

## Have you got a body image problem? 17

**QUESTIONNAIRE 2.1: HAVE I GOT BDD?**

1. Do you feel that you have one or more features that are very noticeable, abnormal, ugly or 'not right'?

Yes  No

2. Have others close to you or a health professional said that the feature(s) are not that noticeable, abnormal or ugly or look 'OK'?

Yes  No

3. If you add up all the time your feature(s) is/are at the forefront of your mind and make the best estimate for a typical day, do you worry (or brood) about it/them for an hour or more a day?

Yes  No

If you answered 'yes' to all the first three questions, proceed to question 4. If you did not answer 'yes' to all these questions, then you don't have BDD and there is no need to finish the questionnaire.

4. Does your worry about your feature(s) cause you marked distress?

Yes  No

5. Does your worry about your feature(s) significantly interfere with your ability to work or study, or in your role as a homemaker?

Yes  No

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6. Does your worry about your feature(s) significantly interfere with your social life? Or do you try to avoid social situations because of your feature(s)?

Yes  No

7. If you have no current partner: Has your worry about your feature(s) had a significant effect on dating or interfered with your ability to form an intimate relationship?

If you have a regular partner: Has your worry about your feature(s) significantly interfered in the relationship with your partner?

Yes  No

If you answered 'yes' to the first three questions and to one or more of questions 4 to 7 then you *may* have BDD. However, only a health professional can give you a firm diagnosis, as there could be another problem (such as an eating disorder) that may account better for your body image concerns. Thus if you are mainly preoccupied about being 'too fat' or overweight and are significantly restricting your food or binge eating, then this is probably not BDD. However, some individuals with an eating disorder may also have a form of BDD, which does not involve their weight or shape. (For example, a person with anorexia and BDD may also be preoccupied by their weight and shape as well as feeling ugly and scarred on their face.)