

Client Information

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

Assessment Information

<i>Assessment</i>	Cosmetic Procedures Screening Questionnaire (COPS)
<i>Date administered</i>	29 June 2023
<i>Assessor</i>	Toni Pikoos
<i>Time taken</i>	1 minutes 16 seconds

Results

	Score (0-72)	Outcome
Screening Result	47	Positive. Likely to have BDD.

Interpretation & Recommendations

***** Client Feedback *****

Given this patient scored above 40, they 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.

You do not need to say to your patients that you think they have body dysmorphic disorder (BDD), as it is not a diagnostic tool. Instead, you can talk about this questionnaire as a measure of body image or appearance anxiety. A possible script to explain this to your patient is provided below.

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

'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

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Interpretation & Recommendations (cont.)

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

The total COPS score is created by summing items 11-19. A patient screens positive for a potential diagnosis of BDD if they score above 40 on items 11-19 of the COPS.

Items are scored from 0 (least impaired) to 8 (most impaired). The score is achieved by summing Q 11-19. Items 11, 12 and 14 are reversed. The total scores range from 0 to 72 with a higher score reflecting greater impairment and likelihood of a diagnosis of BDD.

Items 1-10 do not contribute to the overall score but are useful for your understanding of the patients' aesthetic concerns, and areas of their body that they may be more likely to fixate on or request cosmetic treatments for.

When a patient screens positive, the cosmetic practitioner should consider whether the patient may be an unsuitable candidate for the cosmetic procedure, or if a referral to a mental health professional is needed before proceeding with any cosmetic treatment.

There is strong empirical and theoretical basis indicating that the presence of BDD poses a psychological risk for patients undergoing cosmetic procedures (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). Individuals with BDD are at three times higher risk of experiencing complications and more significant post-operative pain, when compared to a control group (Wooley & Perry, 2015).

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Scoring and Interpretation Information (cont.)

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

The COPS 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 COPS 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).

Client Responses

Features Causing Concern

Please describe the feature(s) of your body which you dislike or would like to improve. Next to each feature you identify, we would like you to estimate the percentage for how much of your concern is allocated to this feature.

1

For example, if I spend most of my time worrying about my nose, it would take up 50% of my time. My next concern is my eyebrows, which take up around 30%. Finally, my thighs would be the remaining 20%.

1st Feature (feature you are most concerned about):

Nose is crooked

2

Percentage of concern dedicated to 1st Feature (out of 100):

80%

3

2nd Feature: (skip to question 11 if no other features of concern)

Lips are too small

4

Percentage of concern dedicated to 2nd Feature (out of 100):

10%

5

3rd Feature: (skip to question 11 if no other features of concern)

Stomach is too big

6

Percentage of concern dedicated to 3rd Feature (out of 100):

10%

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Client Responses (cont.)

7	4th Feature: (skip to question 11 if no other features of concern)	Not Completed								
8	Percentage of concern dedicated to 4th Feature (out of 100):	Not Completed								
9	5th Feature: (skip to question 11 if no other features of concern)	Not Completed								
10	Percentage of concern dedicated to 5th Feature (out of 100):	Not Completed								
		0 - About 40 times or more a day	1	2 - About 20 times a day	3	4 - About 10 times a day	5	6 - About 5 times a day	7	8 - Never check
11	How often 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.	8	7	6	5	4	3	2	1	0
		0 - Very ugly or 'not right'	1	2 - Markedly unattractive	3	4 - Moderately unattractive	5	6 - Slightly unattractive	7	8 - Not at all unattractive
12	How much do you feel your feature(s) is currently ugly, unattractive or 'not right'?	8	7	6	5	4	3	2	1	0
		0 - Not at all distressing	1	2 - Slightly distressing	3	4 - Moderately distressing	5	6 - Markedly distressing	7	8 - Extremely distressing
13	How much does your feature(s) currently cause you a lot of distress?	0	1	2	3	4	5	6	7	8
		0 - Always avoid	1	2 - Avoid about three quarters of the time	3	4 - Avoid about half the time	5	6 - Avoid about a quarter of the time	7	8 - Never avoid
14	How often does your feature(s) currently lead you to avoid situations or activities?	8	7	6	5	4	3	2	1	0
		0 - Not at all preoccupied	1	2 - Slightly preoccupied	3	4 - Moderately preoccupied	5	6 - Very preoccupied	7	8 - Extremely preoccupied
15	How much does your feature(s) currently preoccupy you? That is, you think about it a lot and it is hard to stop thinking about it?	0	1	2	3	4	5	6	7	8
		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Markedly	7	8 - Extremely
16	If you have a partner, how much does your feature(s) currently have an effect on your relationship with an existing partner? If you do not have a partner, how much does it have an effect on dating or developing a relationship?	0	1	2	3	4	5	6	7	8
		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Markedly	7	8 - Very severely, I can't work
17	How much 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.)	0	1	2	3	4	5	6	7	8

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		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Markedly	7	8 - Very severely
18	How much does your feature(s) currently interfere with your social life?	0	1	2	3	4	5	6	7	8
		0 - Not at all	1	2 - Slightly	3	4 - Moderately	5	6 - Mostly	7	8 - Totally
19	How much do you feel your appearance is the most important aspect of who you are?	0	1	2	3	4	5	6	7	8