

**Table 1.** *Scoring of the Body Dysmorphic Disorder Questionnaire (BDDQ)*

BDDQ question	Answer <sup>a</sup>	BDDQ score <sup>b</sup>
1. Are you very concerned about the appearance of some part(s) of your body that you consider especially unattractive?	Yes	1
2. Do these concerns preoccupy you? That is, do you think about them a lot and wish you could think about them less?	Yes	2
3 a. Has your defect(s) caused you a lot of distress, torment or pain? b. Has your defect(s) significantly interfered with your social life? c. Has your defect(s) significantly interfered with your school work, your job or your ability to function in your role? d. Are there things you avoid because of your defect(s)?	Yes to at least one question	3
4. How much time do you spend thinking about your defect(s) per day on average?	≥1 hour	4
5. Is your main concern with your appearance that you aren't thin enough or that you might become fat?	Yes = excluded	

<sup>a</sup> Only if the answer is "yes", the subsequent question is asked.

<sup>b</sup> Cumulative scoring. 4 points is considered a positive BDD-screening according to the BDDQ.