

Client Information

<i>Client Name</i>	Dummy Client
<i>Date of birth (age)</i>	1 January 2000 (23)

Assessment Information

<i>Assessment</i>	The Body Dysmorphic Disorder Questionnaire – Aesthetic Surgery (BDDQ-AS)
<i>Date administered</i>	10 June 2023
<i>Assessor</i>	Ben Buchanan
<i>Time taken</i>	2 minutes 59 seconds

Results

	Outcome
Screening Result	Positive. Likely to have BDD.

Interpretation & Recommendations

*** Client Feedback ***

Your patient has screened positive for a potential diagnosis of Body Dysmorphic Disorder (BDD). Patients with BDD are more likely to experience complications, psychological distress or postoperative dissatisfaction following cosmetic surgery or non-surgical cosmetic procedures.

It is recommended that you refer this patient to a mental health professional for further assessment before conducting any aesthetic treatments.

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.

The BDDQ-AS is designed to inform your assessment and evaluation of your patient, but not as a standalone tool. If you have identified other concerns or risks during your consultation, please use clinical judgement as to whether or not to proceed with treatment or if referral to a mental health professional is indicated.

The BDDQ-AS may also be susceptible to dishonest responding, especially if a patient really wants to receive a cosmetic procedure. You should consider these results along with your consultation to determine how open the patient has been about their true motivations and expectations for treatment. If you would like to assess patient openness as well as their BDD scores, please use the Cosmetic Readiness Questionnaire (CRQ).

* Possible Script to Explain a Positive BDD Screen to

Client Name	Dummy Client
--------------------	--------------

Interpretation & Recommendations (cont.)

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]

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. I understand this is disappointing, but I am also not allowed to proceed with the procedure before you have seen a mental health professional, based on my obligations under the Medical Board Guidelines.'

'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.'

Scoring and Interpretation Information

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 ? 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.

Client Name	Dummy Client
--------------------	--------------

Client Responses		Yes			No	
1	Are you very worried about your appearance in any way?	1			0	
2	Do these concerns preoccupy you? That is, you think about them a lot and wish that you could worry about them less?	1			0	
		No	Mild, not too disturbing	Moderate, disturbing but still manageable	Severe, very disturbing	Extreme, disabling
3	Do these concerns cause you a lot of distress, torment or pain? (select 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?	1	2	3	4	5
5	Do these concerns often significantly interfere with your social life?	1	2	3	4	5
6	Do these concerns often significantly interfere with your school work, job or ability to function in your role?	1	2	3	4	5
		Yes			No	
7	Do you avoid doing anything because of your appearance concerns?	1			0	