

## The Body Dysmorphic Disorder Questionnaire – Aesthetic Surgery (BDDQ-AS)

**1. Are you very worried about your appearance in any way?**

Y      N

**2. Do these concerns preoccupy you? That is, you think about them a lot and wish that you could worry about them less?**

Y      N

**3. Do these concerns cause you a lot of distress, torment or pain? (circle the best answer)**

1	2	3	4	5
No	Mild, not too disturbing	Moderate, disturbing but still manageable	Severe, very disturbing	Extreme, disabling

**4. Do these concerns cause you any impairment social, occupational or other important areas of functioning? (circle the best answer)**

1	2	3	4	5
No	Mild, not too disturbing	Moderate, disturbing but still manageable	Severe, very disturbing	Extreme, disabling

**5. Do these concerns often significantly interfere with your social life? (circle the best answer)**

1	2	3	4	5
No	Mild, not too disturbing	Moderate, disturbing but still manageable	Severe, very disturbing	Extreme, disabling

**6. Do these concerns often significantly interfere with your school work, job or ability to function in your role? (circle the best answer)**

1	2	3	4	5
No	Mild, not too disturbing	Moderate, disturbing but still manageable	Severe, very disturbing	Extreme, disabling

**7. Do you avoid doing anything because of your appearance concerns?**

Y      N

**Developer Reference:** Lekakis, G., Picavet, V.A., Gabriëls, L., Grietens, J. and Hellings, P.W. (2016), Body Dysmorphic Disorder in aesthetic rhinoplasty: Validating a new screening tool. *The Laryngoscope*, 126: 1739-1745. <https://doi.org/10.1002/lary.25963>



## Scoring:

A patient screens positive for BDD if they acknowledge on the BDDQ-AS that they are concerned about their appearance (question 1 = yes) AND preoccupied with these concerns (question 2 = yes) AND that these concerns cause at least moderate distress or impairment in different domains of daily life (any of question 3 or 4 or 5 or 6  $\geq$  3 or question 7 = yes).

The BDDQ-AS is a screening tool, and is therefore not designed to provide a diagnosis of body dysmorphic disorder (BDD). Patients who screen positive on the BDDQ-AS should be referred to a mental health professional for further assessment.

## Possible Script to Explain a Positive BDD Screen to Patients:

“Thank you for coming in for a consultation today. Based on our earlier conversation, and the questionnaire that you have completed for me, I can tell that your appearance concerns have been causing you a lot of stress and making it difficult to get on with your [insert work, social life, job from their questionnaire]

We know from the research and professional experience that when patients are experiencing a lot of worry or stress about their appearance, they might not be satisfied with the results of a cosmetic procedure. I want to work with you to make sure that you get the best outcomes for both your physical and emotional wellbeing, and to help you feel less distressed. What can sometimes help is speaking with a mental health professional about your appearance related distress, and making sure you’re clear about your motivations and expectations for the procedure. They can also work with you to determine whether cosmetic treatment is the best option right now.”

“BUT I JUST WANT THE PROCEDURE”

“We find that the people who get the best outcomes from this procedure are the people who explore the motivations and expectations before going through with it”

“ARE YOU SAYING I CAN’T DO IT?”

“Not at all. I just want to make sure we look after you the very best way we can, and that is a whole of person approach, which is physical and emotional”