

Name: _____

Date: _____

BDDE-SR

(Body Dysmorphic Disorder Examination —Self Report)

by James C. Rosen, Ph.D., and Jeff Reiter, Ph.D. Version #3, 1994.
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Part 1

1. In the first column below, please check up to *five parts* of your physical appearance that you've disliked the most (or at least have not been completely satisfied with) during the past month. Be as specific as possible, choosing the term that best describes the body area you have in mind.
2. In the second column, describe what is dissatisfying about it. For example, if "nose" was checked in the first column, you might write "it's too big" in the second. If there is more than one reason you are dissatisfied with the part, please list each reason (e.g., thighs might be "too big" and also "have fat dimples").
3. In the third column, please rank order how dissatisfying the body part(s) checked are. Assign a "1" to the most dissatisfying body part, a "2" to the second most dissatisfying, etc. Do not rank more than 5 body parts.

**Check up to five
body parts you are
dissatisfied with.**

**What don't
you like
about it?**

**Rank most
to least
dissatisfying**

feet	_____	_____	_____
calves	_____	_____	_____
thighs	_____	_____	_____
entire leg(s)	_____	_____	_____
butt	_____	_____	_____
hips	_____	_____	_____
all lower body	_____	_____	_____
waist	_____	_____	_____
abdomen	_____	_____	_____
chest	_____	_____	_____
breasts	_____	_____	_____
back	_____	_____	_____
shoulders	_____	_____	_____
all upper body	_____	_____	_____
back of arm	_____	_____	_____
entire arm(s)	_____	_____	_____
hands	_____	_____	_____

whole body	_____	_____	_____
neck	_____	_____	_____
genitals	_____	_____	_____
chin	_____	_____	_____
cheeks	_____	_____	_____
mouth	_____	_____	_____
teeth	_____	_____	_____
nose	_____	_____	_____
eyes	_____	_____	_____
eyebrows	_____	_____	_____
ears	_____	_____	_____
facial hair	_____	_____	_____
whole face	_____	_____	_____
body hair	_____	_____	_____
head hair	_____	_____	_____
other(s):	_____	_____	_____
(specify)	_____	_____	_____
_____	_____	_____	_____

Part 2

Listed below are things people sometimes try in order to change or improve their appearance. Please indicate any that you have tried for the sake of improving the appearance of the **BODY PART YOU RATED AS “1”** (that is, the most dissatisfying part) on the previous list. **INCLUDE EVERYTHING YOU’VE TRIED**, not just what you’ve tried in the past four weeks. Please estimate how many times you have tried the method. **DO NOT** include a remedy that you may have used for an appearance concern unrelated to the one you rated as “1” (for example, do not include cosmetic surgery for your nose if you did not rate your nose as “1” above).

Number of times tried

Remedy

- | | |
|-------|---|
| _____ | A specific diet to improve appearance |
| _____ | A specific exercise program to improve appearance |
| _____ | Surgery to reduce weight (e.g., stomach stapling or bypass) |
| _____ | Cosmetic surgery (e.g., liposuction, breast reduction or implants, nosejob, scar revision, facelift, collagen for lips) |
| _____ | Nonsurgical dental work (e.g., braces, teeth whitening) |
| _____ | Ointments or medications (for skin conditions or baldness) |
| _____ | Hair transplant |
| _____ | Prosthesis (e.g., artificial leg; only include this if one reason for getting it was to improve appearance) |
| _____ | Other (please describe in the space below, including number of times tried) |

Part 3

Before answering the following questions, be sure you completed Parts 1 and 2 of the BDDE-SR.

The following questions will ask you to think about your “appearance feature” – this refers to the body part you ranked as number “1” on the list. Answer according to *the past four weeks*. To answer the questions, you may circle any number from 0 to 6, even if there is no description next to it.

:

1. Over the past four weeks, how common have you felt it is for people your age and sex to have an appearance feature just like the one you believe you have?

0 — everyone has the same feature

1 —

2 — many people have the same feature

3 —

4 — few people have the same feature

5 —

6 — no one else has the same feature (or the extent of the problem in others is not as severe)

2. Over the past four weeks, how frequently have you checked out your appearance feature (for example, looked at it, felt it, measured it in some way) in order to evaluate the extent of the problem?

