

# Cycle 10 Overcoming BDD Programme

Programme Results & Evaluation



# About the Programme

● 20 (2 hours) weekly sessions

● 48 participants across 3 groups

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

● Peer -led by facilitators with lived experience of BDD

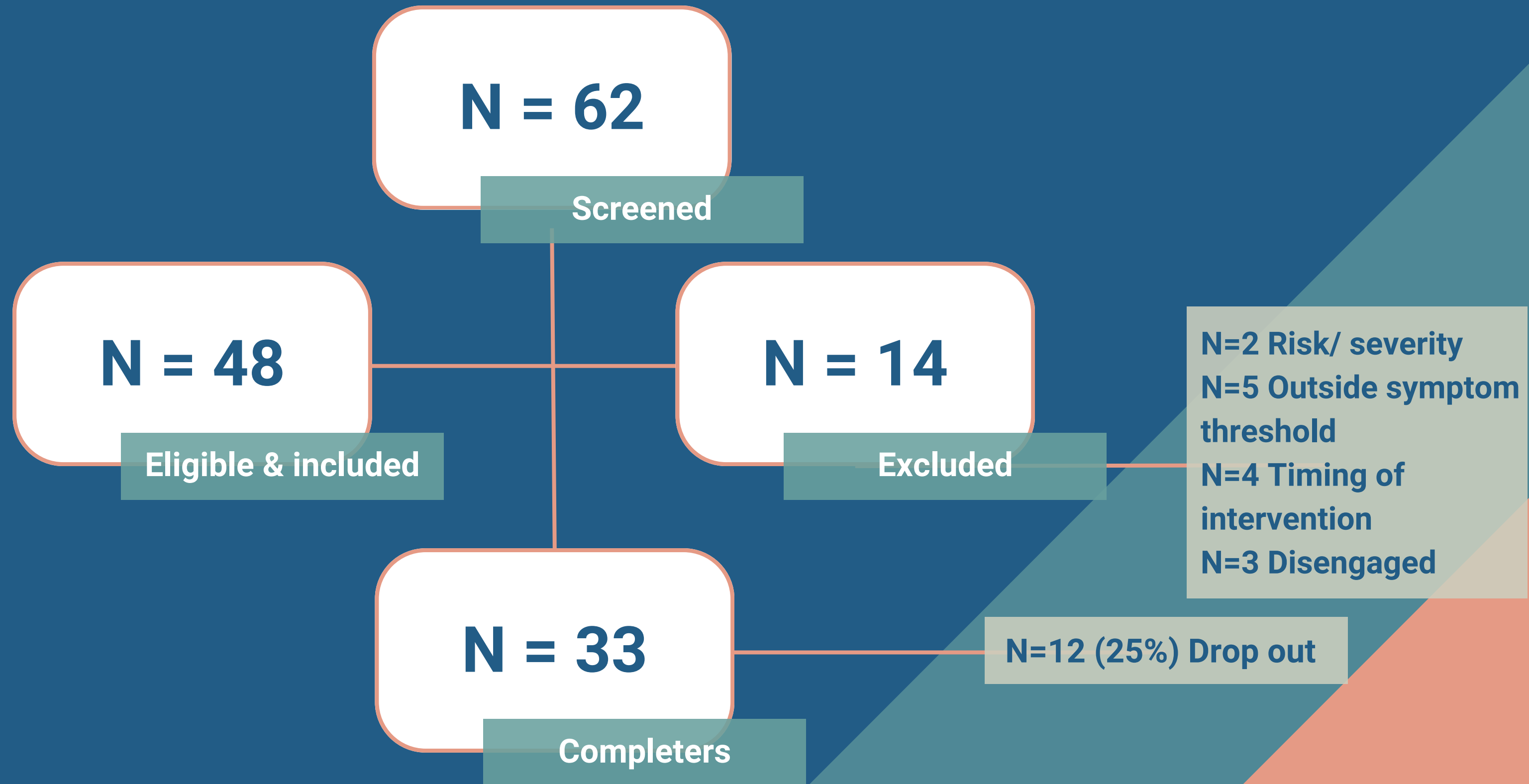
● Outcome measures completed at baseline, week 5, 10, 15, 20 & follow up:

- 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 9

- **Changed medication question to multiple choice answer: Yes (SSRI), Yes (Other), No**
- **Added question about previous treatment: Yes (CBT for BDD), Yes (Other), No**

