Drdeenz_
The Psychometric Tool

Deenz Body Dysmorphic Scale (DBDS) Questionnaire

Instructions

Deenz Body Dysmorphic Scale (DBDS) contains 20 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Almost Always (4)
1	I frequently notice things about my appearance that bother me.	◯	◯	◯	◯	◯
2	I often compare my appearance to others and feel dissatisfied.	◯	◯	◯	◯	◯
3	I worry that others notice and judge my perceived flaws.	◯	◯	◯	◯	◯
4	I feel distressed if I cannot fix or hide what I perceive as flaws.	◯	◯	◯	◯	◯
5	I check myself in the mirror frequently throughout the day.	◯	◯	◯	◯	◯
6	I am constantly preoccupied with how I appear to others.	◯	◯	◯	◯	◯
7	I engage in repetitive grooming rituals to feel better about my looks.	◯	◯	◯	◯	◯
8	I frequently touch or examine certain parts of my body.	◯	◯	◯	◯	◯
9	I frequently criticize myself for not looking a certain way.	◯	◯	◯	◯	◯

#	Statement	Never (0)	Rarely (1)	Sometimes (2)	Often (3)	Almost Always (4)
10	I find it hard to see any positive aspects of my physical appearance.	◯	◯	◯	◯	◯
11	I have difficulty accepting compliments about my appearance.	◯	◯	◯	◯	◯
12	I struggle to see my appearance in a positive light.	◯	◯	◯	◯	◯
13	I feel uncomfortable being in photographs or videos.	◯	◯	◯	◯	◯
14	I decline invitations to social gatherings to avoid judgment.	◯	◯	◯	◯	◯
15	I am hesitant to meet new people due to concerns about my appearance.	◯	◯	◯	◯	◯
16	I feel anxious about going out in public.	◯	◯	◯	◯	◯
17	I struggle to focus on work because of concerns about my appearance.	◯	◯	◯	◯	◯
18	My concerns about my appearance affect my ability to concentrate.	◯	◯	◯	◯	◯
19	I avoid romantic relationships because of concerns about my appearance.	◯	◯	◯	◯	◯
20	I struggle to express myself emotionally in relationships due to my appearance concerns.	◯	◯	◯	◯	◯

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Dimension Scoring Keys

Dimension	Items	Number of Items
Appearance Obsession	1, 2, 3, 4	4
Repetitive Behaviors	5, 6, 7, 8	4
Negative Self-Image	9, 10, 11, 12	4
Social Avoidance	13, 14, 15, 16	4
Functional Impairment	17, 18, 19, 20	4

Raw Score Ranges

Scale	Items	Possible Range
Appearance Obsession	4	0–16
Repetitive Behaviors	4	0–16
Negative Self-Image	4	0–16
Social Avoidance	4	0–16
Functional Impairment	4	0–16
Overall Score	**20**	**0–80**

Source

Dar, Deen Mohd, Development and Validation of the Deenz Body Dysmorphic Scale (DBDS-20). ScienceOpen Preprints, March 11, 2024.

Prepared by Drdeenz

Interactive Version: Deenz Body Dysmorphic Scale (DBDS)