

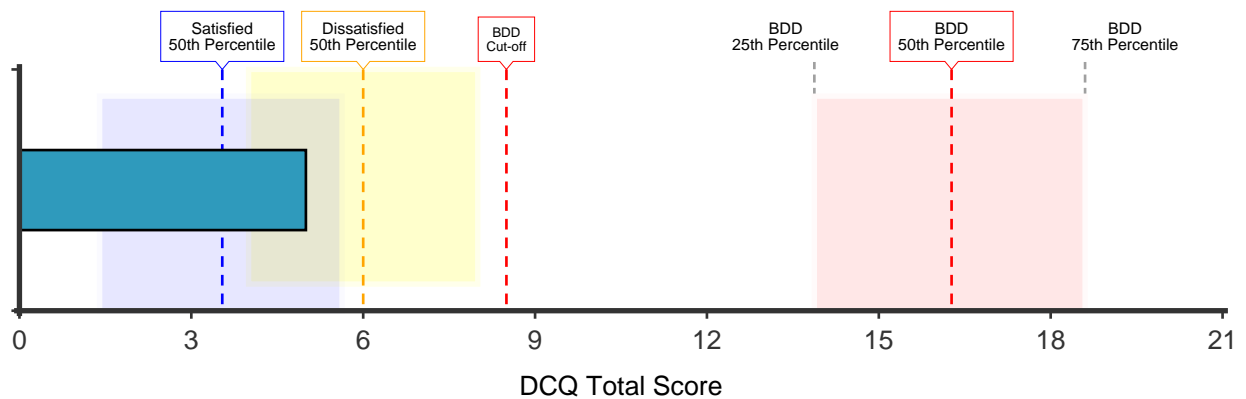
Dysmorphic Concern Questionnaire (DCQ)

<i>Client Name</i>	Sarah Jones	<i>Date administered</i>	18 Oct 2024
<i>Date of birth (age)</i>	5 May 2005 (19)	<i>Time taken</i>	55s
<i>Assessor</i>	Ben Buchanan		

Results

	Score (0 to 21)	Percentile	Descriptor
Dysmorphic Concern Questionnaire	5	66.9	Low

Score Compared to Satisfied Patients, Dissatisfied Patients, and Individuals with BDD



Interpretation

The scores are low and consistent with patients with healthy body image that will not interfere with satisfaction with cosmetic procedures. They are unlikely to have Body Dysmorphic Disorder (BDD).

Be mindful that the DCQ 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.

Scoring and Interpretation Information

Items are summed to produce the DCQ total score (range 0 to 21), with higher scores indicating a higher degree of dysmorphic concern. Patients scoring 9 or above are considered to have clinically significant dysmorphic concern consistent with body dysmorphic disorder (Mancuso et al., 2010).

Scores are categorised into four dysmorphic concern ratings:

-Low - 0 to 5 - satisfied with appearance and healthy body image

-Moderate - 6 to 8 - at risk of body image dissatisfaction

-High - 9 to 16 - clinically significant dysmorphic concern consistent with body dysmorphic disorder

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Scoring and Interpretation Information (cont.)

-Extremely High - 17+ extremely severe dysmorphic concern consistent with severe body dysmorphic disorder

Scores are presented as a percentile, comparing the respondent's score to a sample of people seeking cosmetic surgery (Devoto et al., 2024). The percentile score contextualises responses compared to those typically found in cosmetic settings, where a percentile of 50 represents typical (and healthy) levels of body image concern. A score above the 95th percentile represents people with body image concerns in the top 5% of individuals seeking cosmetic procedures, and correspond to raw scores above 9 and are consistent with those with body dysmorphic disorder.

Patients who score 9 or above on the DCQ should be thoroughly assessed for psychological risk factors before undergoing a cosmetic procedure, including Body Dysmorphic Disorder.

Results are also presented in a graph comparing the respondents' score to the middle two quartiles of three samples.

-Satisfied cosmetic procedure patients (patients who were satisfied with the result at 3 month follow up).

-Dissatisfied cosmetic procedure patients (patients who were not satisfied with the procedure at 3 month follow up).

-Body Dysmorphic Disorder patients from mental health settings (Mancuso et al., 2010).

The chart's shaded areas represent scores between the 25th and 75th percentile for those samples. Comparing a respondent's score to those samples helps contextualise a respondent's score to those typically expected in the three groups. The graph shows that there is substantial crossover between cosmetic patients who are satisfied (green) and those dissatisfied (yellow). BDD patients (red) score significantly higher, though the cutoff at 9 indicates people scoring 9 or above are best considered to be consistent with BDD.

Higher scores on the DCQ even if they don't meet the BDD threshold are predictive of dissatisfaction with cosmetic outcomes (Devoto et al., 2024). Indeed, BDD and higher DCQ scores in general are indicative of psychological risk factors associated with poor cosmetic outcomes including distress, regret and increased body image anxiety (Devoto et al., 2024, Honigman et al., 2004; Moulton et al., 2018, Pikoos et al., 2021). For example, 82.3% of individuals with BDD who undergo cosmetic procedures will experience no improvement or worsening in their mental health condition after the procedure, and many report dissatisfaction with the outcomes (Bowyer et al., 2016).

Client Responses

Client Name	Sarah Jones
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		Not at all	Same as most people	More than most people	Much more than most people
1	Been very concerned about some aspect of your appearance?	0	1	2	3
2	Considered yourself misformed or misshapen in some way (e.g., nose/hair skin/sexual organs/overall body build)?	0	1	2	3
3	Considered your body to be malfunctioning in some way (e.g., excessive body odour, flatulence, sweating)?	0	1	2	3
4	Consulted or felt you needed to consult a plastic surgeon/dermatologist/physician about these concerns?	0	1	2	3
5	Been told by others/doctor that you are normal in spite of you strongly believing that something is wrong with your appearance or bodily functioning?	0	1	2	3
6	Spent a lot of time worrying about a defect in your appearance/bodily functioning?	0	1	2	3
7	Spent a lot of time covering up defects in your appearance/bodily functioning?	0	1	2	3