

# Cycle 7 Overcoming BDD Programme

**Programme Results & Evaluation**



# About the Programme

● 20 (2 hours) weekly sessions

● 14 participants in each group (2 groups)

● Content covers: psychoeducation, ERP, self-compassion, relapse prevention

● Peer -led by facilitators with lived experience

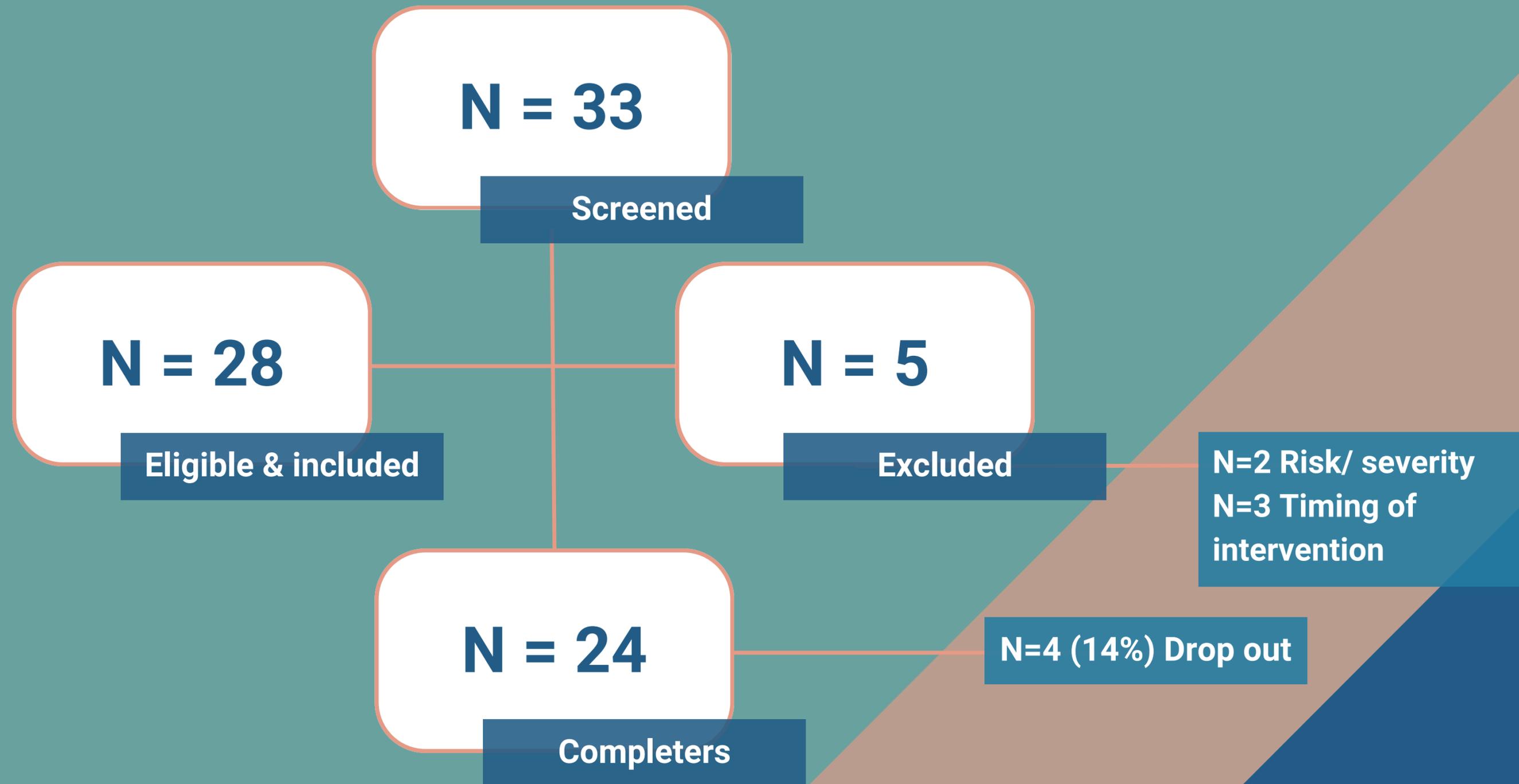
● Outcome measures completed at baseline, week 5, 10, 15, 20 & follow up:

- Demographics
- BDD diagnosis and symptoms (SCID, AAI, BIQ)
- Mood (PHQ-9)
- Quality of life (WSAS)
- Satisfaction of treatment (CSQ-8)
- Qualitative feedback (6 open questions)

