

# Cycle 8 Overcoming BDD Programme

Programme Results & Evaluation



# About the Programme

● 20 (2 hours) weekly sessions

● 37 participants across 2 groups

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

● Peer -led by facilitators with lived experience

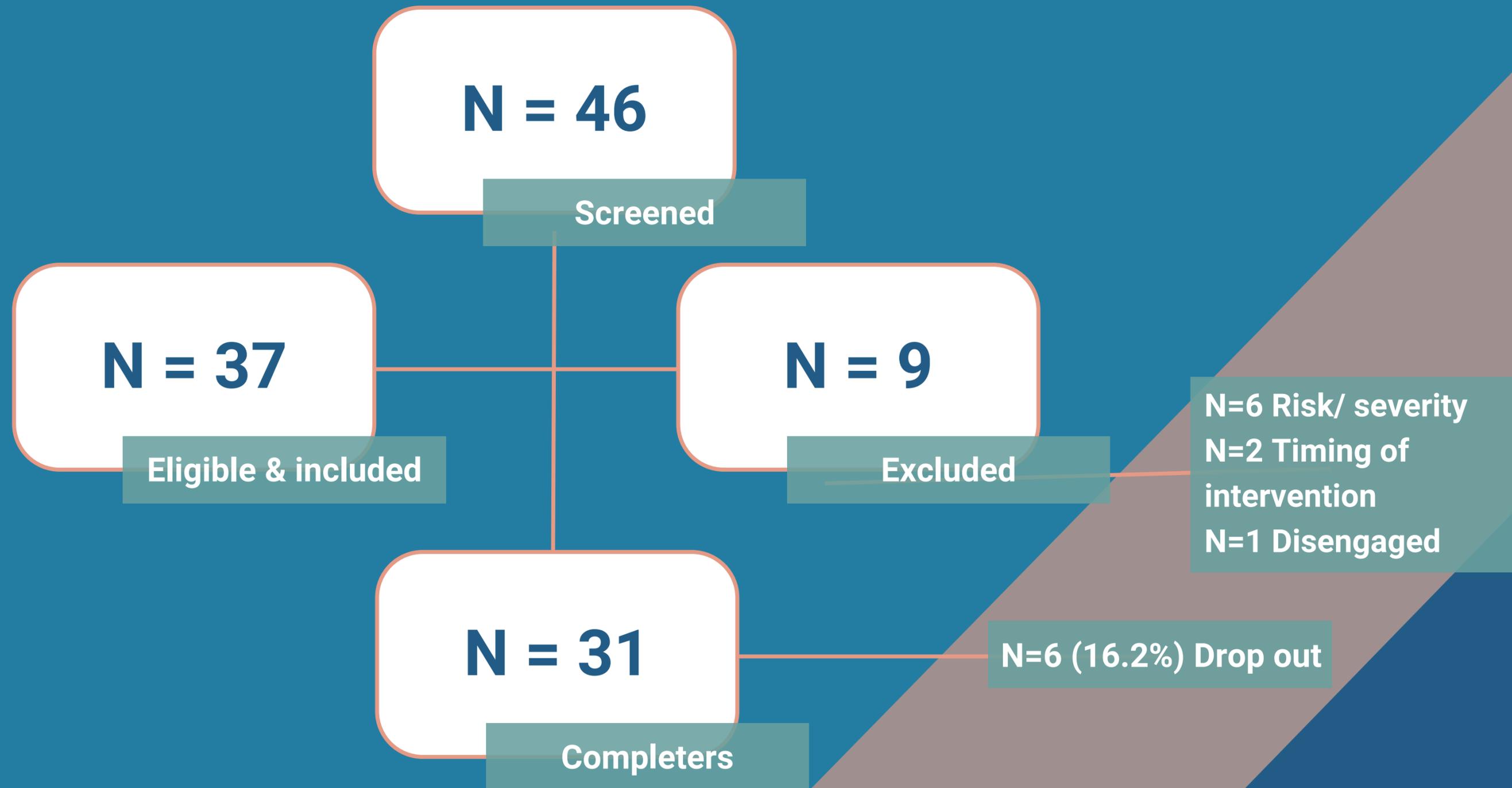
● Outcome measures completed at baseline, week 5, 10, 15, 20 & follow up:

- 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 7

- **Module content updates**
- **Improved data collection processes**
- **Introduced Salesforce on this project with the view to eventually generate auto-reports on our chosen outcome measures**

# Completion Rates



# Participants (N=37)

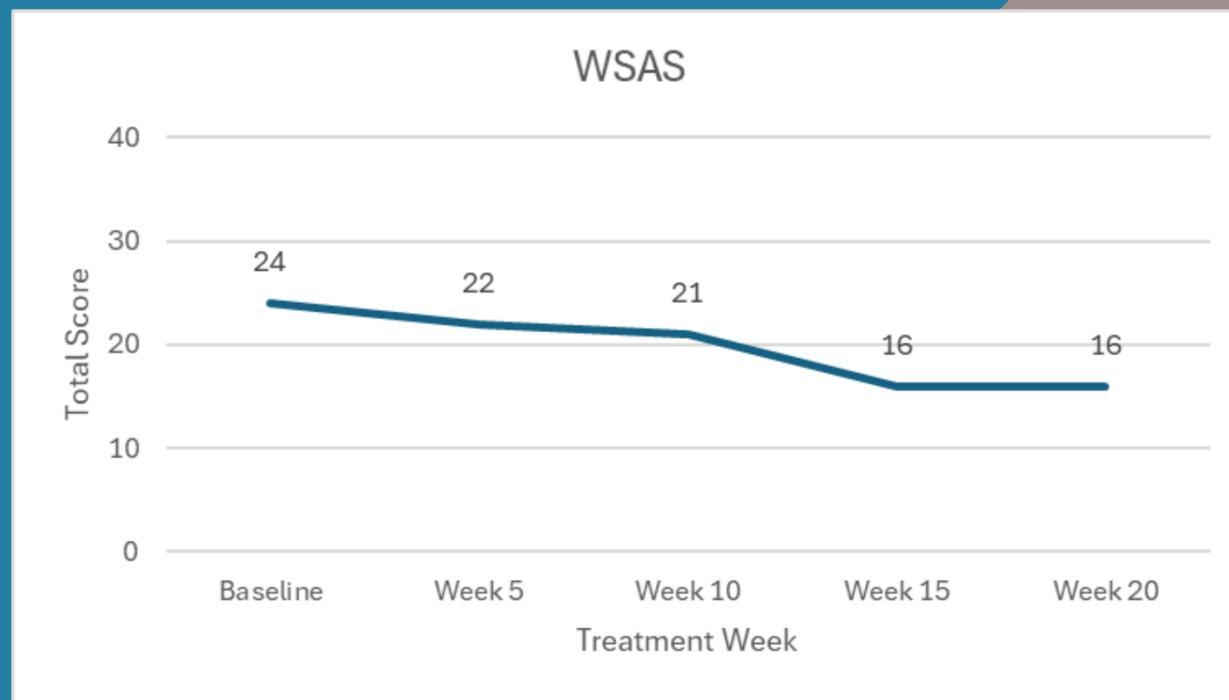
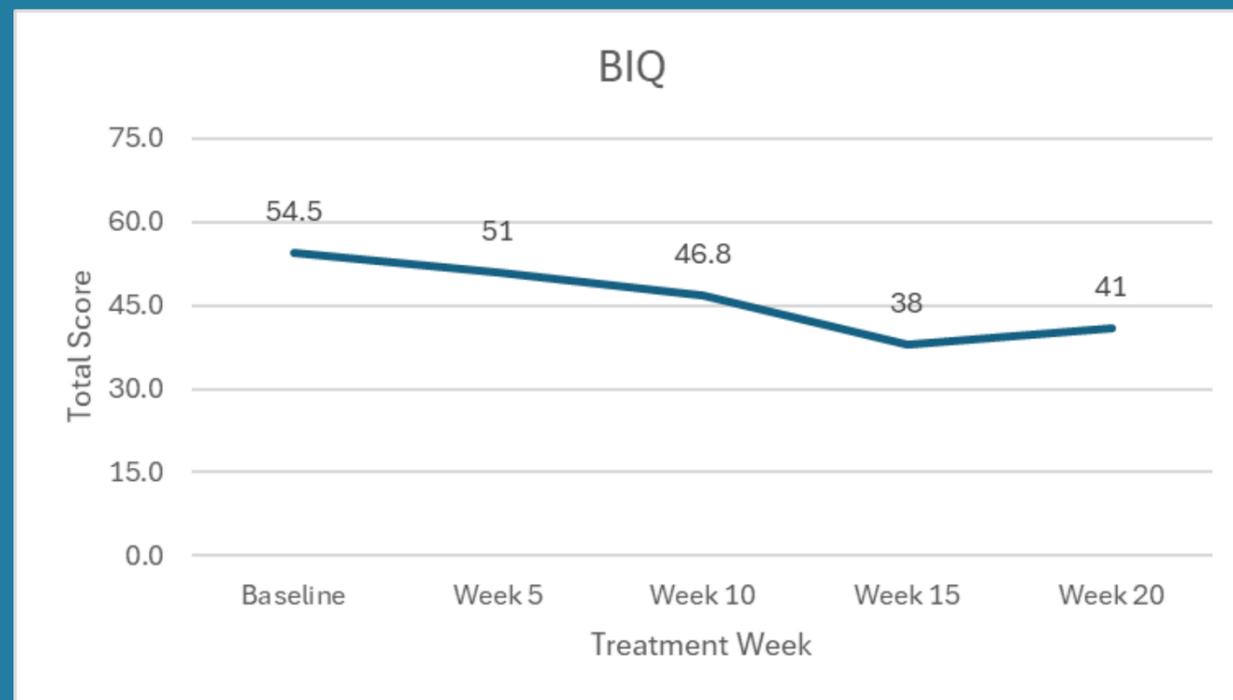
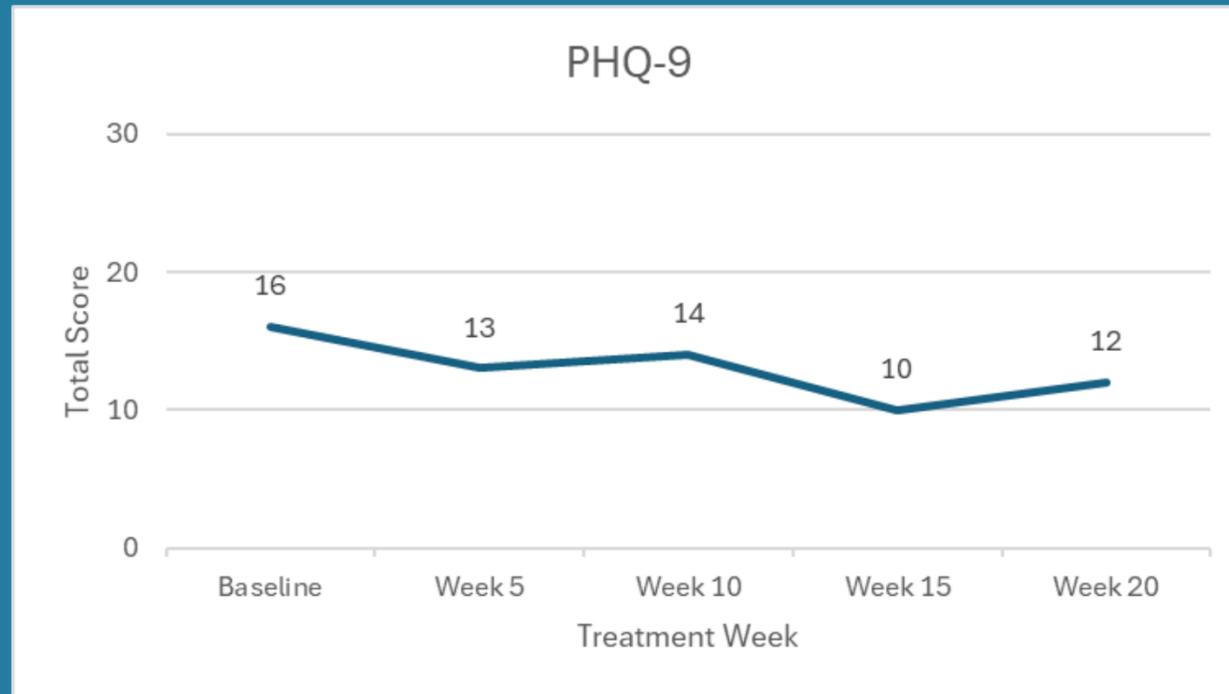
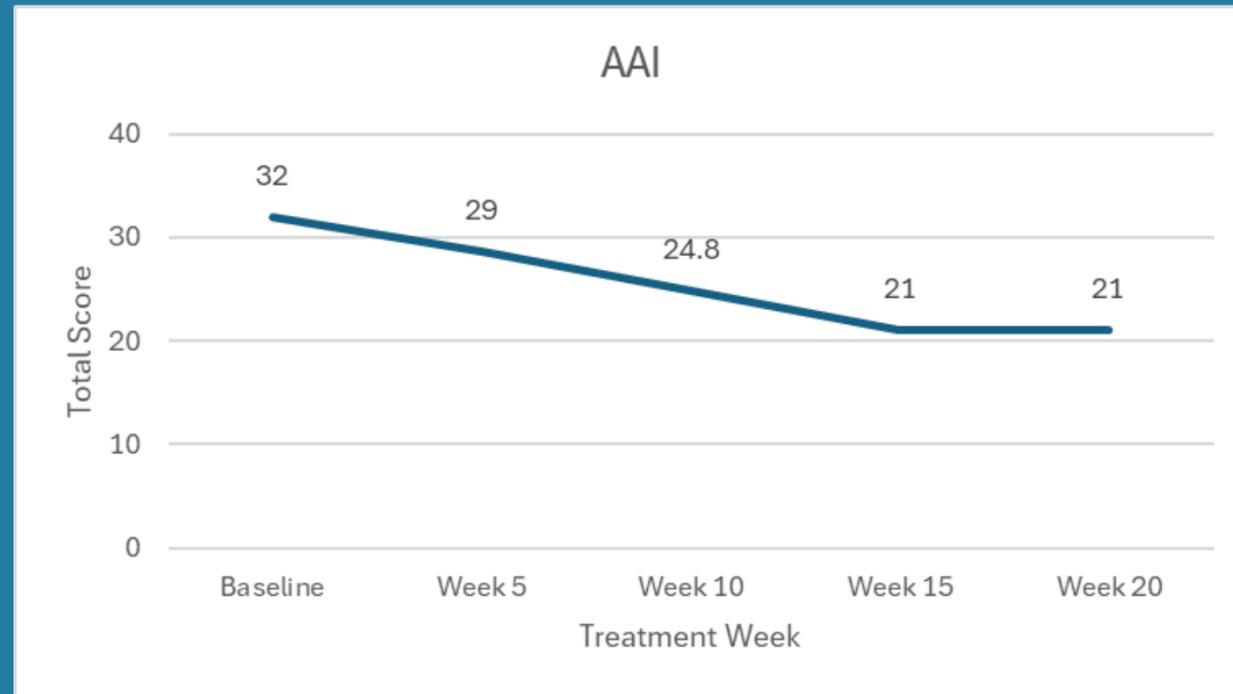
Gender (N, % Females)	28 (75%)
Age (Mean, SD)	37 (21-59)
Ethnicity (N, % White)	28 (75%)
SSRI Medication (N,%)	19 (51.4%)
AAI (Mean, SD)	32 (5.28)
BIQ (Mean, SD)	54.5 (7.1)
WSAS (Mean, SD)	24 (7.7)
PHQ-9 (Mean, SD)	16 (5.58)

