

BODY DYSMORPHIC DISORDER DIAGNOSTIC MODULE

Have you ever been very worried about your appearance in any way?
IF YES: What was your concern? Did you think (body part) was especially unattractive?

A. Preoccupation with an imagined defect in appearance. If a slight physical anomaly is present, the person's concern is markedly excessive. 1 2 3

What about the appearance of your face, skin, hair, nose, or the shape/size/other aspect of any other part of your body?

NOTE: GIVE SOME EXAMPLES EVEN IF PATIENT ANSWERS NO TO THESE QUESTIONS.

Examples include: skin concerns (e.g., acne, scars, wrinkles, paleness), hair concerns (e.g., thinning), or the shape or size of the nose, jaw, lips, etc. Also consider perceived "defects" of hands, genitals, or any other body part.

NOTE: LIST ALL BODY PARTS OF CONCERN.

Did this concern preoccupy you?
That is, did you think about it a lot, and you wished you could worry about it less? (Did others say that you were more concerned about _____ than you should have been?)

B. Preoccupation causes clinically significant distress OR impairment in social, occupational, or other important areas of functioning. 1 2 3

What effect has this preoccupation had on your life? Has it caused you a lot of distress?

NOTE: IF SLIGHT PHYSICAL DEFECT IS PRESENT, CONCERN IS CLEARLY EXCESSIVE.

Has your concern had any effect on your family or friends?

(If concern is secondary to Anorexia Nervosa, score "1")

C. The preoccupation is not better accounted for by another mental disorder (e.g., dissatisfaction with body shape and size in Anorexia Nervosa). 1 2 3

1 = absent

2 = sub-threshold

3 = threshold or true

All items must be coded 3 to qualify for the diagnosis of BDD.

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