# Changes Since Cycle 6

- **Screening process: clear eligibility/ exclusion criteria (SCID for ICD-11)**
- **Improved risk assessment**
- **Module content updates**
- **Facilitator handbook & digital editable workbooks**
- **Introduction of quarterly outcome measures (PHQ-9, BIQ, WSAS)**
- **Recruitment of new project lead**

# Completion Rates

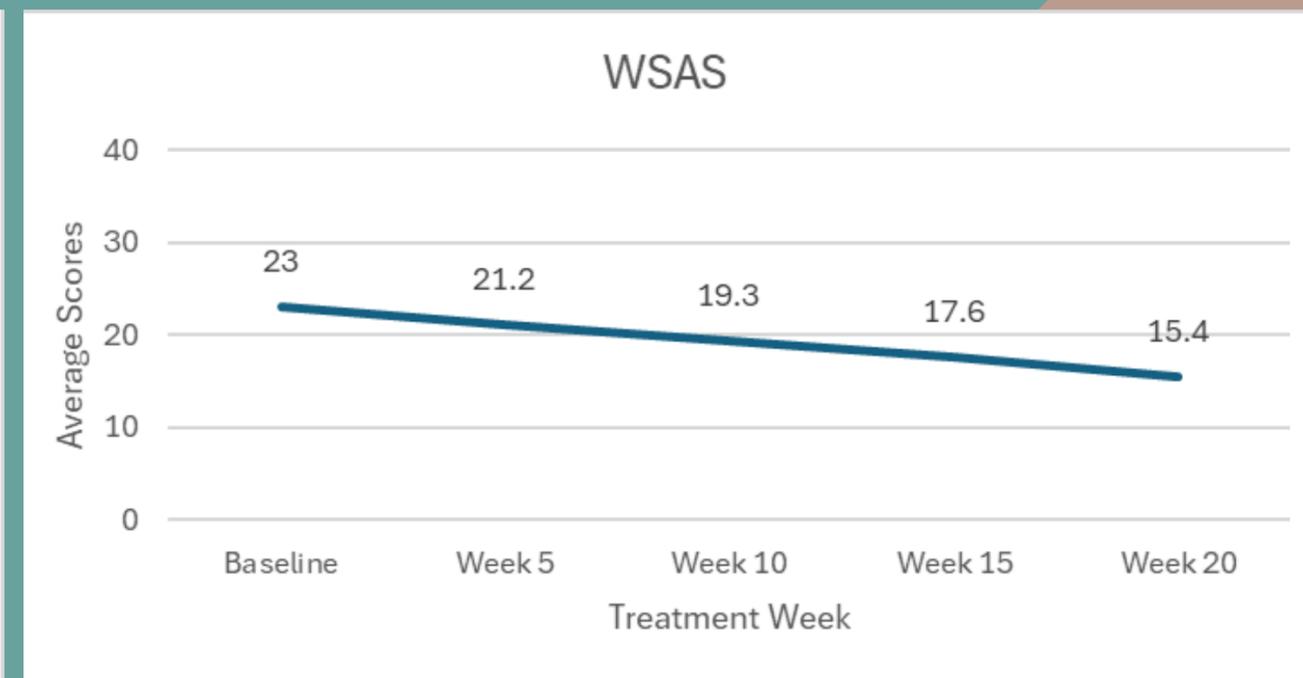
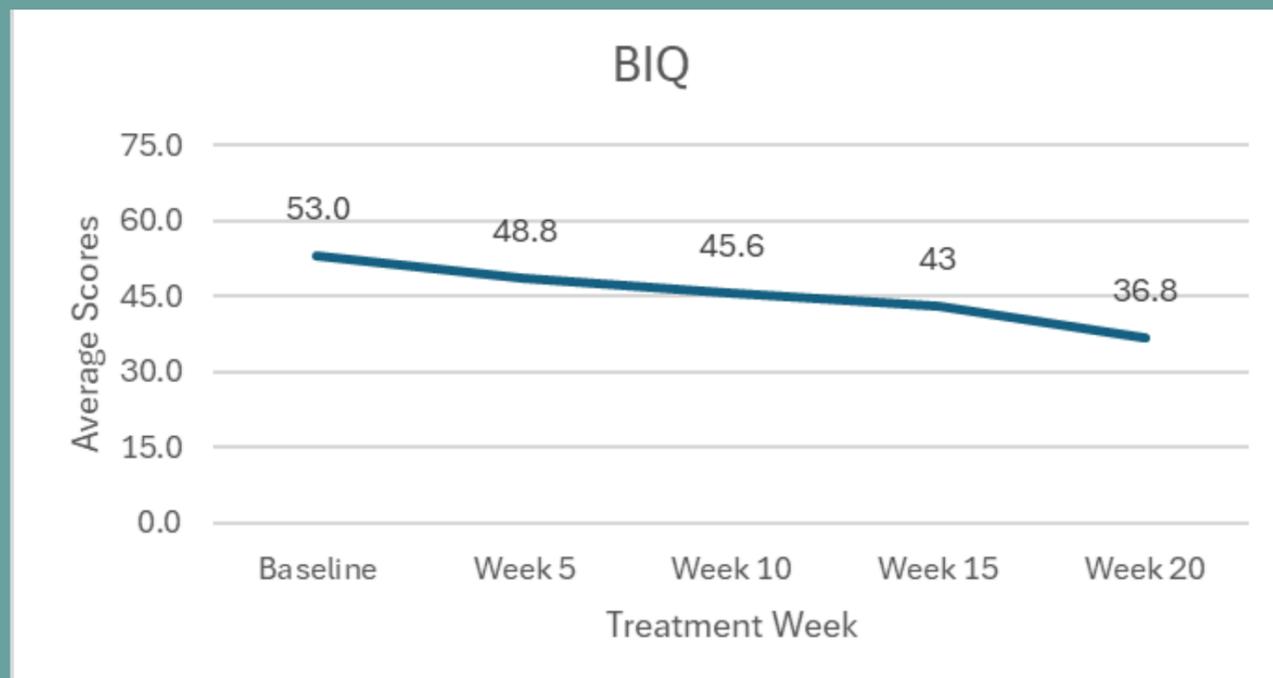
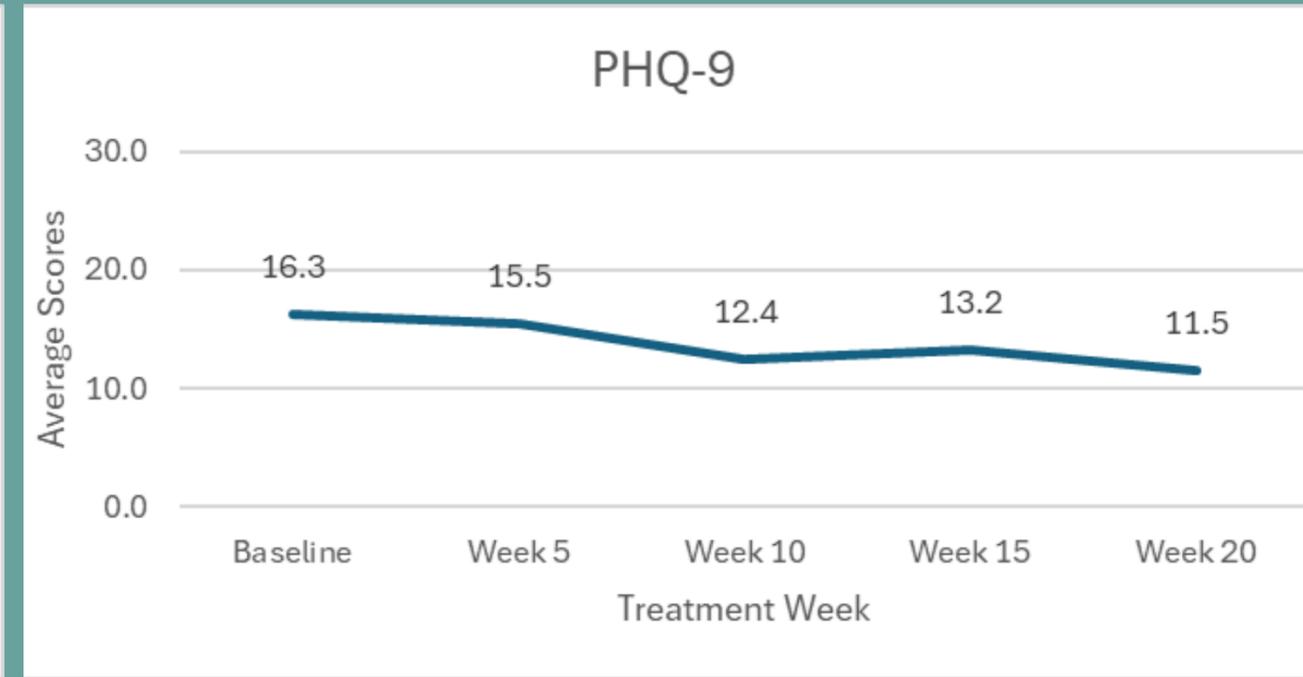
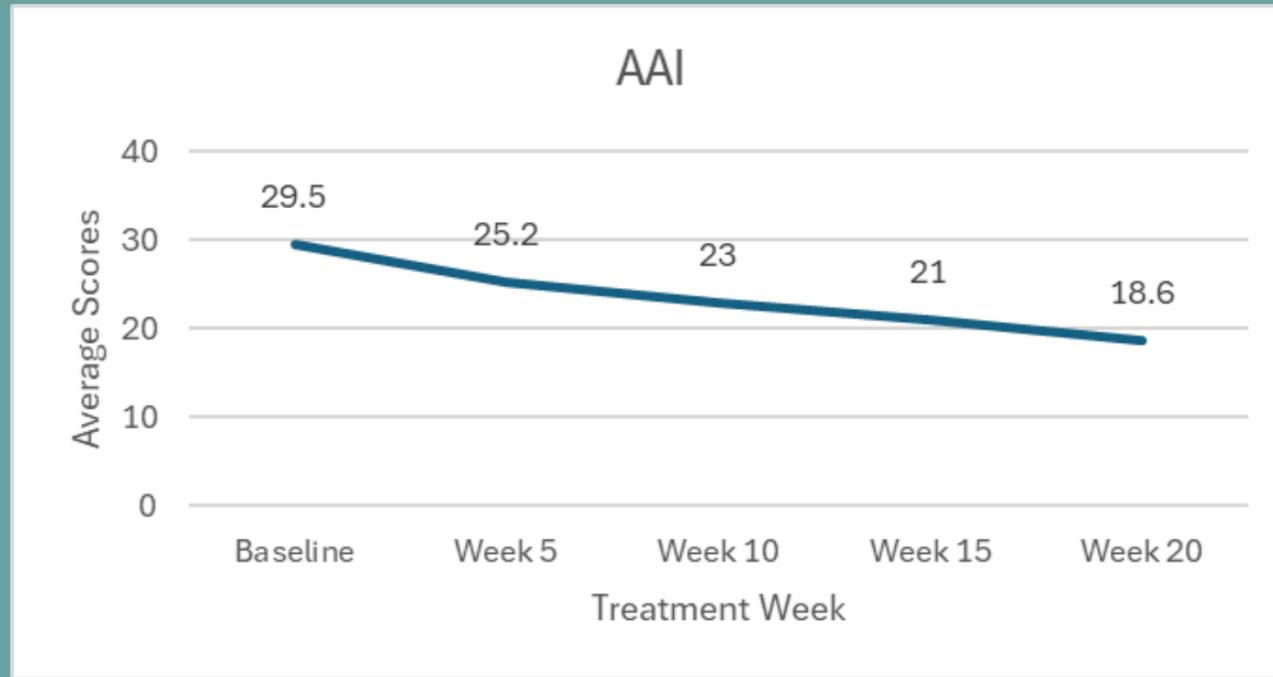