OVERCOMING  
BDD  
PROGRAMME



BDD  
BODY  
DYSMORPHIC  
DISORDER  
FOUNDATION

# Average Scores



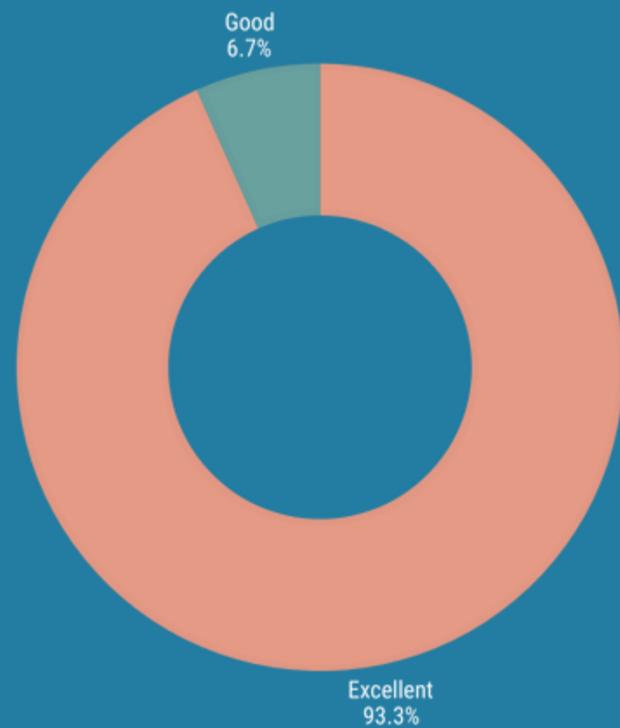
# Categorical Analysis

AAI	43% recovered	81% reliably improved
BIQ	43% recovered	38% reliably improved
PHQ-9	29% recovered	33% reliably improved

