BDDE

Body Dysmorphic Disorder Examination (BDDE)

The BDDE is a structured interview for assessing the presence, severity, and impact of body dysmorphic disorder. It explores body-related preoccupations, the associated distress, checking or avoidance behaviors, and the consequences for social functioning. It is recognized as the reference method for an in-depth assessment of symptoms and their clinical impact.

Number of questions	34 questions
Estimated duration	60 minutes
Language	English
Original name	Body Dysmorphic Disorder Examination
Target audience	Adults
Authors	James C. Rosen, Jeff Reiter (1996)
Category	Body image

Scoring & interpretation

Each item is rated on a defined severity scale, and a total score is calculated. Higher scores indicate more pronounced symptoms. Cutoffs can be used to distinguish clinical severity levels.