NovoPsych

Client Information

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Client Name	Michael Toogood
Date of birth (age)	1 January 2000 (22)

Assessment Information

Assessment	Appearance Anxiety Inventory (AAI)
Date administered	7 November 2022
Assessor	Dr Ben Buchanan'
Time taken	0 minutes 13 seconds

Results

	Score	Average	BDD Percentile	Normative Percentile
Total AAI (0-40)	10	1	1.1	26.5
Avoidance (0-24)	4	0.67	-	-
Threat Monitoring (0-16)	5	1.25	-	-

Average Scores

Legend: Total AAI Average · Avoidance Average · Threat Monitoring Average
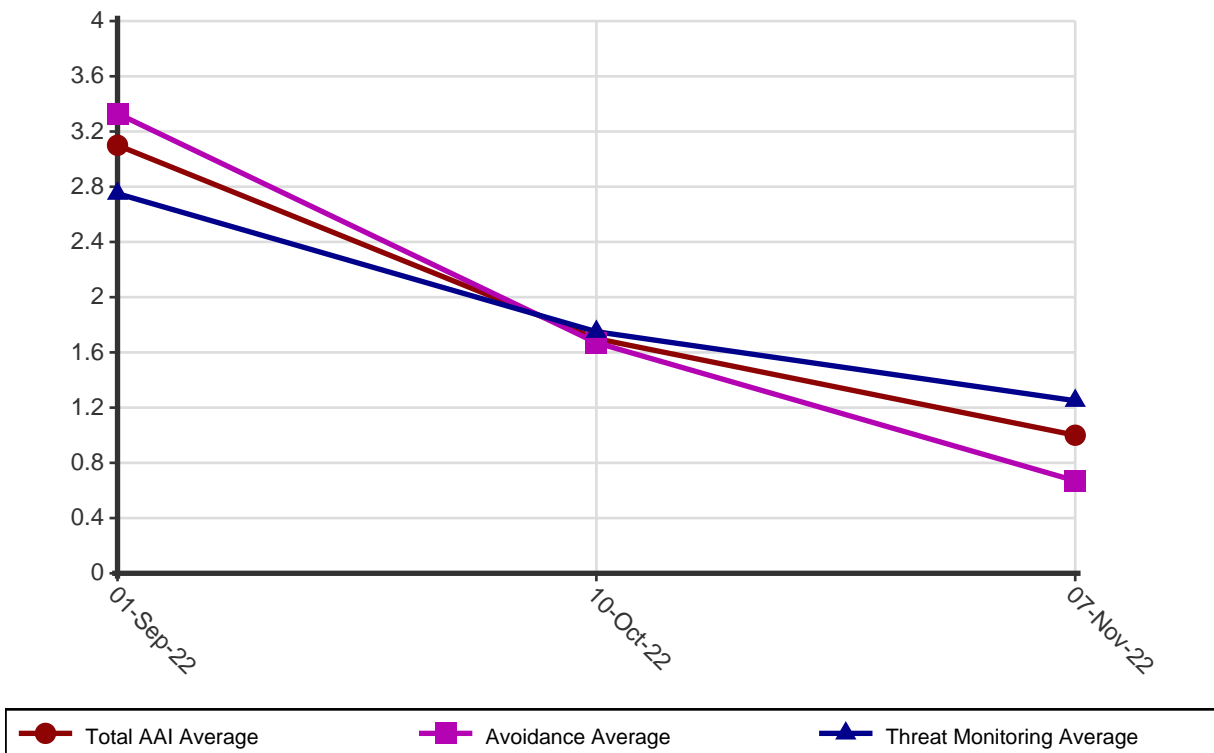
Client Name	Michael Toogood