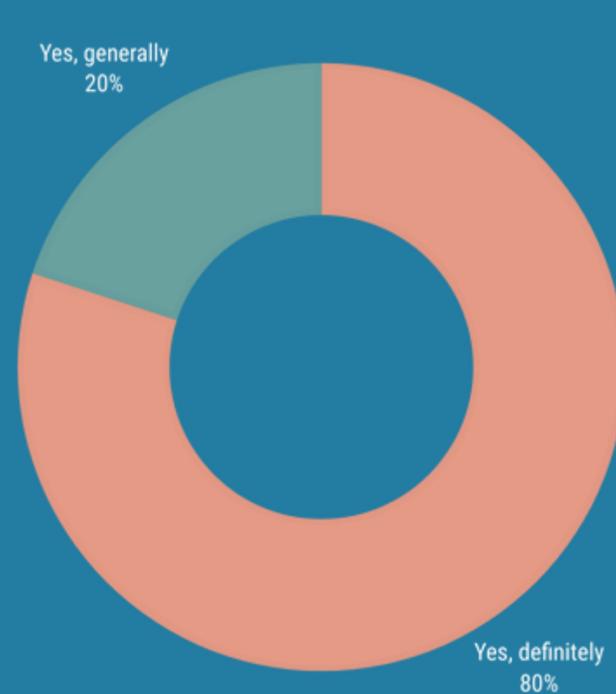


# Quantitative Participant Feedback

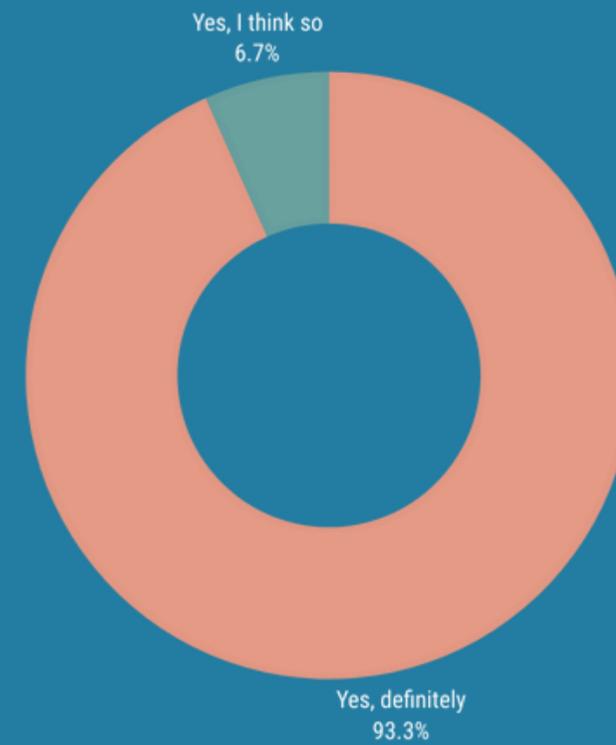
How would you rate the quality of the programme?



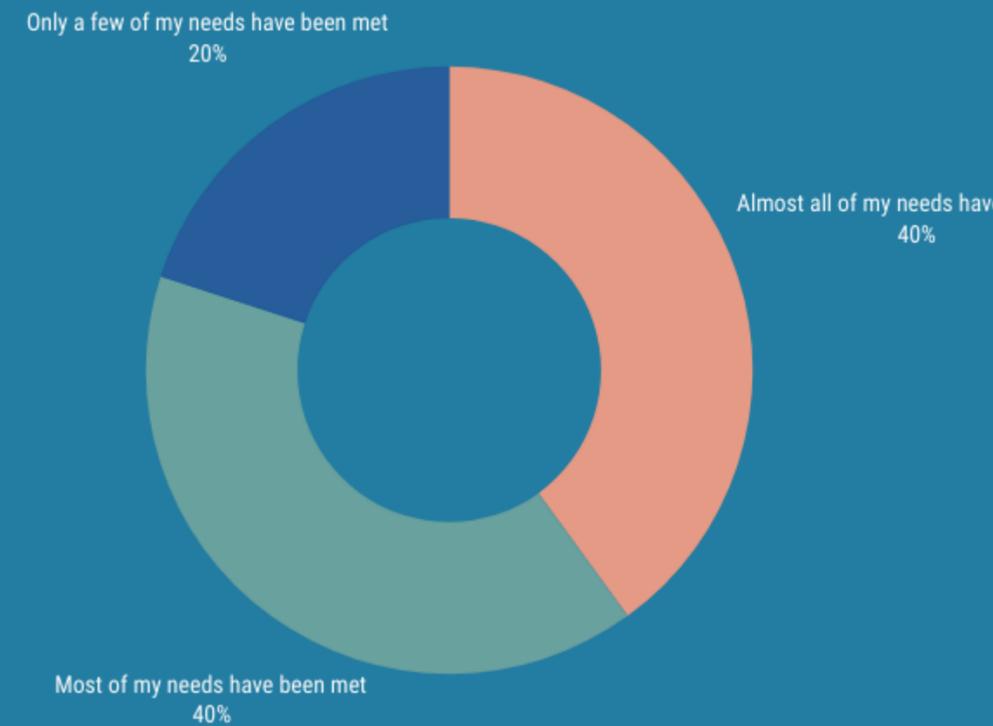
Did you receive the kind of service you wanted?