# Completion Rates



# Participants (N=48)

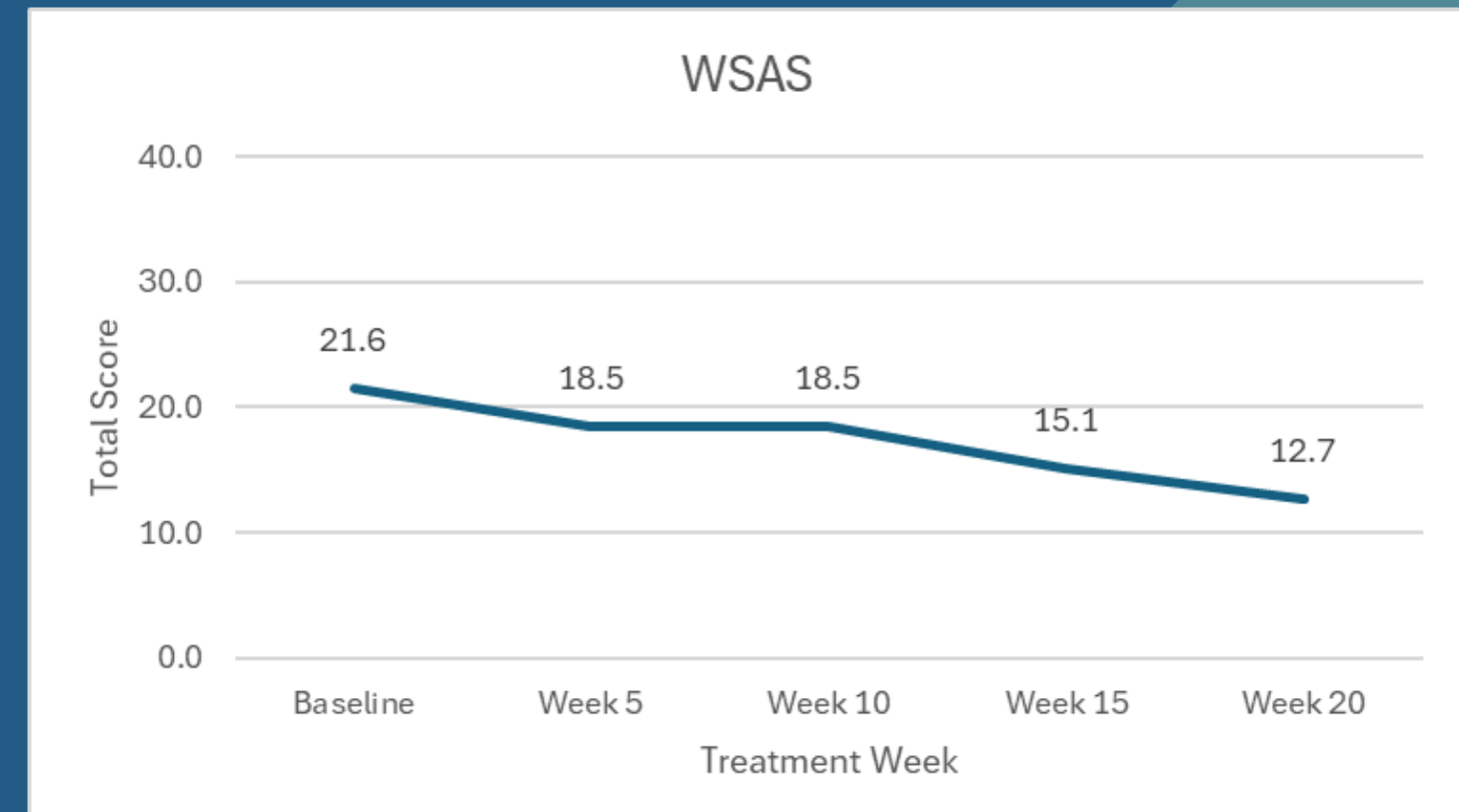
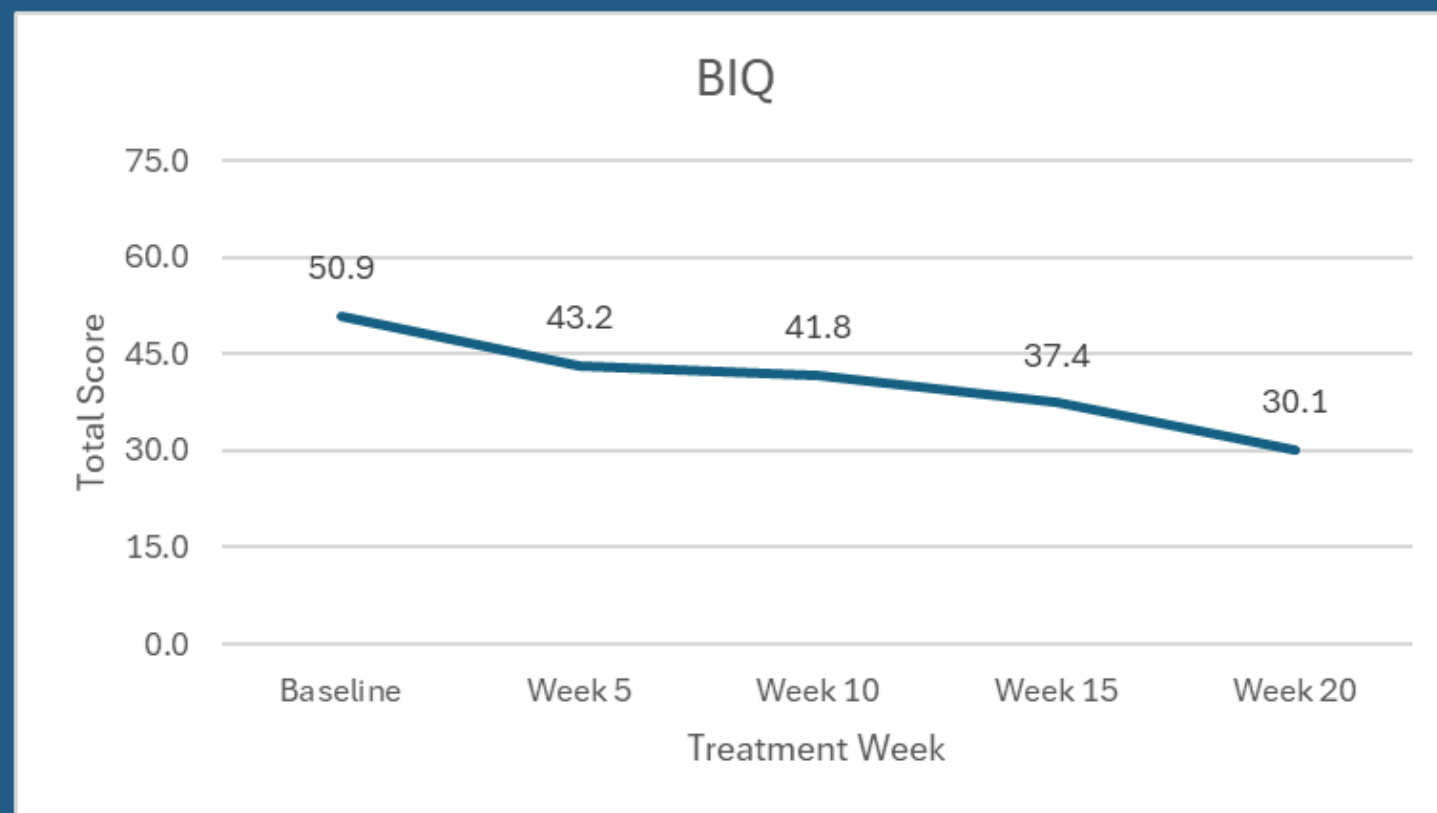
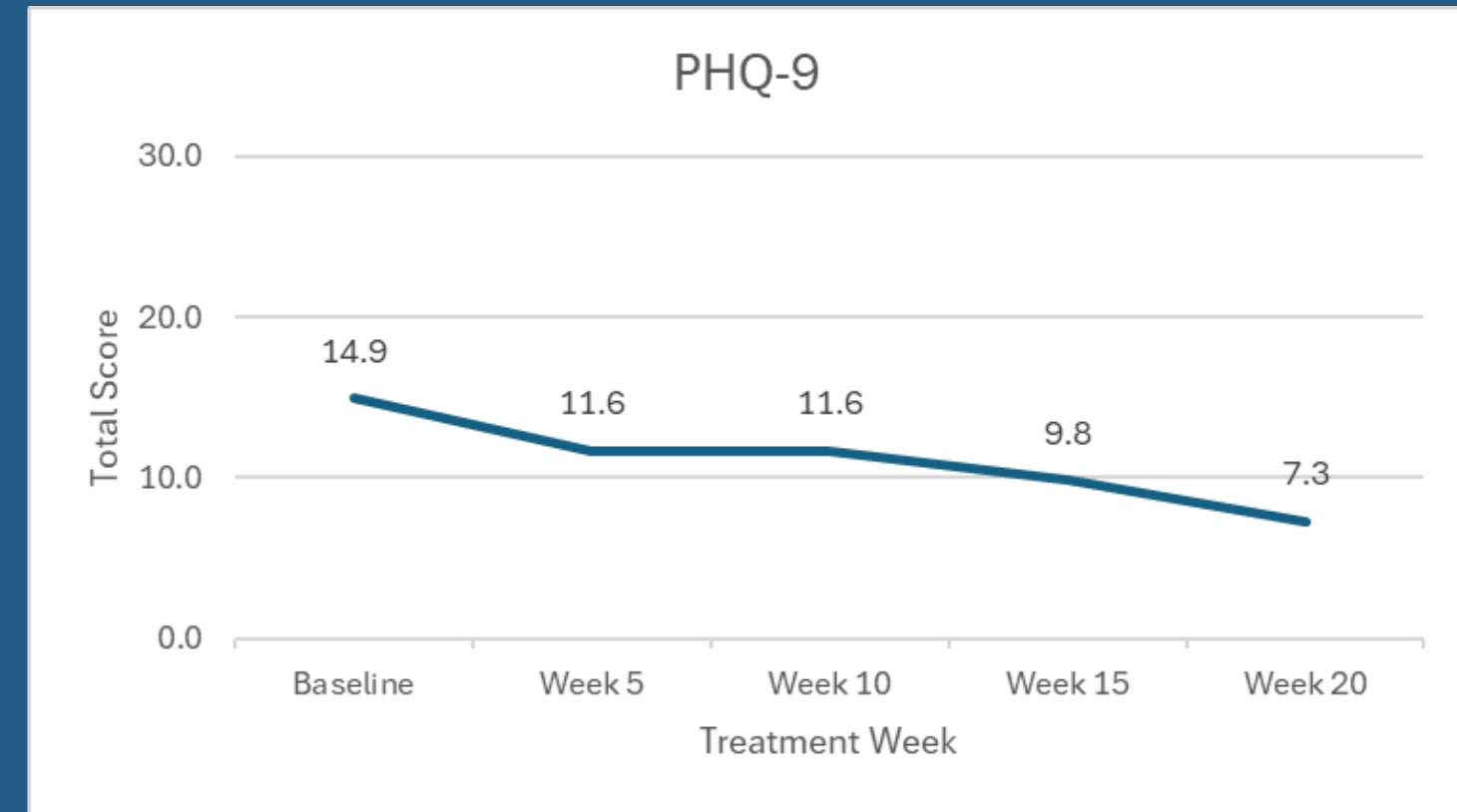
