BODY DYSMORPHIC DISORDER (BDD) QUESTIONNAIRE

Name……Date……

BDD is a psychiatric condition and cosmetic surgery is NOT a treatment option in patients with this condition

It is a mandatory regulation that any person seeking cosmetic surgery must complete a validated BDD questionnaire. This questionnaire is sourced from Body Dysmorphic Disorder Foundation (bddfoundation.org)

1. How often do you do you deliberately check your feature(s)? Not accidentally catch sight of it. Please include looking at your feature in a mirror or other reflective surfaces like a shop window or looking at it directly or feeling it with your fingers.

About 40 times a day or more	O	8 points
	O	7
About 20 times a day or more	O	6
	O	5
About 10 times a day or more	O	4
	O	3
About 5 times a day or more	O	2
	O	1
Never check	O	0

2. To what extent do you feel your feature(s) are currently ugly, unattractive or ‘not right’?

Very ugly or “not right”	O	8 points
	O	7
Markedly unattractive	O	6
	O	5
Moderately unattractive	O	4
	O	3
Slightly unattractive	O	2
	O	1
Not at all unattractive	O	0

3. To what extent does your feature(s) currently cause you a lot of distress?

Not at all distressing	O	0 points
	O	1
Slightly distressing	O	2
	O	3
Moderately distressing	O	4
	O	5
Markedly distressing	O	6
	O	7
Extremely distressing	O	8

4. How often does your feature(s) currently lead you to avoid situations or activities?

Always avoid	O	8 points
	O	7
Avoid about ¾ of the time	O	6
	O	5
Avoid about half of the time	O	4
	O	3
Avoid about ¼ of the time	O	2
	O	1
Never avoid	O	0

5. To what extent does your feature(s) currently preoccupy you? That is, you think about it a lot and it is hard to stop thinking about it?

Not at all preoccupied	O	0 points
	O	1
Slightly preoccupied	O	2
	O	3
Moderately preoccupied	O	4
	O	5
Very preoccupied	O	6
	O	7
Extremely preoccupied	O	8

6. If you have a partner, to what extent does your feature(s) currently have an effect on your relationship with an existing partner? (e.g., affectionate feelings, number of arguments, enjoying activities together). If you do not have a partner, to what extent does your feature(s) currently have an effect on dating or developing a relationship?

Not at all	O	0 points
	O	1
Slightly	O	2
	O	3
Moderately	O	4
	O	5
Markedly	O	6
	O	7
Extremely	O	8

7. To what extent does your feature(s) currently interfere with your ability to work or study, or your role as a homemaker? (Please rate this even if you are not working or studying: we are interested in your ability to work or study.)

Not at all	O	0 points
	O	1
Slightly	O	2
	O	3
Moderately	O	4
	O	5
Markedly	O	6
	O	7
Very seriously: I can't work	O	8

8. To what extent does your feature(s) currently interfere with your social life? (with other people, e.g. parties, pubs, clubs, outings, visits, home entertainment).

Not at all	O	0 points
	O	1
Slightly	O	2
	O	3
Moderately	O	4
	O	5
Markedly	O	6
	O	7
Very seriously	O	8

9. To what extent, do you feel your appearance is the most important aspect of who you are?

Not at all	O	0 points
	O	1
Slightly	O	2
	O	3
Moderately	O	4
	O	5
Mostly	O	6
	O	7
Totally	O	8

SCORE

Q. 1	
Q. 2	
Q. 3	
Q. 4	
Q. 5	
Q. 6	
Q. 7	
Q. 8	
Q. 9	
TOTAL	

Higher scores reflect greater distress and interference in your life and the likelihood of a diagnosis of BDD.

If you scored 40 or more, we would recommend that you seek an assessment, as you are likely to have BDD.

If you scored between 30 and 40, you may still have BDD and may still benefit from an assessment.

You are unlikely to have BDD if you scored below 30.