

Cycle 9 Overcoming BDD Programme

Programme Results & Evaluation



About the Programme

● 20 (2 hours) weekly sessions

● 43 participants across 3 groups

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

● Peer -led by facilitators with lived experience of BDD

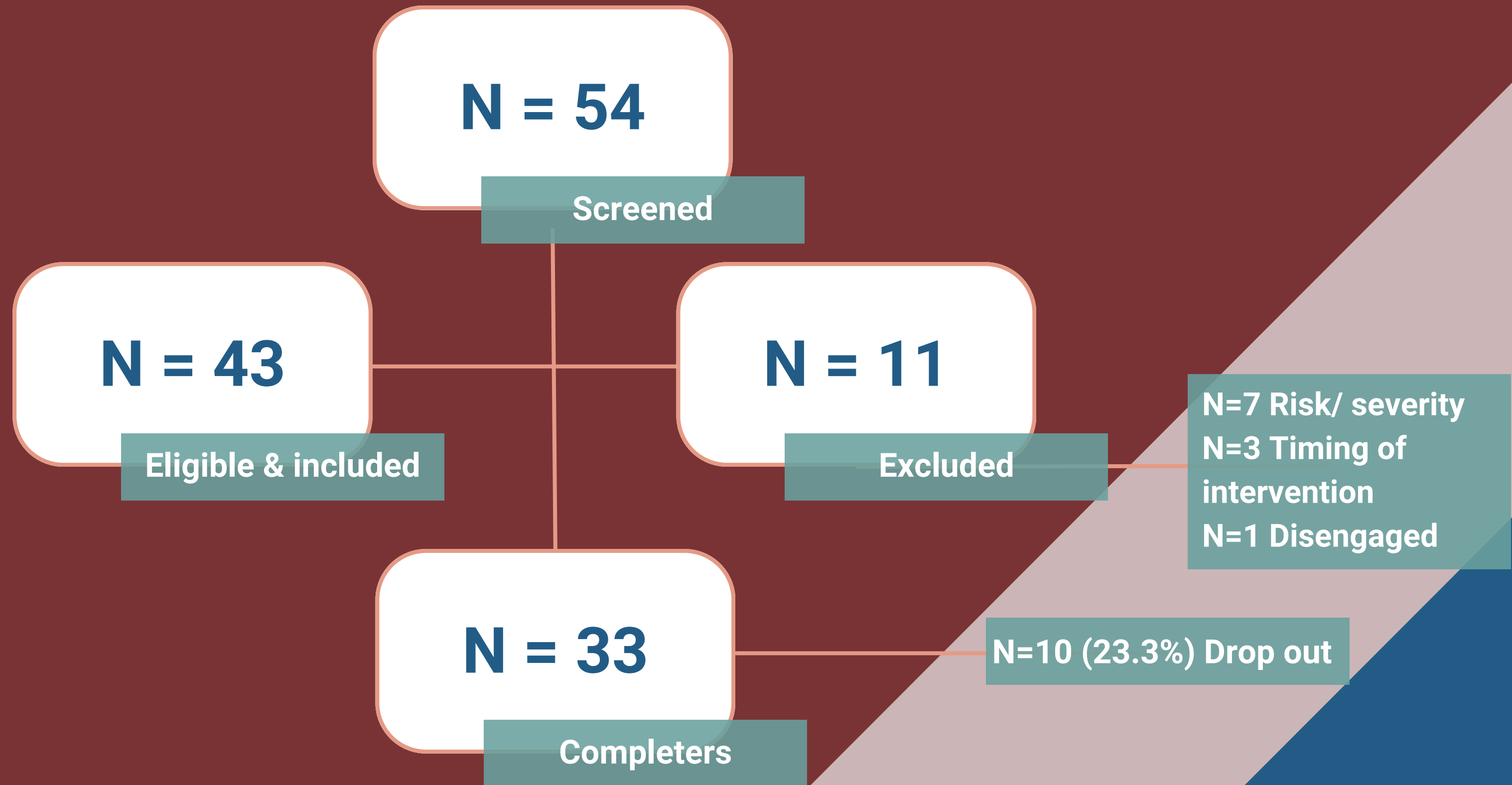
● Outcome measures completed at baseline, week 5, 10, 15, 20 & follow up:

- 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 8

- Expanded to 3 groups per cycle
- All outcome measures moved to quarterly frequency
- Demographics no longer anonymised and became linked to outcome data
- Introduced 3 month follow up group sessions
- Module content updates

Completion Rates



Participants (N=43)

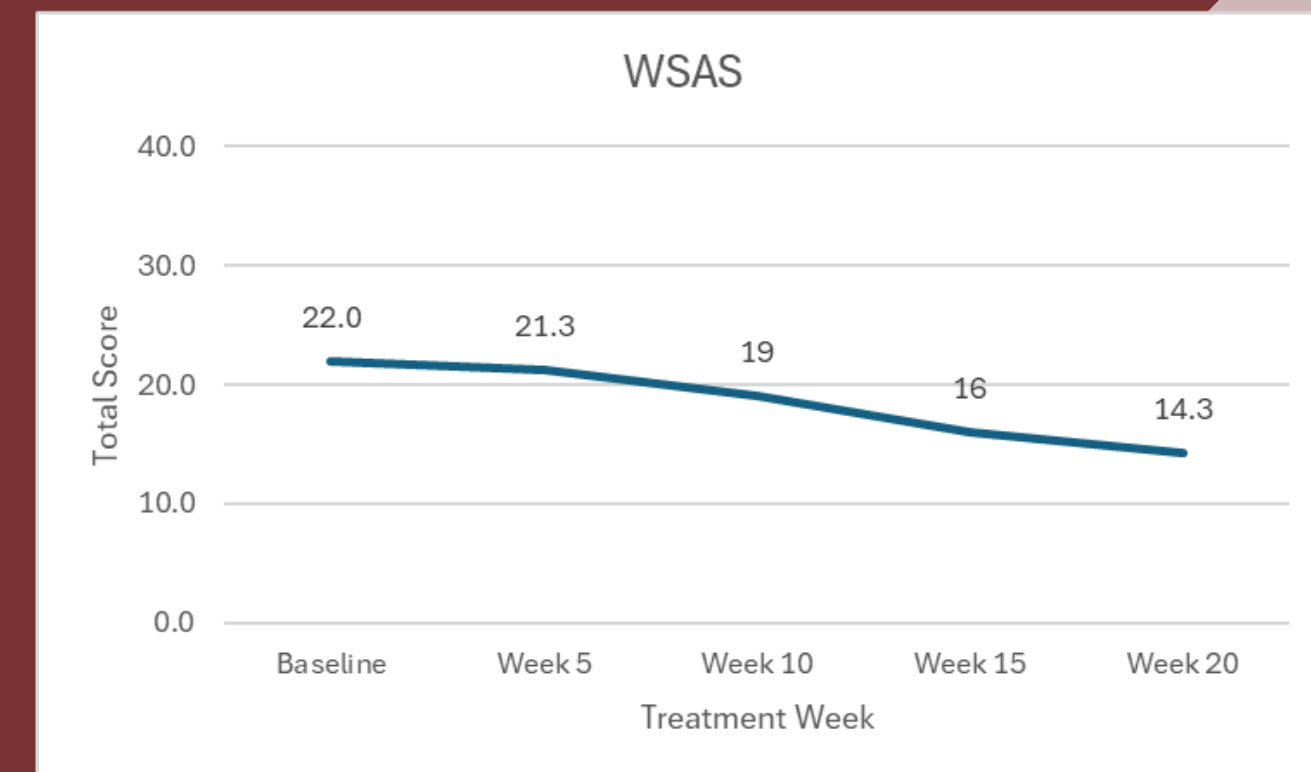
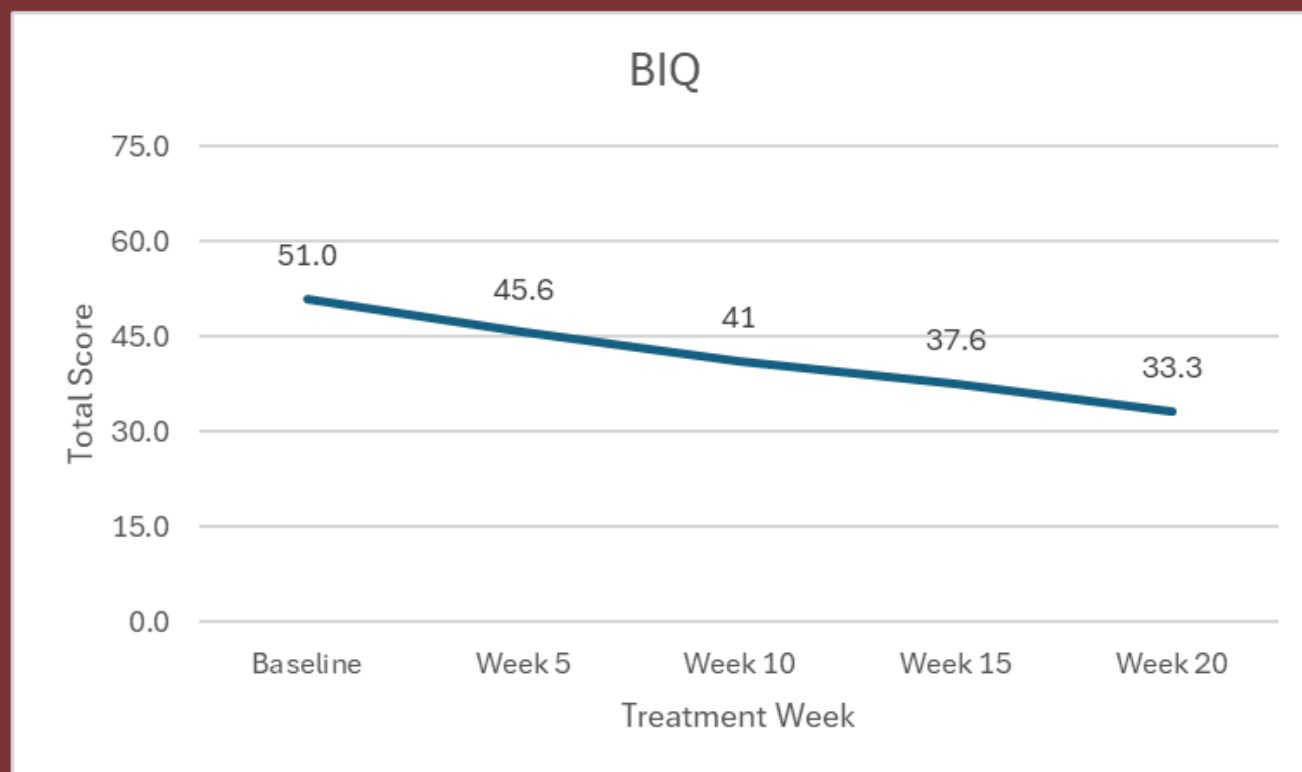
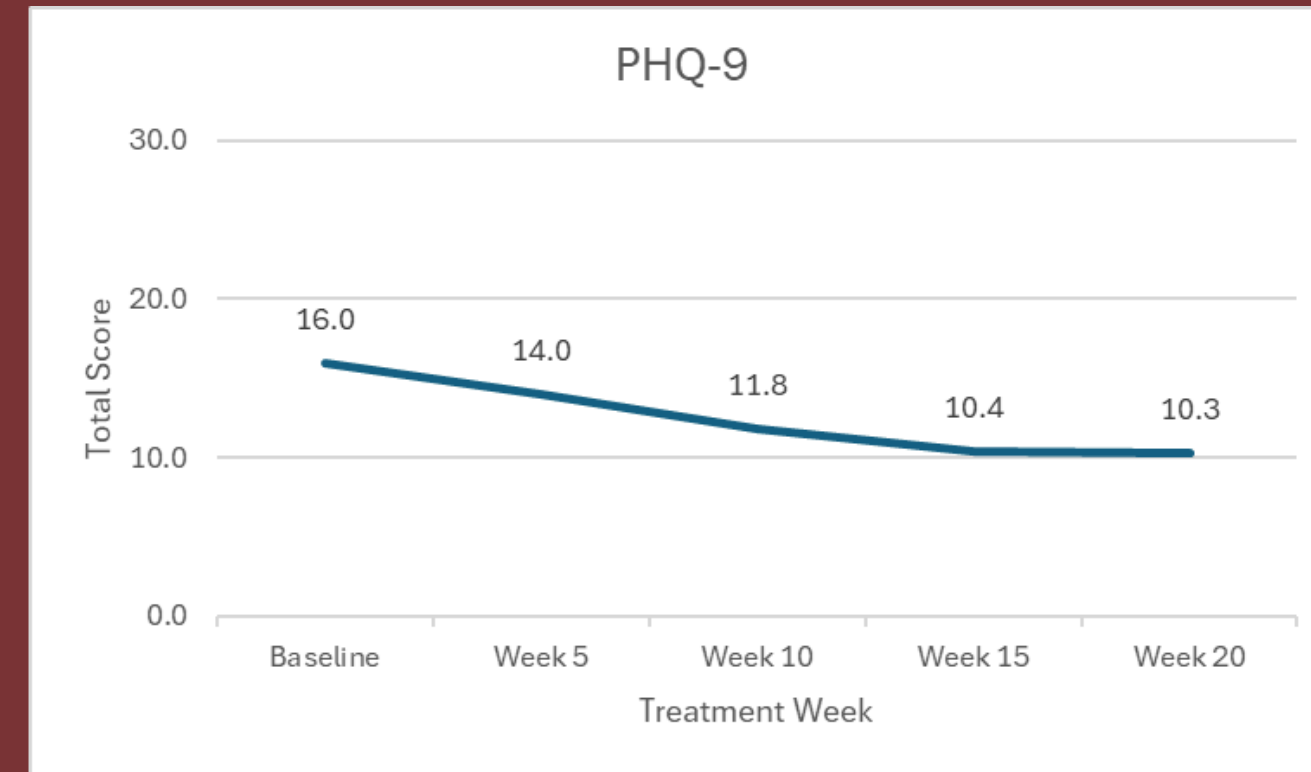
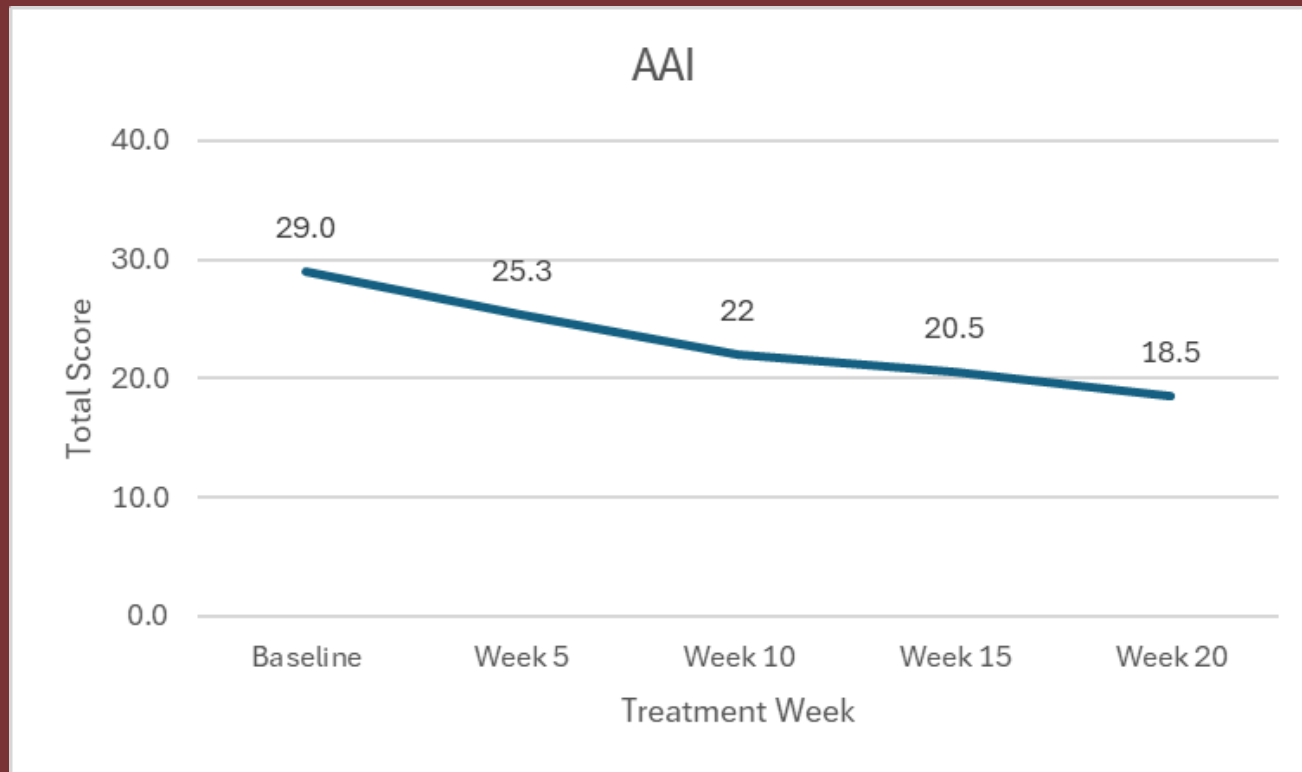
Gender (N, % Females)	25 (60%)
Age (Mean, SD)	37 (21-70)
Ethnicity (N, % White)	37 (88%)
SSRI Medication (N,%)	9 (20.9%)
AAI (Mean, SD)	27.7 (10.4)
BIQ (Mean, SD)	50.6 (11.6)
WSAS (Mean, SD)	22 (8.3)
PHQ-9 (Mean, SD)	16.2 (10)