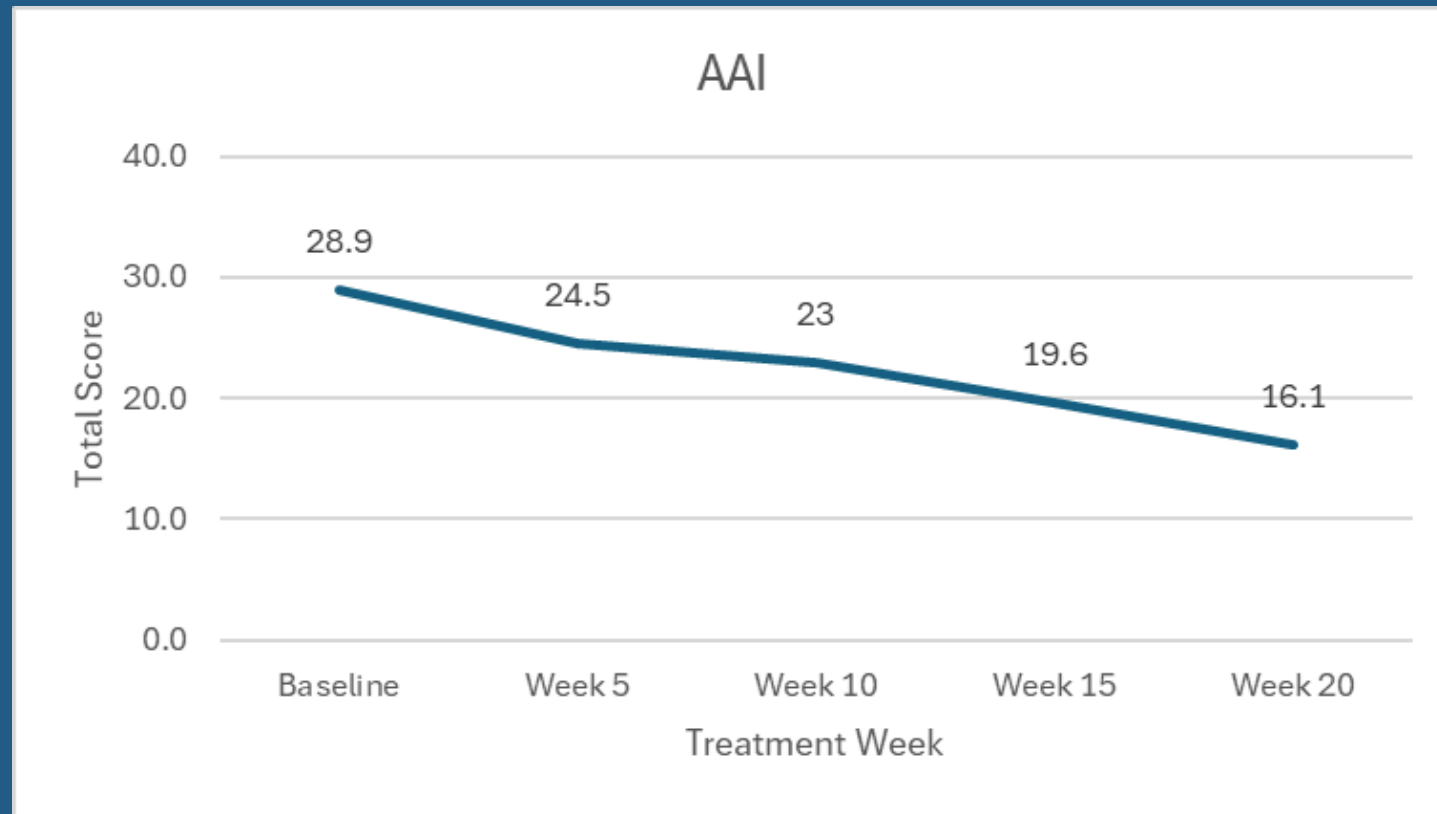
Gender (N, % Females)	31 (64.6%)
Age (Mean, SD)	37.9 (19-62)
Ethnicity (N, % White)	41 (85.4%)
SSRI Medication (N,%)	19 (39.6%)
AAI (Mean, SD)	28.5 (6)
BIQ (Mean, SD)	50.6 (8.3)
WSAS (Mean, SD)	21.3 (9.4)
PHQ-9 (Mean, SD)	15.4 (8.8)

