

PARTICIPANTS NEEDED!

DO WORRIES ABOUT YOUR APPEARANCE AFFECT YOUR DAILY LIFE?

SHARE YOUR EXPERIENCES OF SEEKING HELP FOR THIS

Some people experience ongoing worries about their appearance and use certain behaviours to manage these concerns, such as repeatedly checking mirrors, comparing themselves to others, hiding specific features or avoiding situations. These concerns can be about any part of the body, including the face, and can be very distressing and affect daily life. These experiences can be indicative of Body Dysmorphic Disorder (BDD), but you do not need a diagnosis of BDD to take part.

We know little about how people in the UK seek and access support for appearance-related anxiety. We would like to hear from people with appearance-related anxiety, whether or not you have been able to receive support.

WHAT DOES TAKING PART INVOLVE

You will complete an **anonymous online survey** about your experiences of accessing support for appearance-related anxiety. It should take about 20 minutes.

WHAT ARE THE BENEFITS

You will be helping research that aims to improve support for people with BDD.

If you participate, you will be entered into a prize draw, with a **1 in 9 chance of winning a £20 voucher!**

WHO CAN TAKE PART

Individuals who:

- Have had ongoing worries or concerns about their appearance, either now or in the past
- Currently live in the UK
- Are able to read and understand English
- Are aged 18 years and older

We are keen to hear from people of all ages, genders, and ethnic backgrounds.

INTERESTED!

Scan the QR code below, visit tinyurl.com/3jbp3p5n, or email: emma.dunford20@ucl.ac.uk



If you feel you would like support alongside or instead of taking part, you can find ways to access support for BDD through the BDD Foundation:
<https://bddfoundation.org/support>

