

Participants needed!

Are you 18 or over and living in the UK? Would you like to contribute to research on body dysmorphic symptoms?

Study: Exploring Associations Between Feedback Seeking and Body Dysmorphic Symptoms

Why do we need your help?

Body dysmorphic symptoms are thought to exist along a spectrum in the general population, with some not experiencing these at all, while others experience these at a high level.



We are interested in how these experiences relate to the types of feedback we request from other people about us (e.g., reassurance). Understanding this better has the potential to improve support for people experiencing these difficulties.

Who can take part?

Any adult (aged 18 or older) living in the UK who is fluent in English.

What does taking part involve?

You will be asked to complete an **anonymous, online survey** to tell us about your experiences with mental health, body image and seeking different types of feedback from other people about you. This will take approximately 10-15 minutes.

What are the benefits?

You will be able to enter a random prize draw for a chance to win one of five £20 Love2Shop vouchers!

We hope the research will offer insight into the treatment of Body Dysmorphic Disorder (BDD), where body dysmorphic symptoms are highly prevalent.

Interested in finding out more?

Scan or click the QR code

OR

Email lara.erritt.21@ucl.ac.uk



If you are experiencing these concerns, you can talk to your GP. Further sources of support can be found through the BDD Foundation: <https://bddfoundation.org/>

This is a Doctorate of Clinical Psychology research study, approved by the UCL Research Ethics Committee. Ethics ID: LMS REC – 2026-2089