OVERCOMING  
BDD  
PROGRAMME



BODY  
DYSMORPHIC  
DISORDER  
FOUNDATION

# Average Scores



# Categorical Analysis

Of those who completed the full programme:

AAI	63% recovered	78% reliably improved
BIQ	69% recovered	66% reliably improved
PHQ-9	47% recovered	53% reliably improved

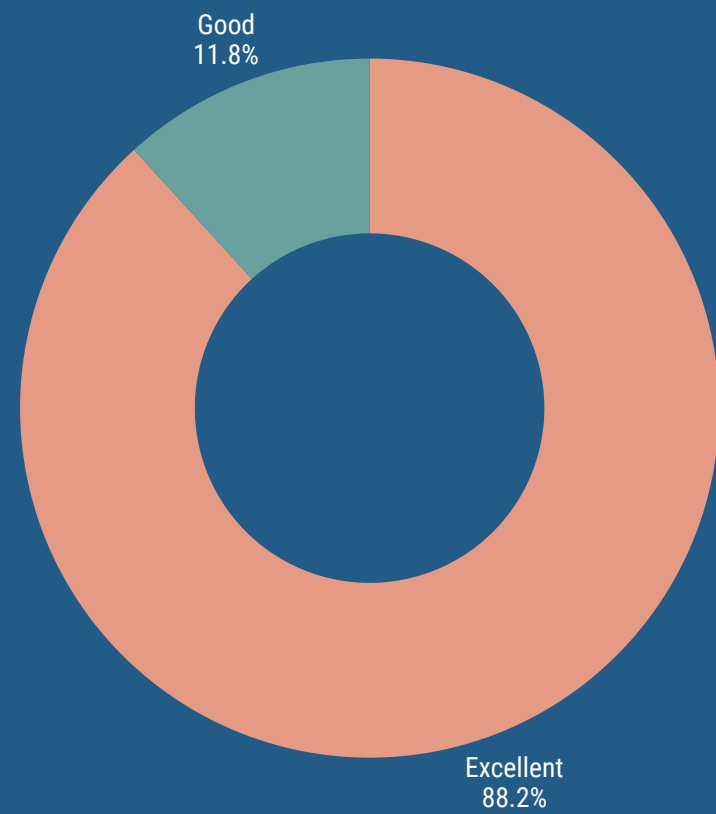
OVERCOMING  
BDD  
PROGRAMME



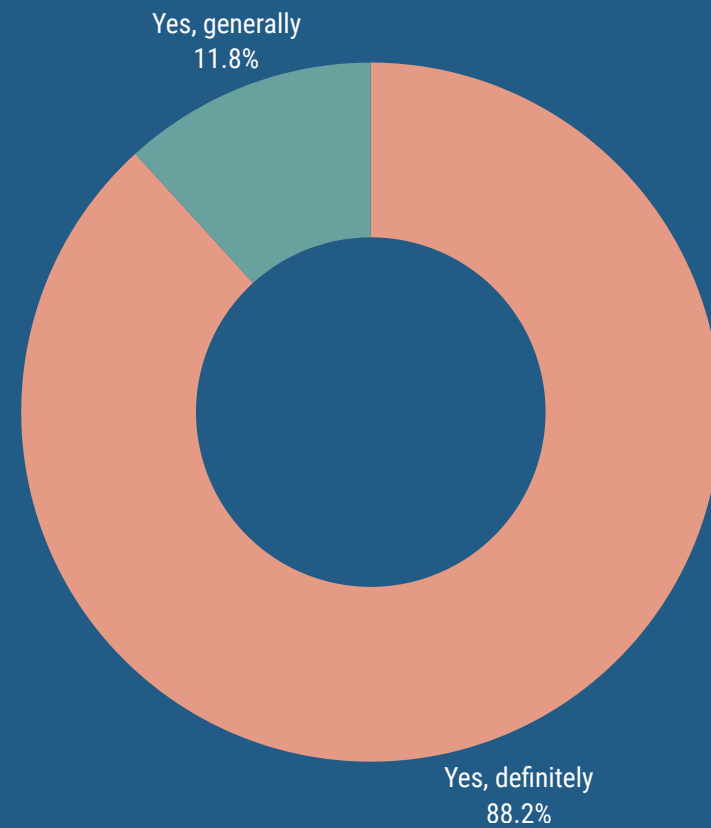
BODY  
DYSMORPHIC  
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# Quantitative Participant Feedback

