

# HAVE YOU SOUGHT HELP FOR BODY DYSMORPHIC DISORDER?

## WE'D LIKE TO HEAR YOUR STORY!



### WHAT ARE WE RECRUITING FOR?

- Our study aims to explore the experiences of people in the UK with BDD & have sought support from mental health services.
- We want to understand barriers and facilitators to getting help, so we can inform improvements in support and care.

### WHAT'S INVOLVED?

- 1-hour confidential interview (via video call or phone)
- We will ask about your journey in recognising symptoms, seeking help, and receiving psychological treatment.
- £10 thank you for your time

### WHO CAN TAKE PART?

- Adults (18+) who self-identify as having experienced BDD (diagnosed or not)
- Have sought out or received psychological therapy for BDD-related concerns in the UK
- Fluent in English



Scan the QR code or contact [emma.denton.24@ucl.ac.uk](mailto:emma.denton.24@ucl.ac.uk). This is for a doctorate project and has UCL ethical approval. Project ID: 2183



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