

INSTRUCTIONS TO USERS OF THE
BODY DYSMORPHIC DISORDER EXAMINATION - SELF REPORT (BDDE-SR)¹

Version #3.2 January, 1994

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INTRODUCTION

The BDDE-SR is the self-report version of the BDDE clinical interview. It is designed to measure the same symptoms of body dysmorphic disorder, but without the necessity of an interview. The BDDE-SR has good reliability and validity with non-clinical and clinical populations in addition to body dysmorphic disorder patients (paper in preparation).

INSTRUCTIONS TO SUBJECTS

All the instructions to subjects are on the forms. Give them the Answer form/Part 1 & 2 and questionnaire for Part 3.

SCORING

Total score. The total score is the sum of ratings for items 1 - 15 and 17 - 26.

BDD diagnosis. The following is a guideline to using the BDDE-SR to diagnose Body Dysmorphic Disorder according to the DSM-IV criteria (see Rosen & Reiter, 1995 for explanation). You can copy this section as a diagnostic worksheet.

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

Criterion B: The preoccupation causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.

Use the following BDDE-SR criteria and your own observation of the patient's appearance to guide you in making a BDD diagnosis.

1. The clinician will have to examine the patient in person to decide if his or her perceived defect in appearance is imagined or a slight anomaly. Check the patient's reported defect on Part 1. You might rate the patient as follows (a rating of 1 or 2 would be consistent with BDD):

- 1. no observable defect
- 2. reported defect is observable, although not unusual or abnormal (e.g. a big nose)

3. reported defect is definitely abnormal (e.g., amputated leg, scars from burns, severe obesity)

2. Subject ratings of BDDE-SR questions 4 or higher on all the following:

- #6 Upsetting preoccupation with appearance
- #7 or #8 Self-consciousness and embarrassment about appearance around people
- #12 Importance of appearance to self-evaluation
- #13 Negative self-evaluation attributed to appearance

3. Subject ratings of BDDE-SR questions 4 or higher on one of the following:

- #9b Distress when appearance noticed by others
- OR -
- #17, 18, 19, or 21 Avoidance of activities due to self-consciousness about appearance

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

Determine if the complaint is better accounted for by another disorder (e.g., eating disorder, gender identity disorder, obsessive compulsive disorder). If appearance complaints are strictly related to body size or shape, conduct a separate examination of eating disorder symptoms. BDD would not be appropriate if anorexia or bulimia is present or in partial remission and there is no complaint other than weight. If complaints represent a dissatisfaction with gender-related features, rule-out gender identity disorder. If subject reports extensive obsessions and compulsions, rule-out OCD.

SCORES FROM RESEARCH SAMPLES

The BDDE-SR tends to result in slightly higher

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scores than the BDDE interview. The mean scores we have obtained are:

	university undergrads		adult outpatients seeking body image therapy	
	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Men	33.2	18.2	99.4	25.2
Women	49.9	27.3	89.4	25.6

PSYCHOMETRIC DATA ON UNDERGRADUATE MEN AND WOMEN

TEST-RETEST RELIABILITY = .8954 P= .000 (N=20)

CONCURRENT VALIDITY

-- Correlation Coefficients --

BSQ BSI RSE MBSRQAE

BDDSR TOT .8303 .5470 -.5672 -.6991

N= (96) (138) (137) (138)

P= .000 .000 .000 .000

BSQ=Body Shape Questionnaire

BSI=Brief Symptom Inventory

RSE=Rosenberg Self-Esteem questionnaire

MBSRQAE=Multidimensional Body-Self Relations
Questionnaire, Appearance Evaluation scale

INTERNAL CONSISTENCY Alpha = .9430

BDDE-SR

Body Dysmorphic Disorder Examination Self-report version

WOMEN

sample norms

	community	weight reduction	weight reduction + body image therapy	obesity surgery	body image therapy
OBESE					
age	40.5	39.7	42.4	39.2	39.1
weight	195.1	202.1	205.6	307.4	197.2
BDDE-SR	64.8	64.8	80.4	97.3	102.9
NON-OBESE					
age	41.6	39.8	--	--	29.8
weight	134.9	146.2	--	--	132.7
BDDE-SR	38.0	59.6	--	--	88.5

MEN

	community	weight reduction	weight reduction + body image therapy	obesity surgery	body image therapy
OBESE					
age	38.2	48.0	47.4	39.7	32.4
weight	206.1	245.4	243.3	396.9	274.7
BDDE-SR	28.3	30.8	61.3	86.6	92.5
NON-OBESE					
age	38.7	--	--	--	28.3
weight	166.7	--	--	--	157.3
BDDE-SR	20.1	--	--	--	88.9