

Deenz Body Dysmorphic Scale (DBDS) Questionnaire

Instructions

Body dysmorphic test is based on 20 statements and it typically takes 2–4 minutes to complete the quiz. Participants respond to statements describing appearance-related thoughts, emotional reactions, repetitive checking behaviors, self-image concerns, social avoidance, relationship insecurity, and the impact of body image distress on daily functioning.

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

| | | | | | | |
|-----------|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 9 | I frequently criticize myself for not looking a certain way. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10 | I find it hard to see any positive aspects of my physical appearance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11 | I have difficulty accepting compliments about my appearance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12 | I struggle to see my appearance in a positive light. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 13 | I feel uncomfortable being in photographs or videos. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14 | I decline invitations to social gatherings to avoid judgment. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15 | I am hesitant to meet new people due to concerns about my appearance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16 | I feel anxious about going out in public. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17 | I struggle to focus on work because of concerns about my appearance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18 | My concerns about my appearance affect my ability to concentrate. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19 | I avoid romantic relationships because of concerns about my appearance. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20 | I struggle to express myself emotionally in relationships due to my appearance concerns. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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 |

Additional Scoring Notes

Each item is rated using a five-point frequency scale. Higher scores generally indicate greater appearance-related distress, obsessive concerns about physical appearance, repetitive appearance-focused behaviors, social avoidance, emotional rumination, and disruption in daily functioning caused by body image concerns.

Dimension scores are standardized to a 0–100 scale and interpreted using qualitative categories.

Overall results are classified into five interpretive ranges:

- Minimal (0–20)
- Mild (21–40)
- Moderate (41–60)
- High (61–80)
- Very High (81–100)

Source

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

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Interactive Version: [Deenz Body Dysmorphic Scale \(DBDS\)](#)