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Self-Assessment for Patients: Aesthetic Medicine Treatment and Body Dysmorphic Disorder (BDD) Evaluation

Introduction:

This assessment aims to help individuals considering aesthetic medicine treatment to evaluate their motivations, expectations, and potential concerns related to Body Dysmorphic Disorder (BDD). By asking these questions, you can better understand your thoughts and feelings, which will assist you in making informed decisions about aesthetic procedures. However, it is essential to remember that this assessment does not replace professional advice, and seeking the guidance of healthcare professionals experienced in BDD is crucial.

Section 1: Motivations and Expectations

1. What are your primary motivations for seeking aesthetic medicine treatment?
2. Are you seeking treatment to address specific concerns or improve your overall appearance?
3. How much do societal or external pressures influence your decision to pursue aesthetic procedures?
4. What are your expectations regarding the outcomes of the treatment? Are they realistic?

Section 2: Emotional Well-being and Body Image

1. How would you describe your overall satisfaction with your appearance, taking into account both positive and negative aspects?
2. Do you frequently compare your appearance to others in person or through social media?
3. How does your body image impact your self-esteem and daily life?
4. Are there specific features or areas of your body that you feel particularly self-conscious or unhappy about?

Section 3: Knowledge and Understanding

1. Have you thoroughly researched the aesthetic procedure(s) you are considering? If so, what sources of information have you used?
2. Are you aware of the potential risks, complications, and side effects of the procedure(s)?
3. Do you understand the limitations of aesthetic procedures and the fact that they may not fully address underlying psychological concerns?
4. Have you sought professional advice from a qualified aesthetic practitioner or mental health expert regarding your concerns and expectations?

Section 4: Assessing Body Dysmorphic Disorder (BDD)

1. Have you ever been diagnosed with or suspected to have Body Dysmorphic Disorder (BDD)?
2. Do you experience persistent and distressing preoccupations with your appearance that may involve perceived flaws?
3. Have you engaged in repetitive or ritualistic behaviours related to your appearance, such as excessive mirror checking, seeking reassurance, or attempting to camouflage perceived flaws?
4. How significantly does your concern about your appearance impact your daily functioning, relationships, or overall well-being?

This assessment is designed to help you reflect on your motivations, expectations, and potential concerns related to aesthetic medicine treatment and Body Dysmorphic Disorder (BDD). It is essential to consult with healthcare professionals specialising in BDD to understand your unique situation comprehensively. Remember to prioritise your mental well-being and make informed decisions that align with your health and happiness.