0 — (0 days) no checking

1 — (1-3 days)

2 — (4-7 days) checking once or twice a week

3 — (8-11 days)

4 — (12-16 days) checking on about half the days

5 — (17-21 days)

6 — (22-28 days) checking every or almost every day

3. Over the past four weeks, how dissatisfied have you been with your appearance feature?

0 — no dissatisfaction

1 —

2 — slight dissatisfaction (but no feelings of distress)

3 —

4 — moderate dissatisfaction (with some feelings of distress)

5 —

6 — extreme dissatisfaction (with extreme distress; could not imagine feeling more upset or dissatisfied)

4. Over the past four weeks, how dissatisfied have you been with your overall appearance?

0 — no dissatisfaction

1 —

2 — slight dissatisfaction (but no feelings of distress)

3 —

4 — moderate dissatisfaction (with some feelings of distress)

5 —

6 — extreme dissatisfaction (with extreme distress; can't imagine feeling more dissatisfied)

5. Over the past four weeks, how frequently have you tried to get reassurance from someone that your appearance feature isn't as bad or abnormal as you think it is?

0 — (0 days) never sought reassurance

1 — (1-3 days)

2 — (4-7 days) sought reassurance once or twice a week

3 — (8-11 days)

4 — (12-16 days) sought reassurance on about half the days

5 — (17-21 days)

6 — (22-28 days) sought reassurance every or almost every day

6. Over the past four weeks, how often have you thought about your appearance feature AND felt upset as a result?

0 — (0 days) never thought about the appearance feature with upset feelings

1 — (1-3 days)

2 — (4-7 days) thought about it and felt upset once or twice a week

3 — (8-11 days)

4 — (12-16 days) thought about it and felt upset on about half the days

5 — (17-21 days)

6 — (22-28 days) thought about it and felt upset every or almost every day

7. Over the past four weeks, how much have you worried or felt embarrassed about your appearance feature when you were in public areas such as shopping malls, grocery stores, city streets, restaurants, movies, clubs, buses or planes, waiting in lines, parks or beaches, public restrooms, or other areas where mainly there were people you didn't know? (When answering, think about how many of these situations you worry in and how intense your worrying is.)

0 — no worrying or embarrassment

1 —

2 — slight amount of worrying or embarrassment

3 —

4 — moderate amount of worrying or embarrassment

5 —

6 — extreme worrying or embarrassment

8. Over the past four weeks, how much have you worried or felt embarrassed about your appearance feature when you were in social settings with co-workers, acquaintances, friends, or family members (for example, at work, parties, family gatherings, meetings, talking in groups, having a conversation, dating or going on an outing with others, speaking to a boss or supervisor)?

- 0 — no worrying or embarrassment
- 1 —
- 2 — slight amount of worrying or embarrassment
- 3 —
- 4 — moderate amount of worrying or embarrassment
- 5 —
- 6 — extreme worrying or embarrassment

9a. Over the past four weeks, how often have you felt that other people were noticing or paying attention to your appearance feature? (Include times when you realize you might be imagining it.)

- 0 — (0 days) never occurred
- 1 — (1-3 days)
- 2 — (4-7 days) occurred once or twice a week
- 3 — (8-11 days)
- 4 — (12-16 days) occurred on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) occurred every or almost every day

9b. Over the past four weeks, how upset have you become when you felt someone was noticing or paying attention to your appearance feature? (When answering, think about whether you felt differently depending on who the person was that noticed.)

- 0 — not upsetting (or others did not notice)
- 1 — slightly upsetting when certain people were involved, but not others
- 2 — slightly upsetting regardless of who was involved
- 3 — moderately upsetting when certain people were involved, but not others
- 4 — moderately upsetting regardless of who was involved
- 5 — extremely upsetting when certain people were involved but not others
- 6 — extremely upsetting regardless of who was involved

10a. Over the past four weeks, how often did someone unexpectedly make a positive or negative comment on your appearance feature? (Only include comments that came “out of the blue,” not comments you might have tried to get from the person.)