OVERCOMING
BDD
PROGRAMME



BDD
BODY
DYSMORPHIC
DISORDER
FOUNDATION

Average Scores



Categorical Analysis

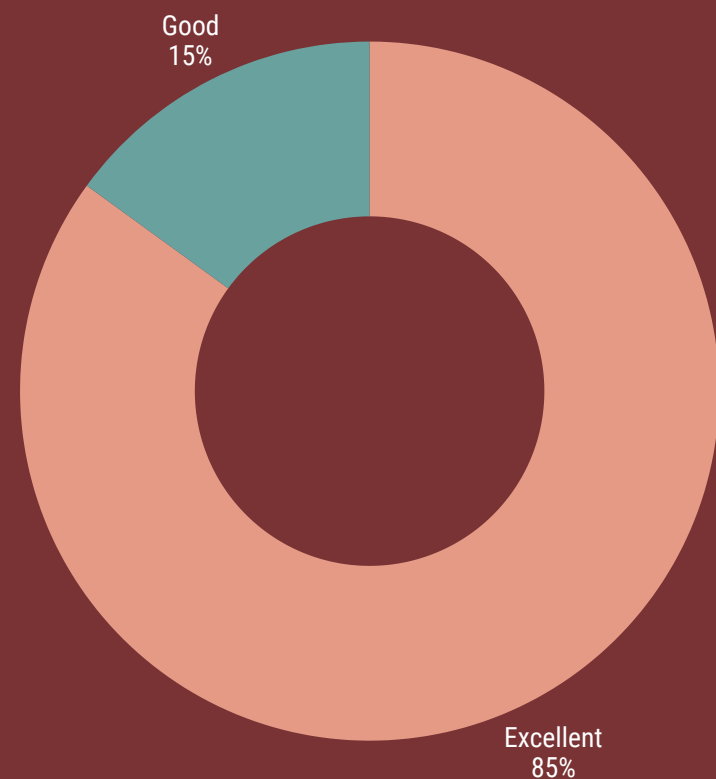
Of those who completed the full programme:

AAI	55% recovered	72% reliably improved
BIQ	52% recovered	48% reliably improved
PHQ-9	38% recovered	45% reliably improved

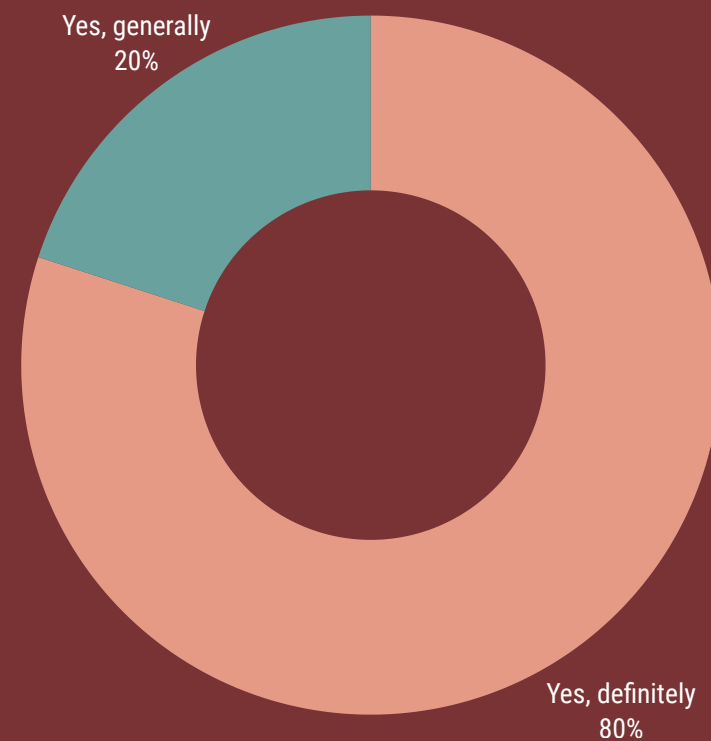


Quantitative Participant Feedback

How would you rate the quality of the programme?



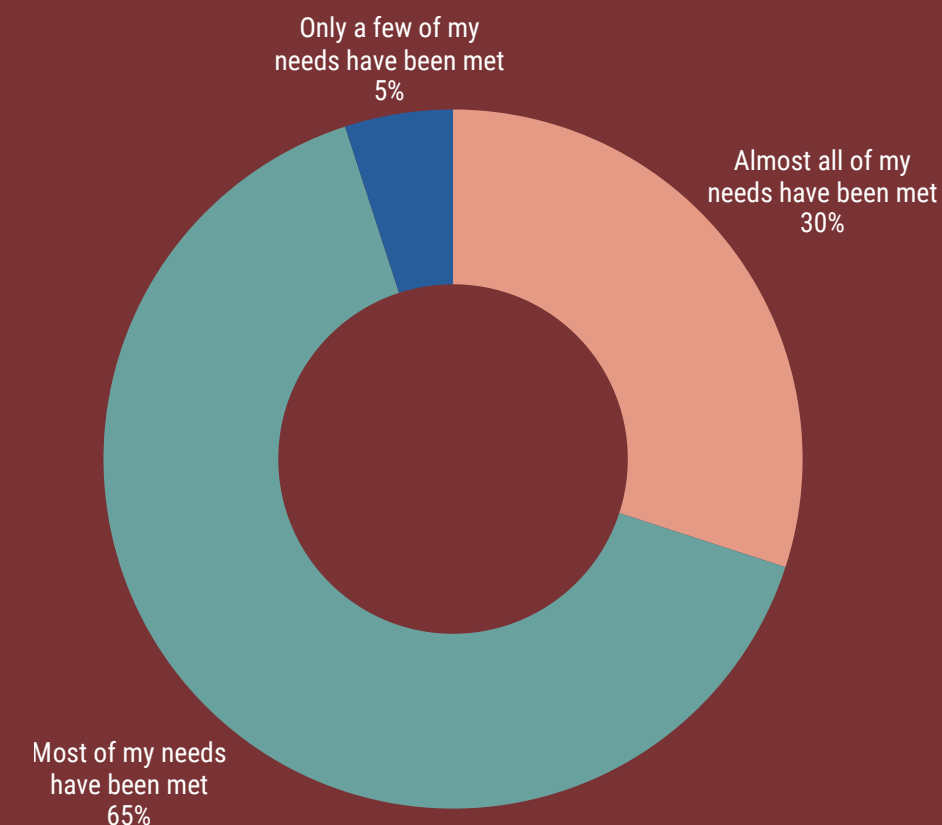
Did you receive the kind of service you wanted?



