

Dr Amita Jassi and Dr Benedetta Monzani

National and Specialist OCD, BDD and Related Disorders Service,
Maudsley Hospital, London

Wednesday, 7th June 2023
University of Reading



Body Dysmorphic Disorder in young people: Recognition, assessment and treatment

Introduction:

Body dysmorphic disorder (BDD) is a debilitating condition, characterised by intense distress and preoccupation with imagined or slight flaws in appearance. Symptoms typically emerge in adolescence and can include time-consuming repetitive behaviors (e.g. grooming rituals, mirror checking, reassurance seeking) and marked avoidance. BDD in young people often results in major functional impairment, reduced academic performance and school withdrawal. It is associated with high rates of comorbidity, particularly major depression, and a significant proportion of young people (21-44%) attempt suicide. In recent years, there have been significant steps forward in awareness and empirical research into BDD, particularly supporting the use of Cognitive Behaviour Therapy (CBT) in this group.

Content

The aim of the workshop will be to provide up to date knowledge and skills in evidence-based assessment and intervention for children and adolescents with BDD. The emphasis of the day will be on recognising and assessing BDD and learning the CBT strategies which are currently viewed as best practice.

Learning objectives:

- To be able to recognise cases of BDD in young people and to differentiate BDD from ‘typical’ appearance concerns
- To feel confident in differentiating BDD from other psychiatric disorders (e.g. OCD or eating disorders)
- To be able to assess BDD in young people using gold-standard tools
- To have an understanding of the evidence-based treatment of BDD, particularly CBT for young people.



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Training modalities

As part of the online session the group will work through a case example, with the inclusion of audio and visual materials, in order to gain a detailed understanding of assessment and treatment in context. The day will also incorporate group exercises in order to practice skills in assessment of BDD and time for exploration and discussion of the challenging issues which can often arise when treating young people with BDD.

Key references:

1. OCD, BDD and Related Disorders Clinic, Maudsley Hospital (2019). *Appearance anxiety: A guide to understanding body dysmorphic disorders for young people, families and professionals*. Jessica Kingsley Publishers.
2. Schnackenberg, Monzani and Jassi (2020). *The Parents' Guide to Body Dysmorphic Disorder: How to Support Your Child, Teen or Adult*. Jessica Kingsley Publishers
3. Mataix-Cols, D et al. (2015). A pilot randomized controlled trial of cognitive-behavioral therapy for adolescents with body dysmorphic disorder. *Journal of the American Academy of Child & Adolescent Psychiatry*, 54(11), 895-904.
4. Harrison, A., de la Cruz, L. F., Enander, J., Radua, J., & Mataix-Cols, D. (2016). Cognitive-behavioral therapy for body dysmorphic disorder: A systematic review and meta-analysis of randomized controlled trials. *Clinical Psychology Review*, 48, 43-51.
5. Krebs, G., de la Cruz, L. F., & Mataix-Cols, D. (2017). Recent advances in understanding and managing body dysmorphic disorder. *Evidence-based mental health*, 20, 71-75.

About the presenter:

Dr Amita Jassi:

Dr Amita Jassi is a Consultant Clinical Psychologist at the National and Specialist OCD, BDD and Related Disorder Service for Children and Young People (South London and Maudsley NHS Trust). She has worked with this client group since 2006. Amita is the lead for the BDD branch of the service as well as the research lead for the clinic. She is a Trustee of the BDD Foundation.

In her clinical role, she develops and delivers individually-tailored treatment packages, including intensive, home-based and inpatient treatment, as well as offering consultation and joint work with clinicians around the country.

Dr Jassi has taught and trained nationally and internationally on child and adolescent OCD and BDD. She is the author of several books including 'Appearance Anxiety: a guide to understanding body dysmorphic disorder for young people, families and professionals' and 'The Parents' Guide to Body Dysmorphic Disorder: How to Support Your Child, Teen or Adult'. She has published several papers in peer reviewed



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journals on OCD and BDD and engages in media work to increase awareness and understanding of these conditions.

Dr Benedetta Monzani:

Dr Benedetta Monzani is a clinical psychologist at the National Specialist OCD, BDD & Related Disorders Service for young people at the Maudsley Hospital. Before completing her doctorate in clinical psychology at King's College London, she completed her PhD at the same institution, examining neuropsychological deficits and genetic factors involved in BDD and OCD.

Dr Monzani has gained clinical and research experience with BDD and OCD, having trained and worked at various national BDD and OCD clinics in the UK and USA, including the Centre for Anxiety Disorders and Trauma (CADAT) at the Maudsley Hospital (UK), the BDD Clinic & Research Institute at Massachusetts General Hospital (Boston, USA), and the OCD Institute in Boston (USA), which offers residential treatment for severe BDD and OCD.

Alongside her clinical practice, she continues to be actively involved in writing about, and research into, BDD, OCD and Related Disorders. She published a number of peer-reviewed articles on BDD and hopes to help raise awareness of BDD through teaching, media, and research.

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All workshops, unless otherwise indicated are intended for a cross/mixed ability audience