- 0 — (0 days) never occurred
- 1 — (1-3 days)
- 2 — (4-7 days) occurred once or twice a week
- 3 — (8-11 days)

- 4 — (12-16 days) occurred on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) occurred every or almost every day

10b. Over the past four weeks, how upset have you become when someone commented — positively or negatively — on your appearance feature? (When answering, think about whether you felt differently depending on who the person was that made the comment.)

- 0 — not upsetting (or others did not comment)
- 1 — slightly upsetting when certain people commented, but not others
- 2 — slightly upsetting regardless of who commented
- 3 — moderately upsetting when certain people commented, but not others
- 4 — moderately upsetting regardless of who commented
- 5 — extremely upsetting when certain people commented, but not others
- 6 — extremely upsetting regardless of who commented

11a. Over the past four weeks, how often did someone do something to you or for you that you think was a result of your appearance feature?

- 0 — (0 days) never occurred
- 1 — (1-3 days)
- 2 — (4-7 days) occurred once or twice a week
- 3 — (8-11 days)
- 4 — (12-16 days) occurred on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) occurred every or almost every day

11b. Over the past four weeks, how upset did you become when someone did something to you or for you because of your appearance feature? (When answering, think about whether you felt differently depending on who the person was.)

- 0 — not upsetting (or others did not treat me differently)
- 1 — slightly upsetting when certain people were involved, but not others
- 2 — slightly upsetting regardless of who was involved
- 3 — moderately upsetting when certain people were involved, but not others
- 4 — moderately upsetting regardless of who was involved
- 5 — extremely upsetting when certain people were involved, but not others
- 6 — extremely upsetting regardless of who was involved

12. Over the past four weeks, how important has appearance been in how you evaluate yourself as a person? Before answering, think about other things that influence how you judge yourself, such as personality, intelligence, work or school performance, quality of your relationships with others, ability in other areas, and so on. Compared to these (and maybe others), how much importance have you given to appearance when evaluating yourself?

- 0 — no importance
- 1 —
- 2 — some importance (definitely an aspect of self-evaluation)
- 3 —
- 4 — moderate importance (one of the main aspects of self-evaluation)
- 5 —
- 6 — extreme importance (nothing is more important as a means of evaluating yourself)

13. Over the past four weeks, how negatively (if at all) have you thought of yourself as a person as a result of your appearance feature? This question is not asking whether you think your appearance is attractive or unattractive. Rather, it is asking how much your appearance made you feel that you had a personal flaw or were undesirable or inadequate in a non-physical way.

- 0 — no negative evaluations of yourself resulting from your appearance feature
- 1 —
- 2 — slightly negative evaluations of yourself
- 3 —
- 4 — moderately negative evaluations of yourself
- 5 —
- 6 — extremely negative evaluations of yourself; the appearance feature made you unable to find positive qualities in yourself

14. Over the past four weeks, how negatively (if at all) have you felt other people evaluated you as a person as a result of your appearance feature? Again, this question is not asking how attractive or unattractive other people thought you were. Rather, it is asking how much you thought your appearance made other people see you as undesirable or inadequate in some non-physical way.

- 0 — no negative evaluations by others resulting from your appearance feature
- 1 —
- 2 — slightly negative evaluations by others
- 3 —
- 4 — moderately negative evaluations by others
- 5 —
- 6 — extremely negative evaluations by others; the appearance feature made others unable to find positive qualities in you

15. Over the past four weeks, how attractive physically did you feel other people thought you were? (If friends view you differently than strangers, how attractive on average did you feel people thought you were?)

- 0 — attractive, or at least not unattractive
- 1 —
- 2 — slightly unattractive
- 3 —
- 4 — moderately unattractive
- 5 —
- 6 — extremely unattractive

16a. Over the past four weeks, have you ever thought your appearance feature might not be as bad as you generally think, or have there been times that you've felt significantly better about your appearance feature?

Yes No

16b. Over the past four weeks, have you ever felt that your appearance was basically normal?

Yes No

17. Over the past four weeks, how much have you avoided public areas because you felt uncomfortable about your appearance feature? (Such areas might include shopping malls, grocery stores, city streets, restaurants, movies, clubs, buses or planes, waiting in lines, parks, beaches, public restrooms, or other areas where mainly there would be people you don't know.)