BDD Percentile
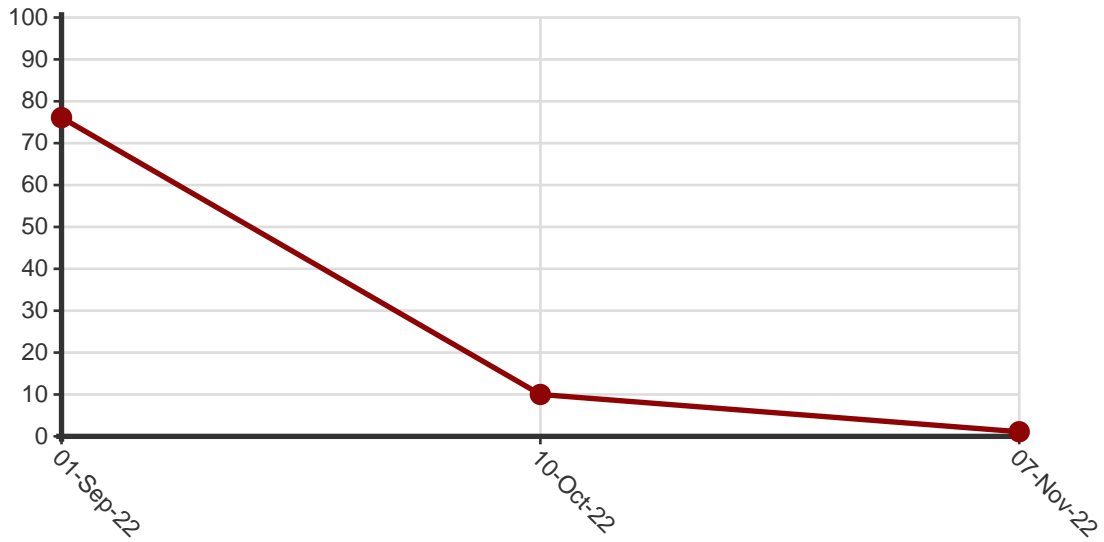
Percentile Rank Compared to Normative Sample
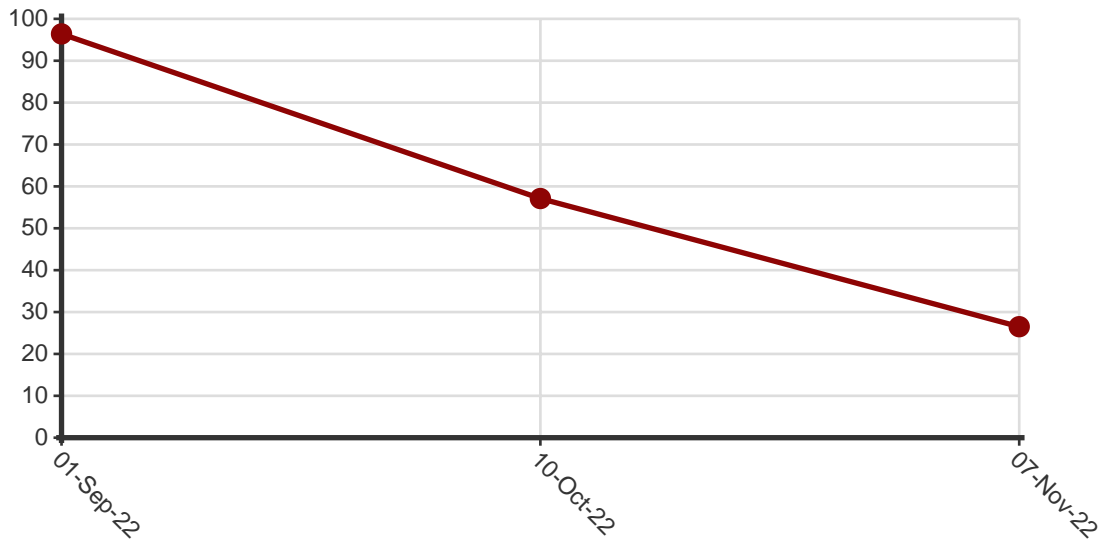
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Scoring and Interpretation Information

Scores consistent of a total raw score derived by summing each item as well as two subscales.

- Avoidance (items 1, 3, 4, 7, 9 and 10)
- Threat Monitoring (items 2, 4, 6 and 8)

Two percentiles are presented to indicate how AAI scores compare to a body dysmorphic disorder group and a community sample. A BDD percentile of 50 indicates average symptoms for someone with a BDD diagnosis before treatment, while the community percentile represents scores in comparison to a normal population.

Veale et al. (2014) did not define a cut-off score for BDD diagnosis but Mastro et al. (2016) suggested a cutoff score of 20 as being indicative of high risk of clinical problems.

Client Responses

		Not at all	A little	Often	A lot	All the time
1	I compare aspects of my appearance to others	0	**1**	2	3	4
2	I check my appearance (e.g. in mirrors, by touching with my fingers, or by taking photos of myself)	0	1	**2**	3	4
3	I avoid situations or people because of my appearance	0	**1**	2	3	4
4	I brood about past events or reasons to explain why I look the way I do	0	**1**	2	3	4
5	I THINK about how to camouflage or alter my appearance	0	1	**2**	3	4
6	I am focussed on how I feel I look, rather than on my surroundings	0	**1**	2	3	4
7	I avoid reflective surfaces, photos, or videos of myself	**0**	1	2	3	4
8	I discuss my appearance with others or question them about it	0	**1**	2	3	4
9	I try to camouflage or alter aspects of my appearance	0	**1**	2	3	4
10	I try to prevent people from seeing aspects of my appearance within particular situations (e.g., by changing my posture, avoiding bright lights)	**0**	1	2	3	4