

Contents

1	Description	1
1.1	Terminology	1
1.2	History	1
1.3	Obsessive-Compulsive and Related Disorders	2
1.4	Definition	2
1.4.1	Specifiers	2
1.4.2	Insight	2
1.5	Normal Concerns Versus BDD	3
1.6	Symptomatology	3
1.7	Epidemiology	5
1.8	Gender Differences	5
1.9	Onset, Course, and Prognosis	6
1.10	Functional Impairment	6
1.11	Suicidality	6
1.12	Quality of Life	7
1.13	Comorbidity and Differential Diagnosis	7
1.13.1	Depression	7
1.13.2	Social Anxiety	7
1.13.3	Obsessive-Compulsive Disorder	8
1.13.4	Personality Disorders	8
1.13.5	Anorexia Nervosa	9
1.13.6	Excoriation Disorder (Skin Picking)	9
1.13.7	Olfactory Reference Syndrome	10
1.14	Teasing and Bullying	10
1.15	History of Abuse	10
1.16	Diagnostic Procedures and Documentation	11
1.16.1	Diagnostic Interviews	11
1.16.2	Symptom Severity Measures	11
1.16.3	Insight Measures	12
1.17	Summary	12
2	Theories and Models	14
2.1	Biological Theories	14
2.1.1	Neurochemical Theories	14
2.1.2	Neuroanatomical Theories	15
2.1.3	Neuropsychological Models	16
2.2	Psychological Theories	16
2.2.1	Evolutionary Theory	16
2.2.2	Learning Theory	17
2.2.3	Cognitive Behavior Model Based on Social Learning	17
2.2.4	The Self as an Aesthetic Object	21
2.3	Summary	23

3	Diagnosis and Treatment Indications	24
3.1	Therapist Variables in Initial Sessions	24
3.2	Diagnostic Assessment	25
3.2.1	Connection Between Preoccupation and Compulsive and Avoidance Behaviors	26
3.2.2	Typical Day	26
3.3	Factors That Influence Treatment	27
3.3.1	Overvalued Ideation	27
3.3.2	Demographic Variables	27
3.3.3	Comorbidity	28
3.3.4	Previous Treatment Experience	28
3.4	Addressing Need for Cosmetic Surgery	28
3.5	Establishing Treatment Goals	29
3.6	Identifying the Appropriate Treatment	30
3.6.1	Medication for BDD	30
3.6.2	Cognitive Behavior Therapy for BDD	31
3.7	Summary	31
4	Treatment	32
4.1	Methods of Treatment	32
4.1.1	Assessment	32
4.1.2	Psychoeducation	35
4.1.3	Treatment Orientation and Engagement	36
4.1.4	Cognitive Therapy	38
4.1.5	Exposure and Response Prevention	40
4.1.6	Perceptual Retraining	45
4.2	Mechanisms of Action	47
4.3	Efficacy and Prognosis	48
4.4	Variations and Combinations of Methods	48
4.4.1	Attentional Training Technique and Task Concentration	49
4.4.2	Cognitive Remediation	51
4.4.3	Third Wave Therapies	52
4.4.4	Addressing Trauma and Loss	53
4.4.5	Addressing Skin Picking and Hair Pulling	55
4.4.6	Self-Surgery	57
4.4.7	Addressing Poor Quality of Life	57
4.4.8	Maintenance and Relapse Prevention	57
4.5	Problems Carrying Out the Treatments	58
4.5.1	Addressing Desire for Cosmetic Surgery	58
4.5.2	Addressing Suicidality	60
4.5.3	Nonadherence to Treatment	60
4.5.4	Family Involvement and Accommodation	61
4.6	Multicultural Issues in Treatment	61
4.7	Summary	62

5	Case Vignettes	63
5.1	Case Vignette 1: Post Accident Preoccupation With Nose	63
5.2	Case Vignette 2: Preoccupation With Facial Shape and Muscle Dysmorphia	68
5.3	Case Vignette 3: Preoccupation With Skin Accompanied by Skin Picking	73
6	Further Reading	78
7	References	79
8	Appendix: Tools and Resources	90