# Participants (N=28)

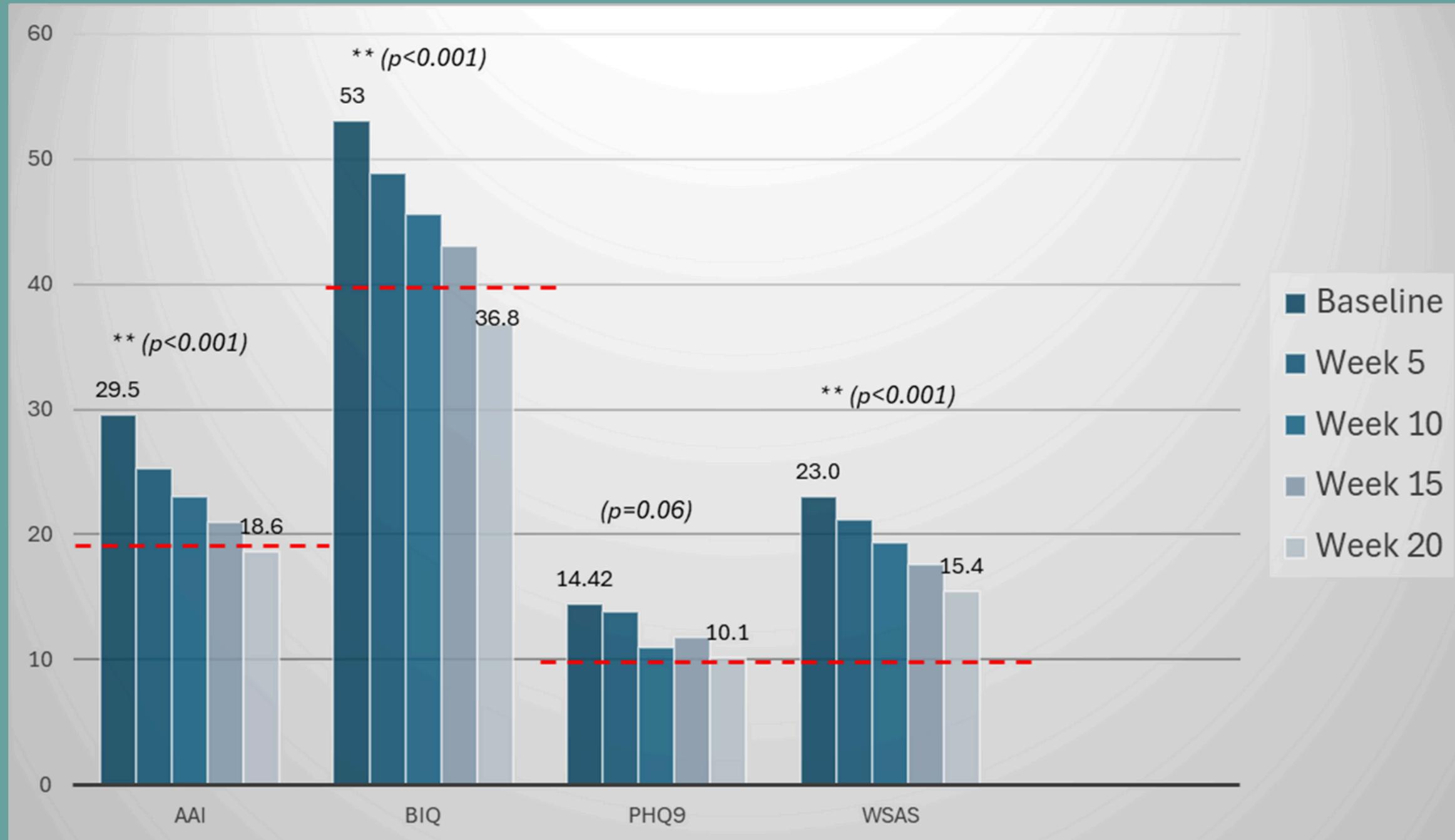
Gender (N, % Females)	22 (78%)
Age (Mean, SD)	35.8 (23-54)
Ethnicity (N, % White)	23 (82%)
SSRI Medication (N,%)	11 (39%)
AAI (Mean, SD)	29.5 (5.34)
BIQ (Mean, SD)	53.03 (10.66)
WSAS (Mean, SD)	23 (8.88)
PHQ-9 (Mean, SD)	16.25 (7.67)



# Average Scores



# Statistical Analysis



# Categorical Analysis

<b>AAI</b>	<b>56% recovered</b>	<b>58% reliably improved</b>
<b>BIQ</b>	<b>39% recovered</b>	<b>45% reliably improved</b>
<b>PHQ-9</b>	<b>30% recovered</b>	<b>33% reliably improved</b>