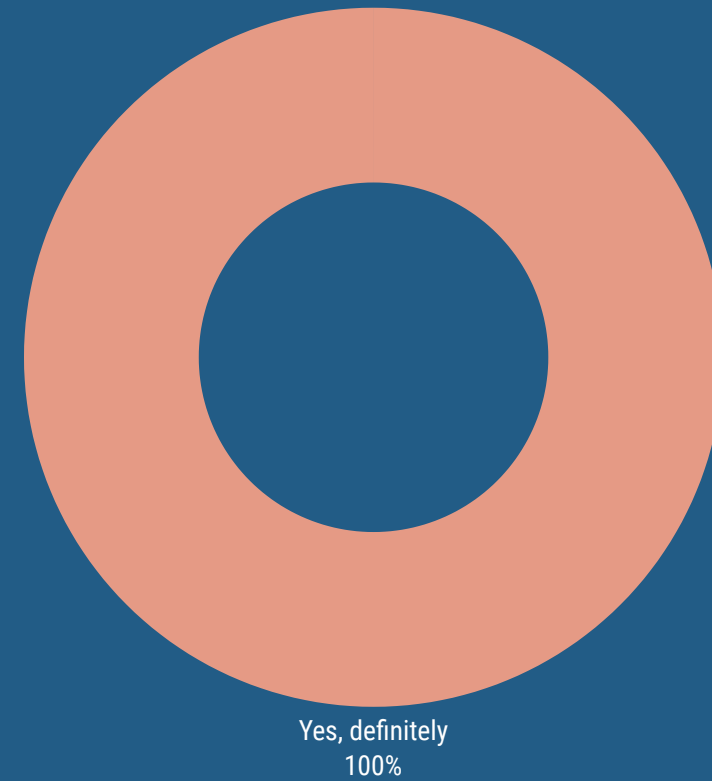
How would you rate the quality of the programme?



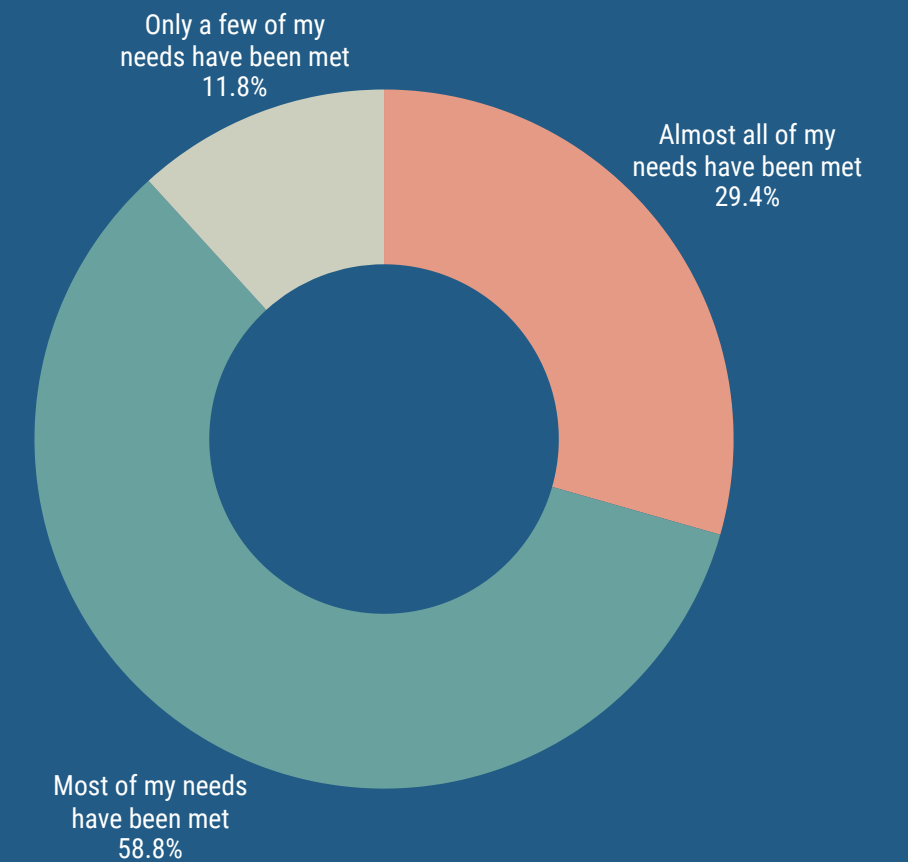
Did you receive the kind of service you wanted?



