

Body Dysmorphic Disorder Questionnaire (BDDQ)

The BDDQ is a screening tool used to identify symptoms of body dysmorphic disorder (BDD) in individuals. Designed as a quick self-report measure, it helps determine whether a more in-depth clinical evaluation is needed.

Number of questions	12 questions
Estimated duration	15 minutes
Language	English
Original name	Body Dysmorphic Disorder Questionnaire
Target audience	Adolescents and adults
Authors	Katharine A. Phillips (1995)
Category	Body image

Preview of the 12 questions

Do you worry about your appearance?

Yes No

Do you think a lot about your appearance problems and wish you could think about them less?

Yes No

Is your main concern about your appearance not being thin enough or gaining too much weight?

Yes No

Has this problem with your appearance often upset you a lot?

Yes No

Has this problem with your appearance often interfered with your social life, your relationships with others, going out, or dating?

Yes No