

Bodydysmorphic

1. Do you worry about your appearance? (Common body parts: nose & breasts)
2. How long have you been worried about it?
3. How bad do you think it looks?
4. How much time do you spend worrying about the appearance of your body/face part?
5. Have you done anything to hide the problem or rid yourself of the problem?
6. Explore about elaborate grooming rituals
7. Does the concern about your appearance affect any aspect of your life (studies/job/relationships)?
8. Ask about compulsive mirror checking
9. What do your family members and friends think about it?
10. Enquire about reassurance seeking.
11. Is it hard for you to meet new people? Do you avoid situations where you might be the focus of attention?
12. Do you find it hard to have your pictures taken?
13. Have you done any research about the perceived defect (internet searching etc)? How much time do you spend on it?
14. Have you considered getting the surgery done privately?
15. Establish if the perceived defect is an overvalued idea or a delusional belief
16. Any out of ordinary experiences?
17. Ask about suicidal thoughts
18. Enquire about family history of psychiatric illness (mood and OCD)

Rule out co morbidities

1. Social phobia
2. Depression
3. Anxiety
4. OCD
5. Substance abuse

Common causes

1. Low self esteem
2. Critical parents
3. Childhood trauma
4. Avoidant personality