BIDQ

Body Image Disturbance Questionnaire (BIDQ)

The Body Image Disturbance Questionnaire (BIDQ) is a self-report instrument for identifying and quantifying body image concerns and distress. It helps detect significant levels of body image disturbance and their impact on psychological and social functioning. Used in clinical practice and research, it notably facilitates the identification of body dysmorphic disorder.

Number of questions	7 questions
Estimated duration	5 minutes
Language	English
Original name	Body Image Disturbance Questionnaire
Target audience	Adults and adolescents
Authors	Katharine A. Phillips, Diana J. Edwards (2005)
Category	Body image

Preview of the 7 questions

Are you concerned about the appearance of some part(s) of your body, which you consider especially unattractive?

Not at all concerned | Somewhat concerned | Moderately concerned | Very concerned | Extremely concerned

If you are at least somewhat concerned, do these concerns preoccupy you? That is, you think about them a lot and they're hard to stop thinking about?

Not at all | Somewhat preoccupied | Moderately preoccupied | Very preoccupied | Extremely preoccupied

Has your physical "defect" caused you a lot of distress, torment, pain or difficulty? How much?

No distress | Mild, and not too disturbing | Moderate and disturbing, but manageable | Severe, and very disturbing | Extreme and disabling

Has your physical "defect" caused you impairment in your social, occupational or other important areas of functioning? How much?

No limitation | Mild interference, but overall performance not impaired | Moderate, definite interference but still manageable | Severe, causes substantial impairment | Extreme, incapacitating

Has your physical "defect" significantly interfered with your social life? How much?

Never | Occasionally | Moderately often | Often | Very often

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 5-point Likert scale (0 to 4), for a total score from 0 to 28. Higher scores reflect more pronounced body image disturbance. A cutoff score can be used to guide an in-depth diagnostic assessment.

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★★★★★

“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist