ABOUT THE BDD CLINIC AT CHPC

- Our service is part of the Clinical and Health Psychology Centre (CHPC) which is affiliated with the Department of Psychology at the National University of Singapore (NUS).
- Our BDD clinic is staffed with postgraduate clinical psychology interns, who are supervised by doctoral-level clinical psychologists with high level of expertise in treating BDD.
- We adhere to the highest standards of professionalism. Your confidentiality and privacy is protected, and no data goes on the National Electronic Health Record (NEHR). Our interventions are in line with best evidence-based practices.

FEES

Please contact clinic for fee structure.

Contact us

University Health Centre (Basement)
National University of Singapore
20 Lower Kent Ridge Road S(119080)
Tel: (65) 6516 5322  Fax: (65) 6773 1361

Email: chpc.enquiries@nus.edu.sg
Website: https://tinyurl.com/chpcnus

You may be suffering from Body Dysmorphic Disorder (BDD).
We treat BDD. Find out more.
**APPEARANCE CONCERNS**

Any area of the body can be the focus of concern, but people with BDD usually worry most about visible parts of their body, such as skin, nose, jaw, chin, eyes, hair, or body shape (e.g. hip, chest). Below are a few examples of common BDD concerns:

- Certain features out of proportion
- Unbalanced or asymmetrical
- Single eye lids
- Fixation on height
- Body fat
- Facial features

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**WHAT IS BDD?**

Most people worry about some aspect of their appearance at times, but for people with Body Dysmorphic Disorder (BDD) these concerns take over their lives. BDD is a disabling preoccupation with perceived appearance flaws, which are unnoticeable or minor to others. People with BDD are extremely self-conscious and often go to exceptional lengths to hide/fix the flaw they see. BDD causes debilitating distress and interferes with social, family and/or work life. BDD is a recognized clinical condition and can be treated.

**HOW DO WE TREAT BDD?**

- Cognitive Behavioural Therapy (CBT) is the treatment of choice for BDD.
- In CBT you build a good understanding of your problem and what keeps it going, and what you can do to overcome it.
- Together with your therapist you learn more helpful ways to think and feel about your body, and how to be less preoccupied with your looks.
- CBT involves self-help materials and homework tasks, such as keeping a diary and practicing therapy activities on your own (e.g. reducing mirror checks, or appearance comparisons).

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**BDD BEHAVIOURS**

People with BDD feel compelled to perform time-consuming mental and behavioural strategies to cope with their appearance distress, e.g. checking their perceived flaw, hiding them, and/or avoiding certain places or situations. Below are some typical BDD behaviours:

- Excessive make-up
- Mirror-checking
- Excessive grooming
- Skin picking
- Seeking cosmetic surgery
- Constant comparison to “ideals”

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**You are not alone!**

1 in 50 people have BDD

**BDD is treatable!**