# Literature

## Rosen et al '95

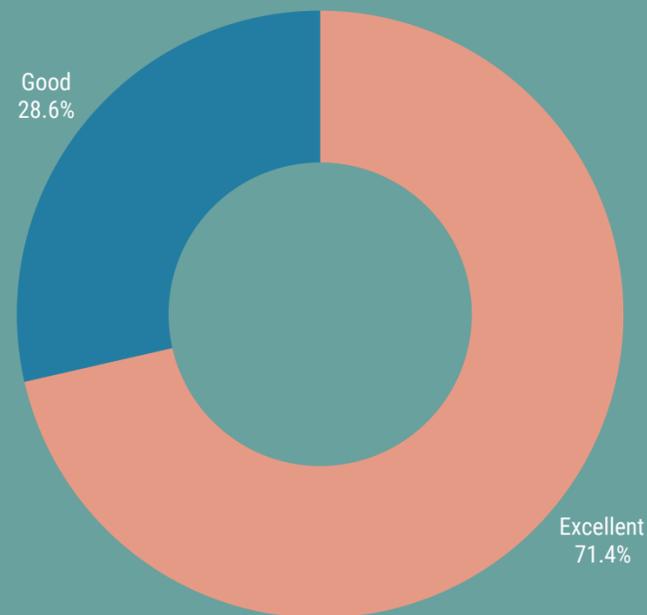
## Wilhelm et al '99

## Springfield Hospital Audit

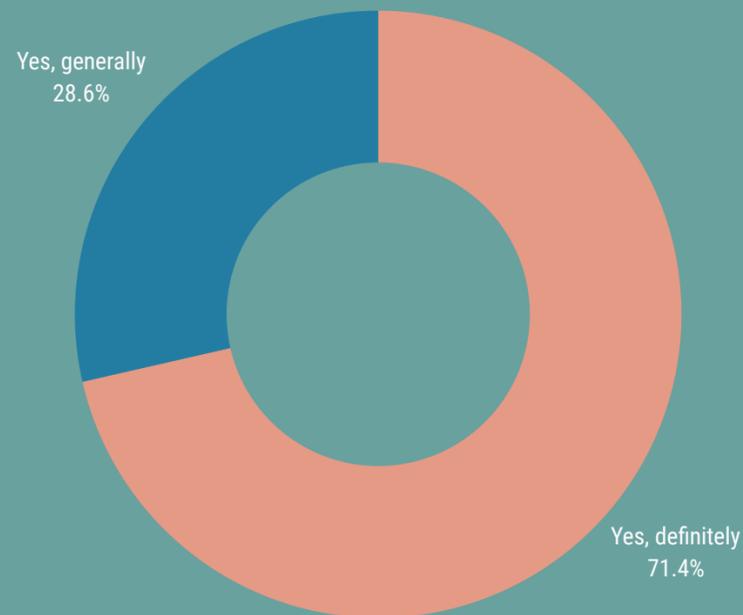
	Rosen et al '95	Wilhelm et al '99	Springfield Hospital Audit
Sample	54 Females	10 Females	8 (? gender)
Programme	8 (2-hours) weekly sessions + 4-months follow-up	12 (90 min) weekly sessions	8 (2-hours) weekly sessions + 2-months follow-up
Drop out	0%	20%	25%
Outcomes	81.5% remission	Sign reduction in BDD-YBOCS and BDI	48% reduction in YBOCS 36% BIQ 40% BDI

# Quantitative Participant Feedback

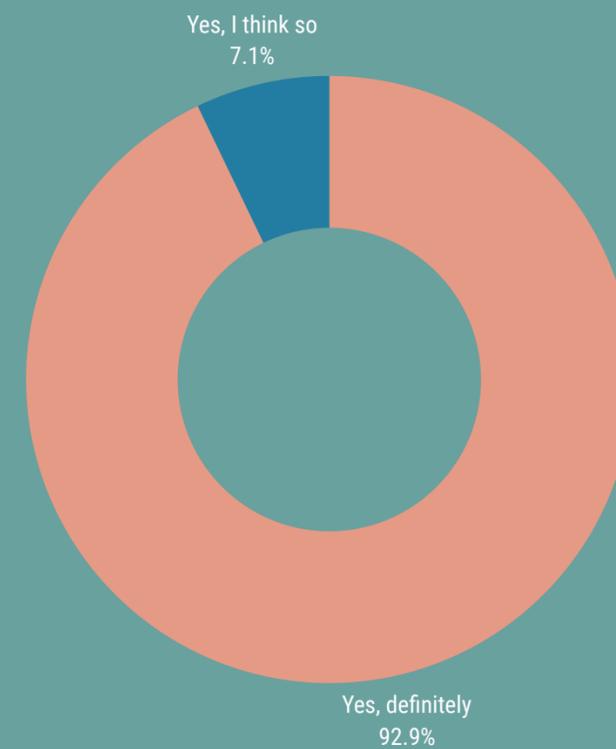
How would you rate the quality of the programme?



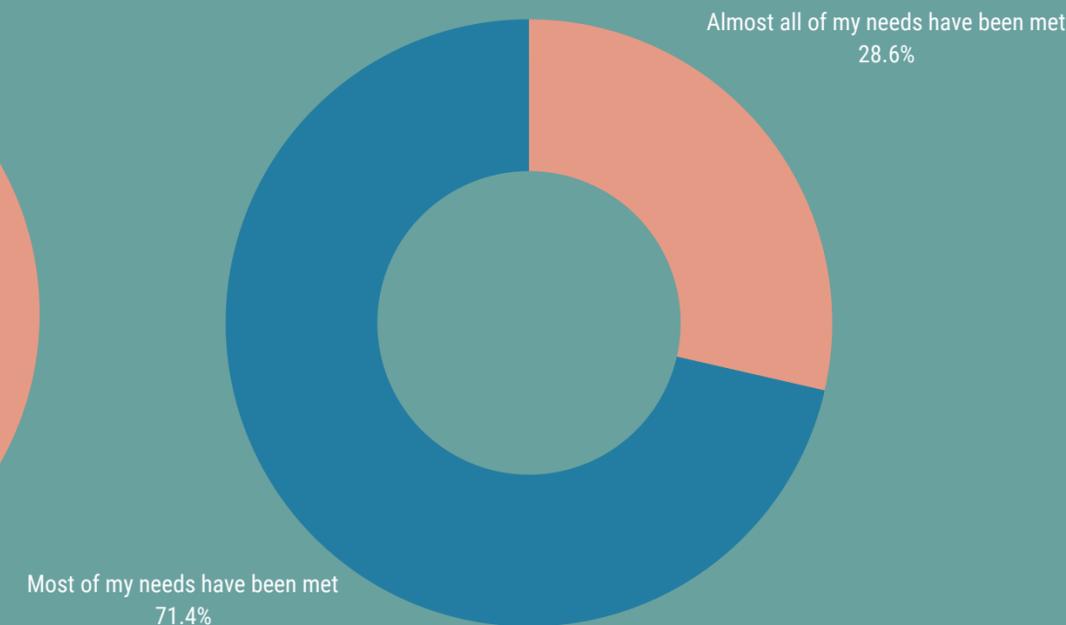
Did you receive the kind of service you wanted?