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

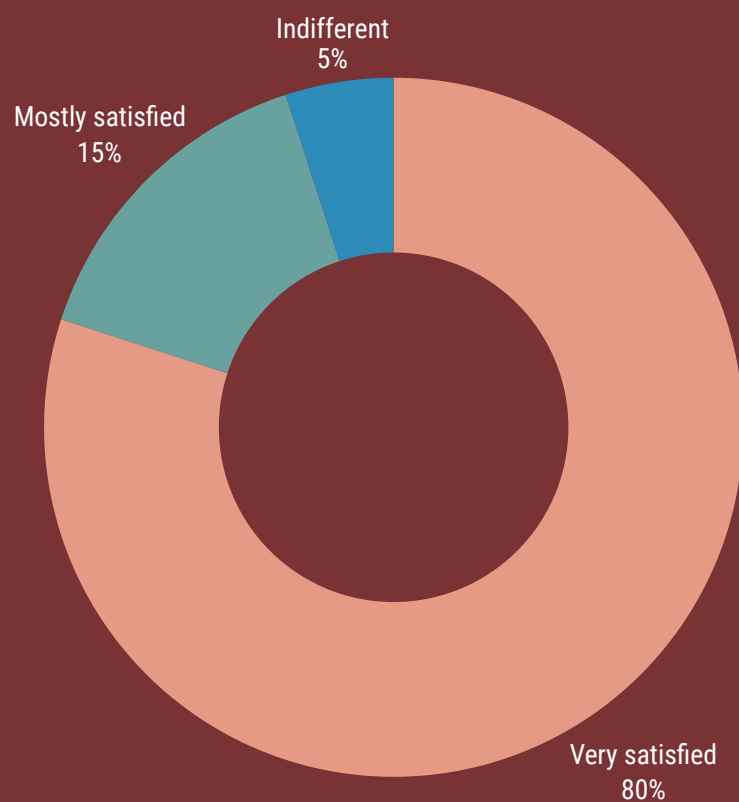


To what extent has the Overcoming BDD Programme met your needs to be able to engage in BDD recovery?



Quantitative Participant Feedback

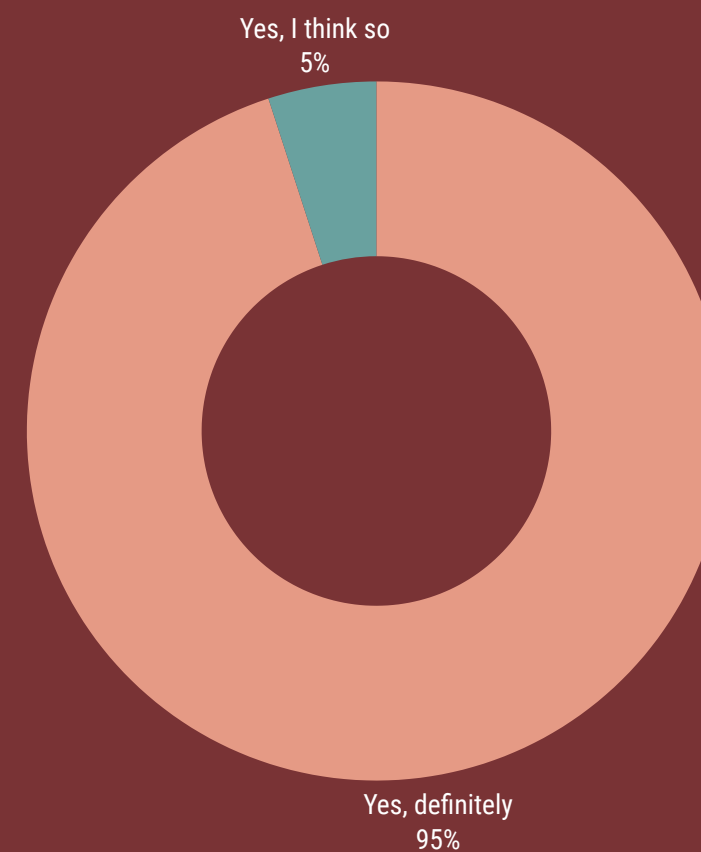
How satisfied are you with the amount of support you received?



