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<tr>
<th>MBSRQ</th>
<th>Weight training</th>
<th>Active</th>
<th>Sedentary</th>
<th>P and Eta²</th>
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<td>Appearance evaluation</td>
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<td>3.69</td>
<td>2.95</td>
<td>&lt;.001; .12</td>
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Body Dysmorphic Disorder: By the Numbers

BDD occurs in approximately:

- 1% of the adult population
- 2.3-13% of students
- 13% of psychiatric inpatients
- 14-42% of outpatients with atypical major depression
- 11-12% of outpatients with social phobia
- 39% of inpatients with anorexia nervosa
- 6-20% of patients seeking cosmetic surgery

Body Areas of Concern

- Hair
- Nose
- Moles
- Breath
- Thighs
- Legs
- Urethra
- Body odors
- Face
- Mouth
- Ears
- Burns

Percent of Subjects (lifetime)

Compulsive Behaviors in BDD

- Grooming
- Comparison
- Obsessional
- Skin Picking
- Tanning

Percent of Subjects (lifetime)
Males: curvilinear
Need to measure evaluation, affective, cognitive, behavioural investment

Measurement Tools
Questionnaire studies
Interview studies
Body size estimation
  Part body estimation; combined whole/part estimation
Behavioural indicators of BD
  Dieting, exercise, cosmetic surgery