Contents

About the authors vii
Preface ix
Acknowledgements xi

Part A Knowledge and Theory of Body Dysmorphic Disorder 1
1. The diagnosis of body dysmorphic disorder 3
2. History of body dysmorphic disorder 31
3. Epidemiology and presentation of BDD 39
4. Descriptive psychopathology of BDD 55
5. Psychogenic excoriation 83
6. Psychological aspects of cosmetic procedures 97
7. Risk factors in the development of BDD 111
8. Neurobiological aspects of BDD 127
9. Learning theory models of BDD 137
10. A cognitive behavioral model of BDD 149
11. Evidence for cognitive behavior therapy in BDD 167
12. Evidence for pharmacotherapy in BDD 175

Part B Assessment and Therapy 185
13. Assessment 187
14. Engagement and formulation 213
15. Advice on cosmetic procedures 239
Contents

16. Imagery rescripting 249
17. Modifying attentional biases 263
18. Modifying cognitive processes in BDD 285
19. Avoidance, compulsive, and safety-seeking behaviors 309
20. Modifying appraisals 325
21. Habit reversal for psychogenic excoriation 335
22. Behavioral activation for depression in BDD 351
23. Pharmacotherapy 363

Appendix 1 Diagnostic interviews and assessment scales 371
Appendix 2 Leaflets and forms used during therapy 423
Appendix 3 Resources for BDD 435

References 441
Index 473