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

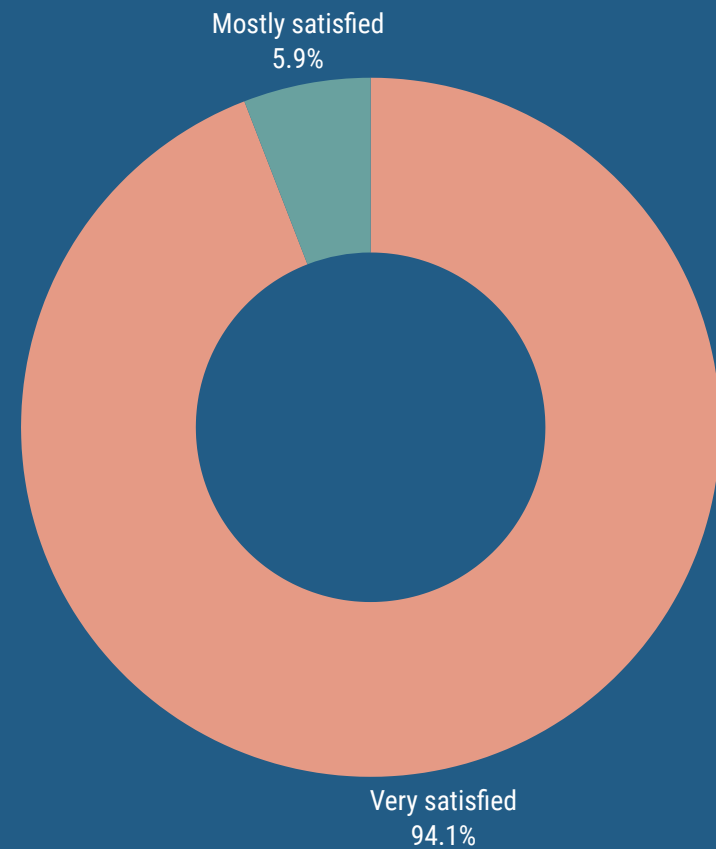


To what extent has the Overcoming BDD Programme met your needs to be able to engage in BDD recovery?