0 — no avoidance of public situations

1 —

2 — avoided with slight frequency

3 —

4 — avoided with moderate frequency

5 —

6 — avoided with extreme frequency

18. Over the past four weeks, how much have you avoided work or other social situations with friends, relatives, or acquaintances because you felt uncomfortable about your appearance feature? Social situations could include going to work or school, parties, family gatherings, meetings, talking in groups, having a conversation, hanging out with others at work, dating or going on an outing with others, or speaking to a boss or supervisor.

0 — no avoidance of social situations

1 —

2 — avoided with slight frequency

3 —

4 — avoided with moderate frequency

5 —

6 — avoided with extreme frequency

19. Over the past four weeks, how much have you avoided close physical contact with others because of your appearance feature? This includes sexual activity as well as other close contact such as shaking hands, hugging, kissing, or dancing close.

0 — no avoidance of physical contact

1 —

2 — avoided with slight frequency

3 —

- 4 — avoided with moderate frequency
- 5 —
- 6 — avoided with extreme frequency

20. Over the past four weeks, when making contact physically with others (for example, lovemaking, hugging, shaking hands, kissing, dancing close), how often have you tried to restrict the amount of actual contact that occurs (for example, by changing your posture, limiting your movement, or preventing contact with certain body parts)?

- 0 — never deliberately restricted physical contact
- 1 —
- 2 — restricted on less than half the physical contact occasions
- 3 —
- 4 — restricted on about half the physical contact occasions
- 5 —
- 6 — restricted on every or almost every physical contact occasion

21. Over the past four weeks, how much have you avoided physical activities such as exercise or outdoor recreation because of feeling self-conscious or uncomfortable due to your appearance feature?

- 0 — no avoidance of physical activity
- 1 —
- 2 — avoided with slight frequency
- 3 —
- 4 — avoided with moderate frequency
- 5 —
- 6 — avoided with extreme frequency

22. Over the past four weeks, how much have you deliberately dressed, made yourself up, or groomed yourself in some special way in order to cover up your appearance feature or distract attention from it? This can include avoiding certain clothes or cosmetics. (This is called “camouflaging.”)

- 0 — (0 days) never camouflaged or avoided certain clothes/cosmetics
- 1 — (1-3 days)
- 2 — (4-7 days) camouflaged once or twice a week
- 3 — (8-11 days)
- 4 — (12-16 days) camouflaged on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) camouflaged every or almost every day

23. Over the past four weeks, how frequently have you deliberately changed your posture or body movements (such as the way you stand or sit, where you put your hands, how you walk, what side of yourself you show to other people, etc.) in order to hide your appearance feature or distract people’s attention from it?

- 0 — (0 days) no changing of posture or body movements
- 1 — (1-3 days)
- 2 — (4-7 days) changed once or twice a week
- 3 — (8-11 days)
- 4 — (12-16 days) changed on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) changed every or almost every day

24. Over the past four weeks, how often have you avoided looking at your body, particularly at your appearance feature, in order to control feelings about your appearance? This includes avoiding looking at yourself clothed or unclothed, either directly or in mirrors or windows.

- 0 — (0 days) never avoided looking at body
- 1 — (1-3 days)
- 2 — (4-7 days) avoided once or twice a week
- 3 — (8-11 days)
- 4 — (12-16 days) avoided on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) avoided every or almost every day

25. Over the past four weeks, how frequently have you avoided other people seeing your body unclothed because you felt uncomfortable about your appearance feature? This includes not letting your spouse, partner, roommate, etc., see you without clothes, or people in public settings, such as in health club showers or changing rooms.

- 0 — no avoidance of others seeing body unclothed
- 1 —
- 2 — avoided with slight frequency
- 3 —
- 4 — avoided with moderate frequency
- 5 —
- 6 — avoided with extreme frequency

26. Over the past four weeks, how often have you compared your appearance with the appearance of other people around you or in magazines or television? Include both positive and negative comparisons.

- 0 — (0 days) no comparing with others
- 1 — (1-3 days)
- 2 — (4-7 days) compared once or twice a week
- 3 — (8-11 days)
- 4 — (12-16 days) compared on about half the days
- 5 — (17-21 days)
- 6 — (22-28 days) compared every or almost every day