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

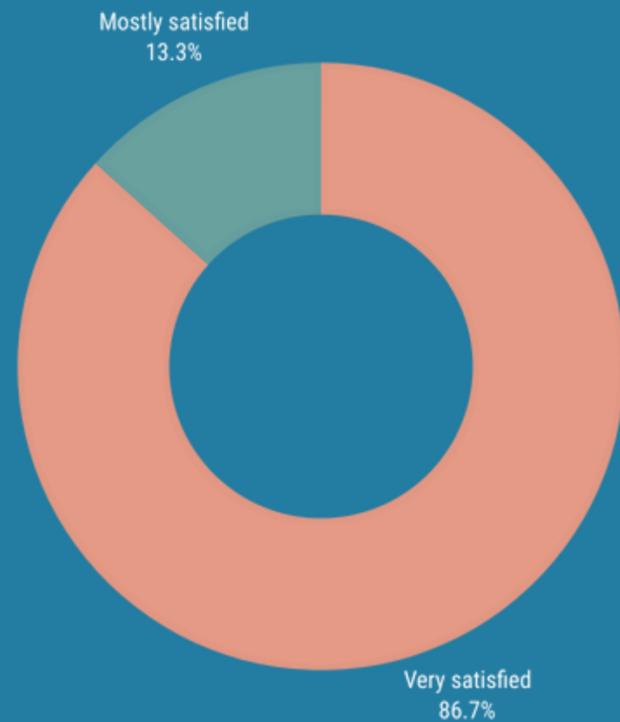


To what extent has the Overcoming BDD Programme met your needs to be able to engage in BDD recovery?