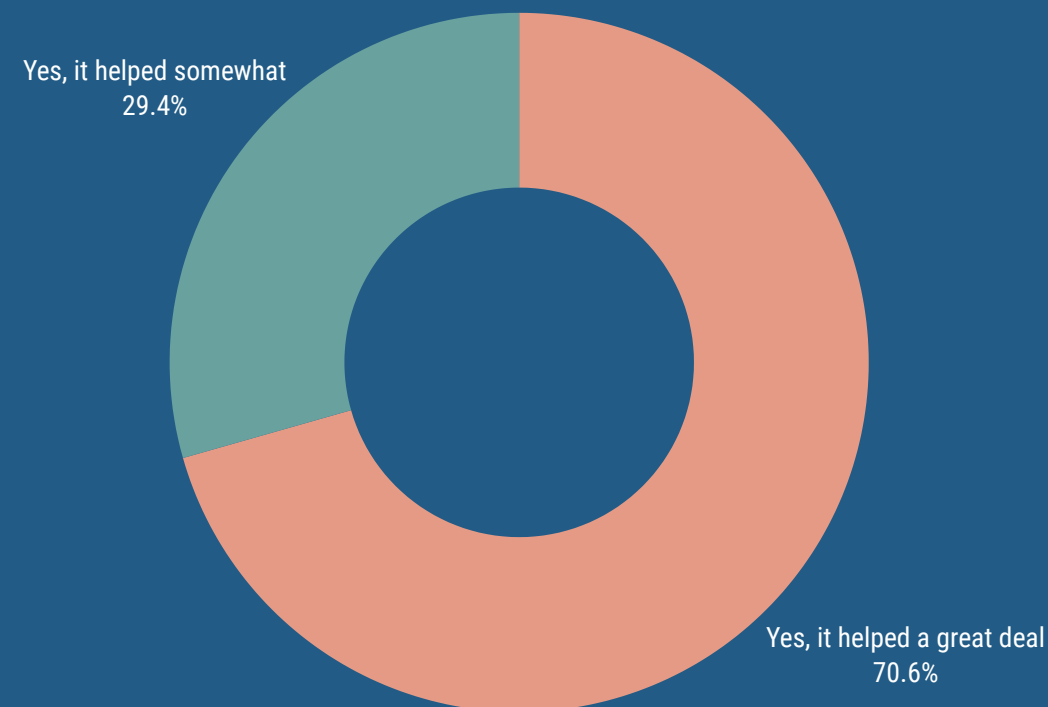


# Quantitative Participant Feedback

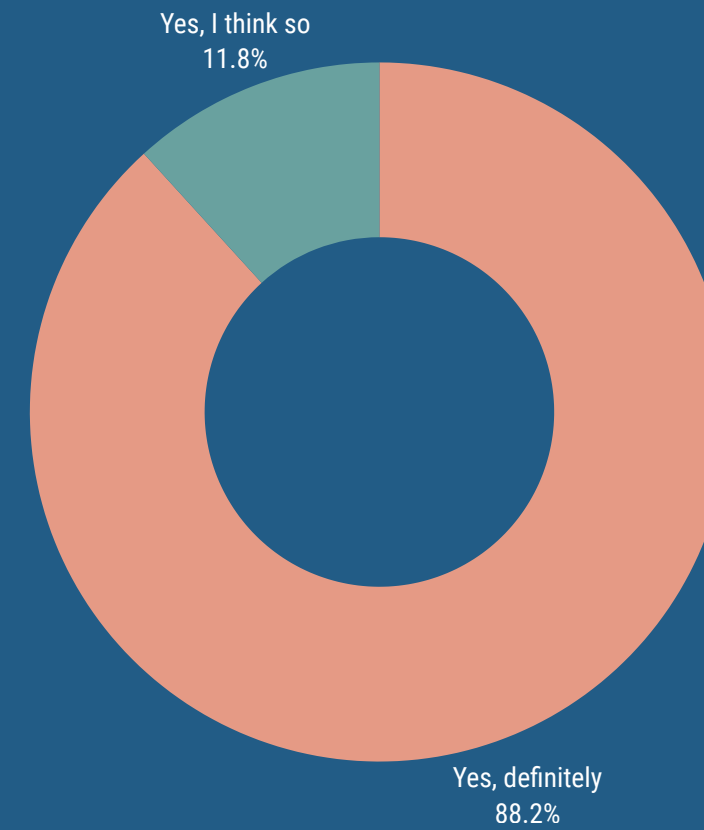
How satisfied are you with the amount of support you received?



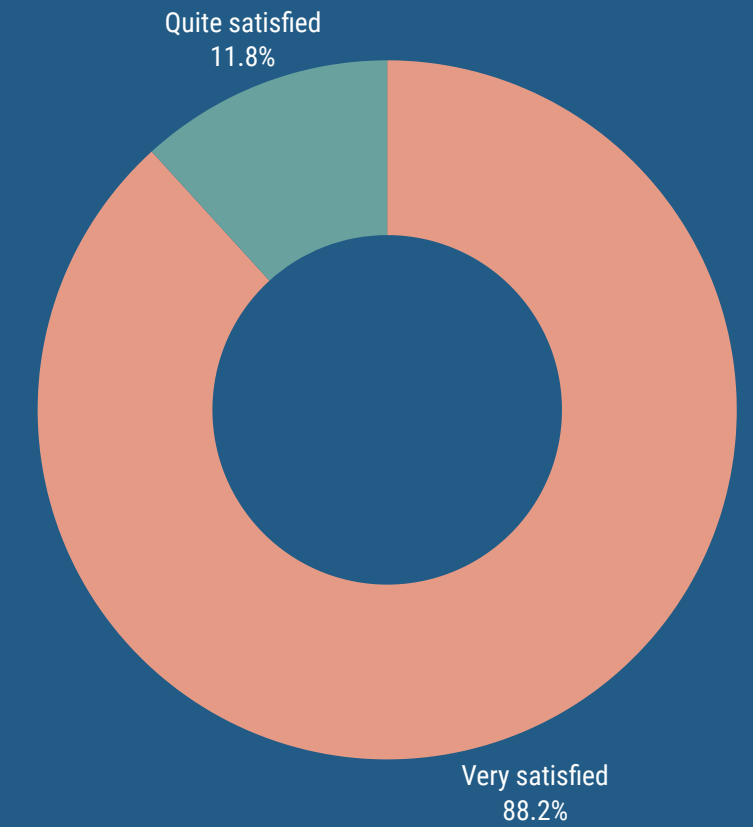
Has the programme helped you deal more effectively with your mental health challenges?



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 can now have my photos taken by others and it doesn't distress me significantly. I have more photos with my friends and family, which is so lovely!

I loved it. It was the best thing I have done for my BDD so far. Thank you so much for giving me opportunities to join such a life changing programme.

I'm still working on it, of course, but thanks to the programme I am more aware, more brave with many new tools at my disposal. Also, it's great that I can go back to the materials that were shared.

I just found the whole program life changing in my battle with BDD - it's taught me so much self compassion and to put less blame on myself. To realise it's a mental health condition that I can't help and that with getting the support and help I need, I can find a way to make it better.

The kindness, insight and patience of the facilitators could not be improved upon. Quite frankly they were much more helpful to recovery than some healthcare professionals I have encountered!

The community I have slowly built up with people in the course who have bravely shared their experiences has enabled me to do the same. I feel less alone in my situation than I did before the course started.

The facilitators were fantastic. I have so many positive things to say about them, and I'm astounded that such a high quality and professional service is provided on a volunteering basis. They each brought something unique.

I think just the support of everyone and most of the workbook items and homework were perfect for what we needed. There never felt like any pressure put on you which made the whole experience so much easier and enjoyable.

I feel more confident in my ability to regulate my mood and snap out of unhelpful thinking patterns. Intrusive thoughts about my appearance are still there, but they are quieter, I think will time they will become background noise.