If a friend were in need of similar help, would you recommend our service to them?

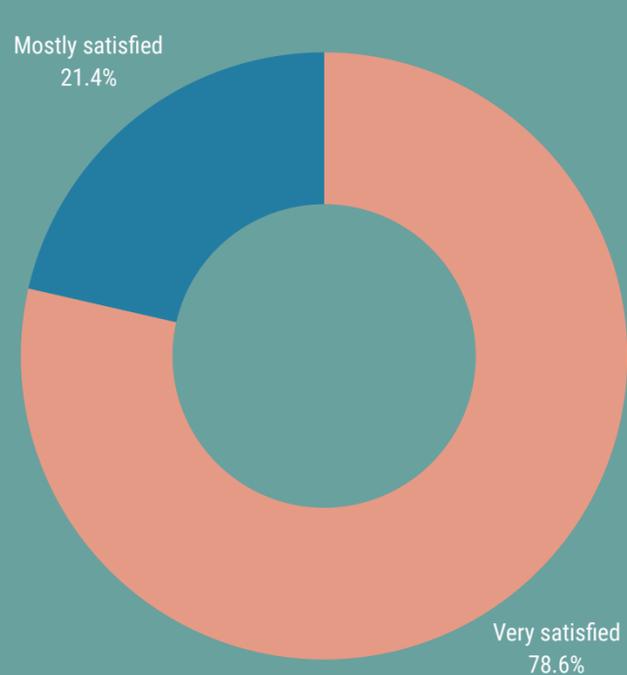


To what extent has the Overcoming BDD Programme met your needs to be able to engage in BDD recovery?

