

# BODY DYSMORPHIC DISORDER (BDD) QUESTIONNAIRE

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](http://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	<input type="radio"/>	8 points
	<input type="radio"/>	7
About 20 times a day or more	<input type="radio"/>	6
	<input type="radio"/>	5
About 10 times a day or more	<input type="radio"/>	4
	<input type="radio"/>	3
About 5 times a day or more	<input type="radio"/>	2
	<input type="radio"/>	1
Never check	<input type="radio"/>	0 points

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

Very ugly or "not right"	<input type="radio"/>	8 points
	<input type="radio"/>	7
Markedly unattractive	<input type="radio"/>	6
	<input type="radio"/>	5
Moderately unattractive	<input type="radio"/>	4
	<input type="radio"/>	3
Slightly unattractive	<input type="radio"/>	2
	<input type="radio"/>	1
Not at all unattractive	<input type="radio"/>	0 points

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

Not at all distressing	<input type="radio"/>	0 points
	<input type="radio"/>	1
Slightly distressing	<input type="radio"/>	2
	<input type="radio"/>	3
Moderately distressing	<input type="radio"/>	4
	<input type="radio"/>	5
Markedly distressing	<input type="radio"/>	6
	<input type="radio"/>	7
Extremely distressing	<input type="radio"/>	8 points

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

Always avoid	<input type="radio"/>	8 points
	<input type="radio"/>	7
Avoid about $\frac{3}{4}$ of the time	<input type="radio"/>	6
	<input type="radio"/>	5
Avoid about half of the time	<input type="radio"/>	4
	<input type="radio"/>	3
Avoid about $\frac{1}{4}$ of the time	<input type="radio"/>	2
	<input type="radio"/>	1
Never avoid	<input type="radio"/>	0 points

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	<input type="radio"/>	0 points
	<input type="radio"/>	1
Slightly preoccupied	<input type="radio"/>	2
	<input type="radio"/>	3
Moderately preoccupied	<input type="radio"/>	4
	<input type="radio"/>	5
Very preoccupied	<input type="radio"/>	6
	<input type="radio"/>	7
Extremely preoccupied	<input type="radio"/>	8 points

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	<input type="radio"/>	0 points
	<input type="radio"/>	1
Slightly	<input type="radio"/>	2
	<input type="radio"/>	3
Moderately	<input type="radio"/>	4
	<input type="radio"/>	5
Markedly	<input type="radio"/>	6
	<input type="radio"/>	7
Extremely	<input type="radio"/>	8 points

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	<input type="radio"/>	0 points
	<input type="radio"/>	1
Slightly	<input type="radio"/>	2
	<input type="radio"/>	3
Moderately	<input type="radio"/>	4
	<input type="radio"/>	5
Markedly	<input type="radio"/>	6
	<input type="radio"/>	7
Very seriously: I can't work	<input type="radio"/>	8 points

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	<input type="radio"/>	0 points
	<input type="radio"/>	1
Slightly	<input type="radio"/>	2
	<input type="radio"/>	3
Moderately	<input type="radio"/>	4
	<input type="radio"/>	5
Markedly	<input type="radio"/>	6
	<input type="radio"/>	7
Very seriously	<input type="radio"/>	8 points

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

Not at all	<input type="radio"/>	0 points
	<input type="radio"/>	1
Slightly	<input type="radio"/>	2
	<input type="radio"/>	3
Moderately	<input type="radio"/>	4
	<input type="radio"/>	5
Mostly	<input type="radio"/>	6
	<input type="radio"/>	7
Totally	<input type="radio"/>	8 points

**SCORE**

Q. 1	
Q. 2	
Q. 3	
Q. 4	
Q. 5	
Q. 6	
Q. 7	
Q. 8	
Q. 9	
<b>TOTAL</b>	

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.