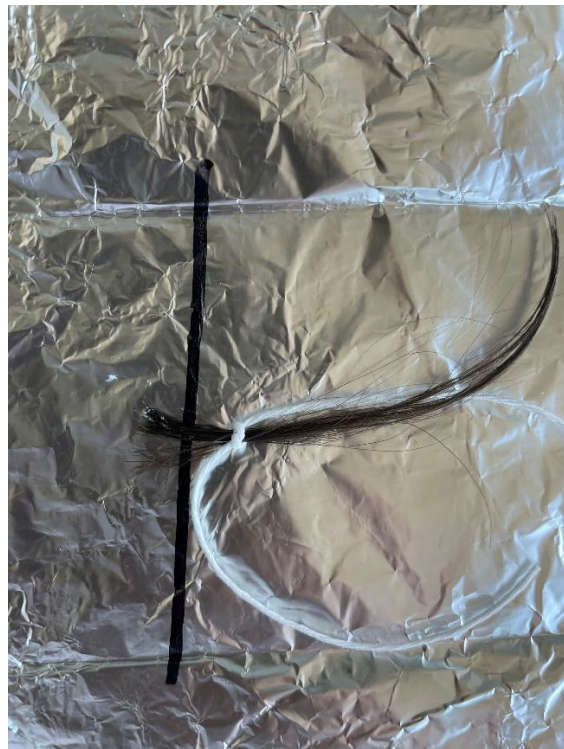
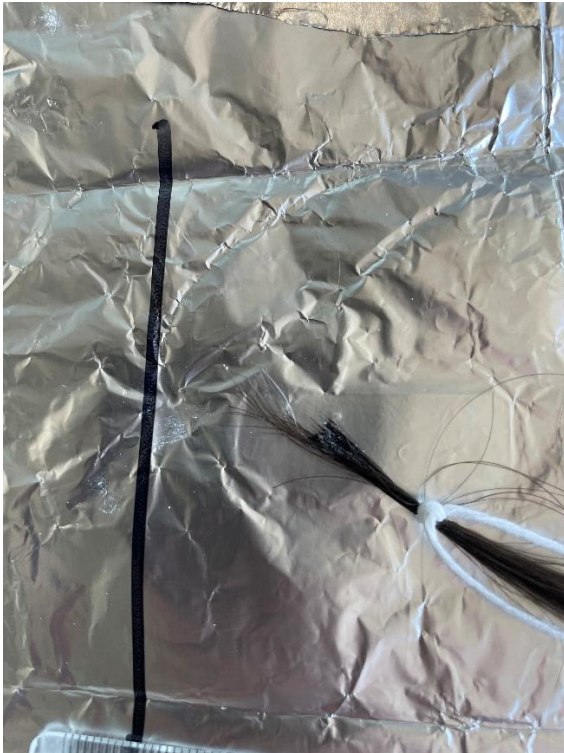


Hair care/styling products in the hair

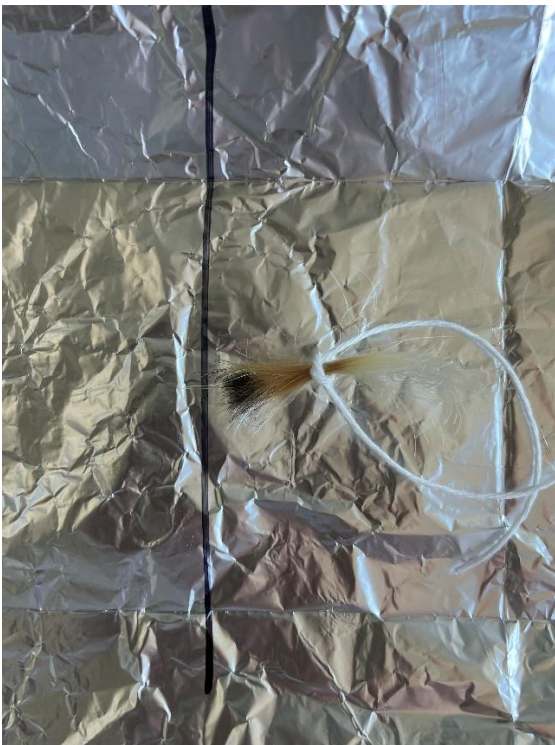


The cut edge isn't clean; the loop is too low





The end of the strand closest to the scalp was secured to the aluminum foil with glue



The end of the strand closest to the scalp was marked in the hair with a permanent marker