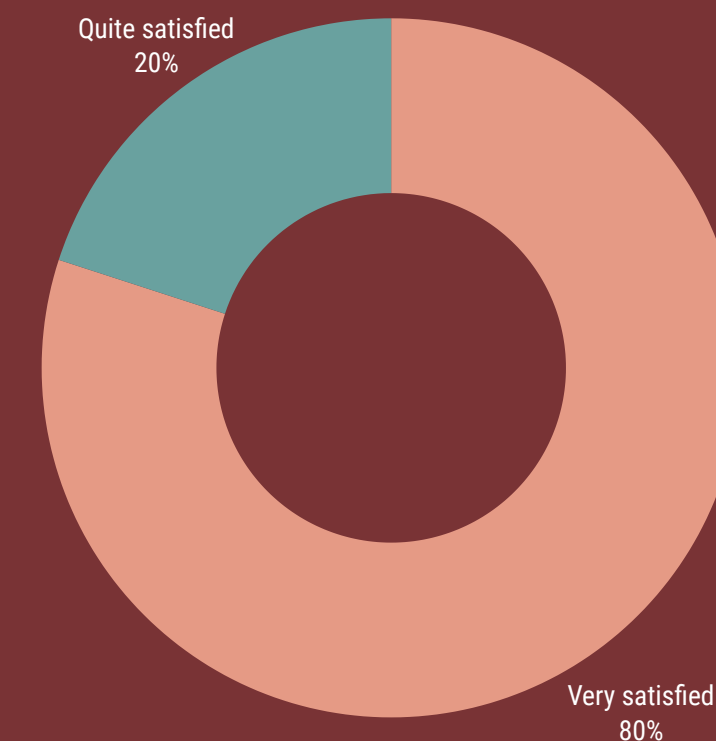
Has the programme helped you deal more effectively with your mental health challenges?



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'm starting to be able to go out and visit places outside of my home, which is a huge step forward for me. I feel A LOT better about my appearance and the amount of weight I put on my appearance in relation to the other aspects of myself.

I feel like I'm able to get perspective more quickly on how I'm feeling, I tend to ruminate a lot less and quickly tell myself that it's just my BDD, this helps me a lot.

The facilitators were an A+, exceptional in the way they communicated and supported everyone in the group. It was extremely helpful knowing that they also suffer(ed) from BDD as well and gave me hope that it can get better.

I can say, without a doubt, that I'm in a better place in the journey to recovery. BDD is still making a lot of interference, but not as much. And I feel it getting better. I can manage stress much better and have more tools to do so as well.

The support the team provided me was priceless. The meetings felt safe where all concerns across the board were discussed and shared. I would not have made the progress I have (and continue to make) without the support of the BDD foundation. Thankyou

The supportive environment and a space to share with others who understand was crucial, and dedicating 20 weeks allowed the time needed to really explore all these issues. The handouts and time for tasks was all very well designed.

Thank you for having me in the group, it was a privilege and such a good opportunity and I am so grateful to have taken part. It is a huge step forward for me and my mental health. I am thankful for the Foundation 'stepping into the gap' as access to mental health services on the NHS is very difficult at the moment.

I'm incredibly appreciative of the opportunity to participate in this program and feel it's made a lifelong change for my wellbeing. If I had continued on the trajectory which my baseline scores show, I would be in a very different place today. For this, I'm incredibly grateful.