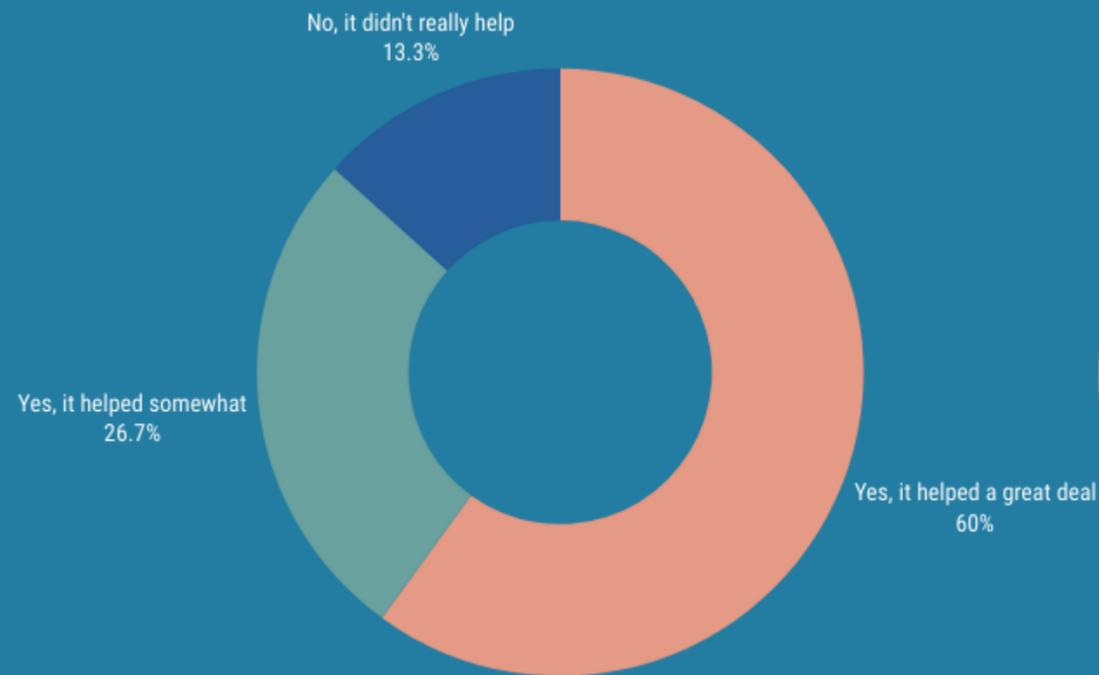


# Quantitative Participant Feedback

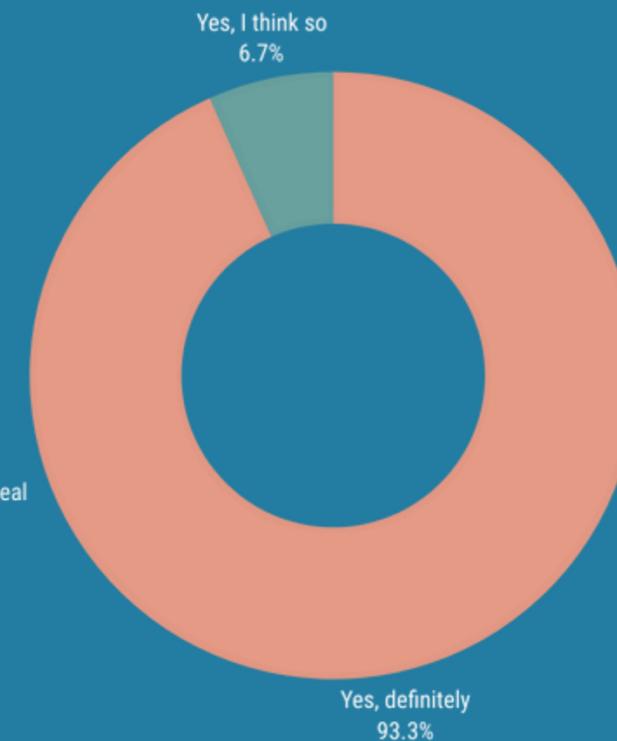
How satisfied are you with the amount of support you received?



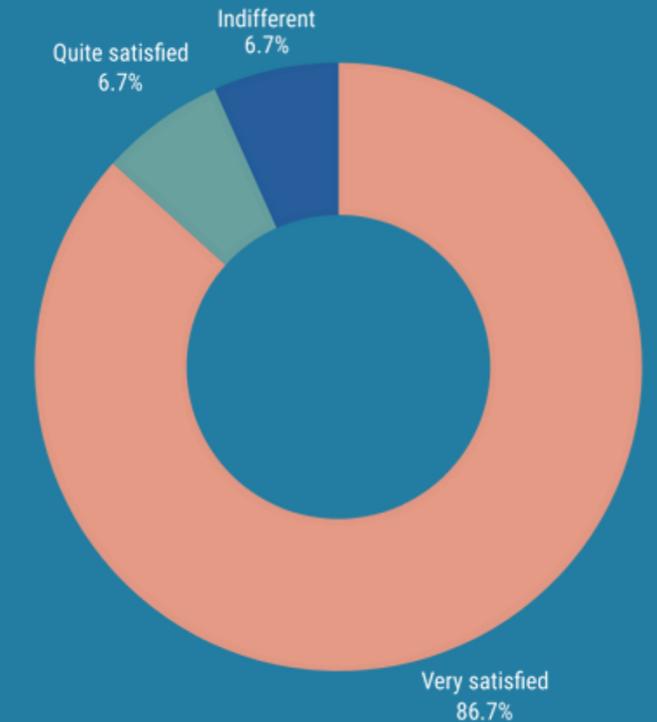
Has the programme helped you deal more effectively with your mental health challenges?



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

I am so over the moon with the progress I have made, I am finally on the journey to recovery and for the first time in my life I have coping mechanisms. I can finally see a light at the end of the tunnel so THANK YOU.

The facilitators were simply remarkable. Their validation, kindness, empathy, personal inputs from their lived experiences, openness, and inspiring guidance are just some of the qualities that enabled this group to be such a safe and non judgemental space.

I am more in control of my BDD rather than it controlling me and living a better quality of life. Although I know BDD will always be a part of me I now accept I have other qualities that define me as a person. I now challenge my negative thoughts, mirror check less and can sit with a moderate amount of anxiety. BDD will not ruin my life!

I have made amazing progress in my personal life. My loved ones have noticed a change in me, which included having no make up on or taking pictures, whilst also not putting myself down as much. My anxiety has lessened with BDD related activities.

I recognise my BDD more and can manage it most of the time, I have stopped doing so many checking behaviours and my low points are easier to get out of. I can see its a long road to recovery but there is a light at the end of the tunnel.

Please keep on doing this. My GP told me to 'google it' when I asked for help with what I believed to be BDD, What you do is so so important and life changing.

Many in the group commented on the experience of the screening call (by Gem) being quite momentous - for many of us it was the first time we had ever spoken to anyone in detail about our BDD. This was handled with such care and empathy and I felt should be acknowledged.

I am forever grateful for the opportunity, support and information that this programme has brought to me. My quality of life has improved significantly and I am a happier person, continuing my recovery in a much better place.