

## Body Dysmorphic Disorder: A Practice-Based Study

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|---------------------------------|--|---------------------------|---------------|
| <b>Project No:</b>              | 016                                    | <b>Commencement Date:</b> | December 2016 |
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### Introduction

It is estimated that 15% of patients presenting for cosmetic procedures suffer from Body Dysmorphic Disorder (BDD). BDD is characterised by obsession with an imagined flaw in physical appearance. While BDD is broadly recognised in the dermatological and surgical fields, it is under-reported in the dental field. Given the irreversible nature of most prosthodontics treatment, the biological cost, and the time and financial investment for the patient, it is prudent to try to identify individuals who may suffer from BDD before they start treatment.

### Aims

- To test and validate an adapted questionnaire integrated in the medical history form as a predictor of possible Body Dysmorphic Symptoms for use in patients presenting for treatment in general and private prosthodontics practice setting.
- To inform and educate clinicians and patients about the meaning and significance of BDD in the clinical dental setting.
- To identify patients prior to receiving irreversible dental treatment, to allow access to more appropriate course of care.

### Rationale

The project will help dental practitioners to identify patients with symptoms of BDD attending dental practices for dental procedures before irreversible treatment is performed. Early identification of patients who have BDD will allow clinicians to direct these patients to more appropriate treatment, such as psychiatry.

### Methodology

Adult patients attending general and specialist prosthodontic practices will be asked to complete a self-report questionnaire embedded in a medical history form prior to their appointment. A clinician will also fill in a baseline rating form of the patient's concern.

### What are the expected outcomes?

It is anticipated this project will:

- raise awareness of the meaning and implications of BDD
- train dental practitioners to have a conversation with their patients about BDD or other mental health issues
- validate a questionnaire for clinicians to use to identify patients who present with BDD symptoms
- improve collaboration between dental practitioners and community psychologists
- develop collaboration and referral pathways between health professions to better care for patients with BDD.