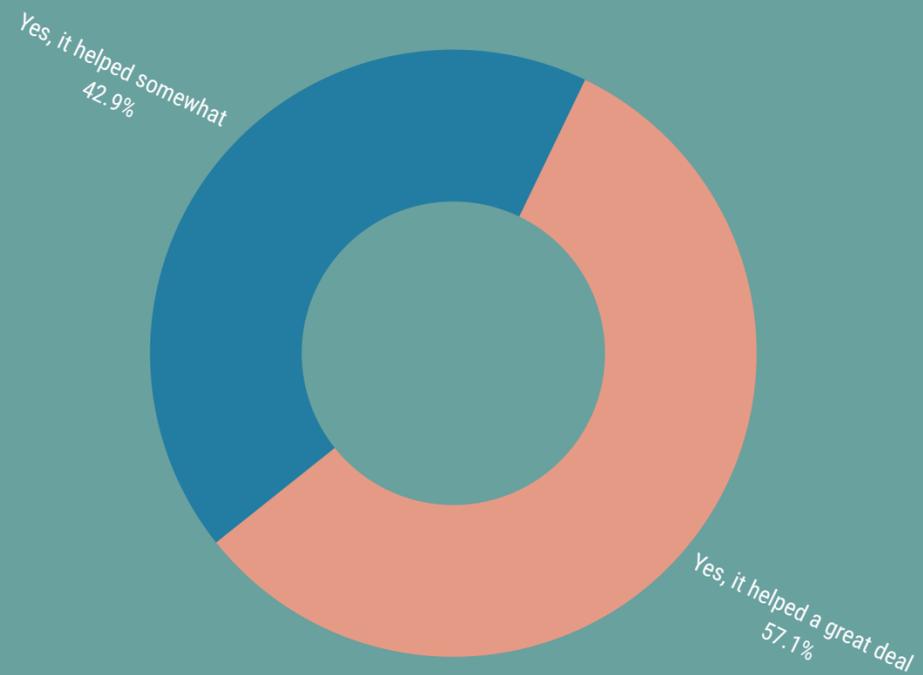


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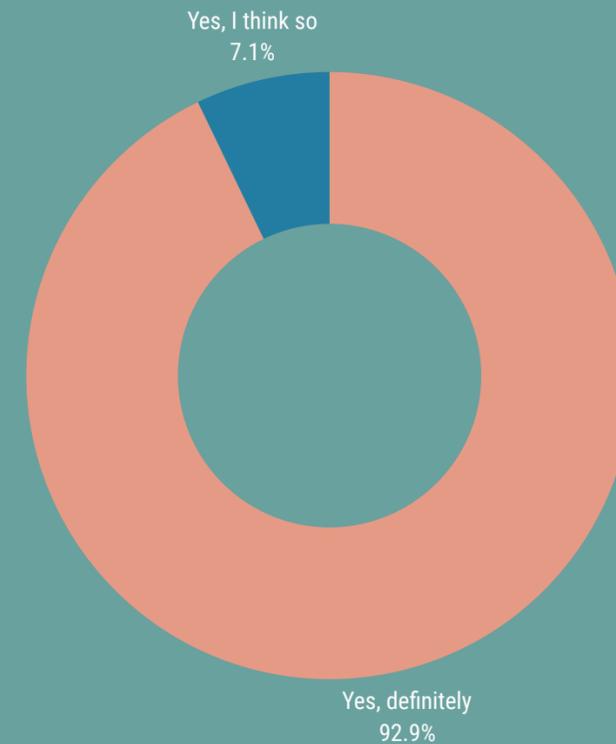
How satisfied are you with the amount of support you received?



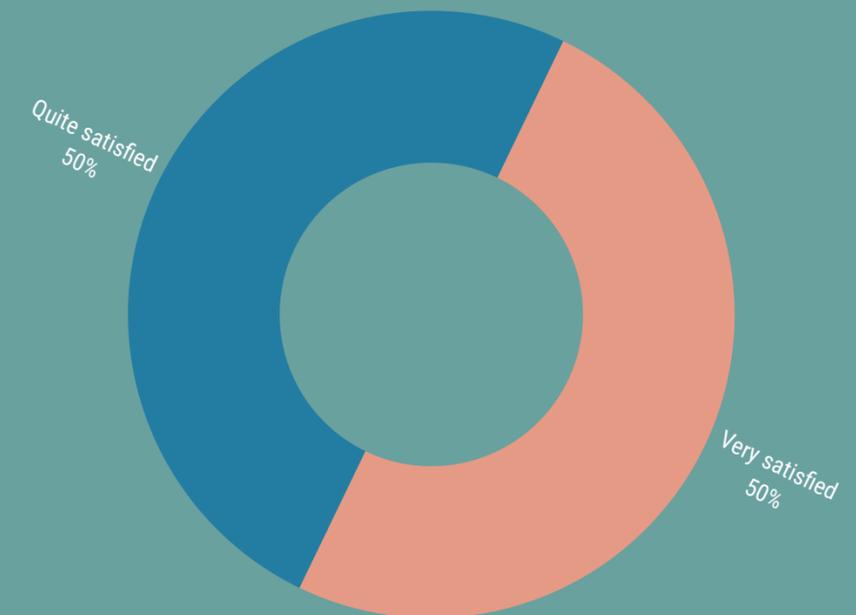
Has the programme helped you deal more effectively with your mental health challenges?



If you were to seek support again, would you come back to our service/ the BDD Foundation?



In an overall, general sense, how satisfied are you with the programme?



# Qualitative Written Feedback

It made me think more critically about plastic surgery and I'm willing to give recovery a proper go instead of fixing my looks. I also had a better experience on vacations which was a major trigger for me since I could reframe taking pictures slightly differently.

My general anxiety levels around appearance have decreased. My spirals last for a shorter amount of time. I feel a bit more confident in myself. I started a new part time job whilst on the course (the first job I have had in over 3 years).

I have stopped some of my safety behaviours. It has therefore made me more present in conversations rather than always in my thoughts. It has helped me to start enjoying time with people.

I really enjoyed the course outline, including the modules and the resources that were also provided. My favourite module in particular was the 'theory A/B' as this has stuck with me the most and allows me to now detach from my thoughts at times due to this realisation.

The facilitators were wonderful, so supportive and validating of all our experiences. There was always time to speak and share, the other group members were very supportive too.

I have created a support system now outside from the programme, we have stayed in touch with each other as our own little support group. Its great. I have a extra coping techniques in my tool box now too.

It has been amazing, I cannot thank the BDD foundation enough. So professional, it felt like BDDF was committed to helping us. Each time we showed up it felt we were cared for and supported. Thank you!

Thank you so much for providing this course. I was feeling really hopeless as I'd spent 2 years under CMHT without receiving any support. I was really let down by the system. What the BDD Foundation are providing has been a lifeline to me as I'm sure it is to others.