

Cognitive-behavioral management of bodily image (pp. 551-576)

David Sánchez-Carracedo, Marisol Mora, Gemma López, Helena Marroquín,
Isabel Ridaura, and Rosa M. Raich
Autónoma University of Barcelona (Spain)

The present article shows a review of interventions regarding Body Image Disorder (Body Dysmorphic Disorder) as well as an application of a cognitive-behavioral intervention with university students. The assesment at the pre and post-treatment and at the follow-up with the Body Shape Questionnaire (Cooper, Taylor, Cooper and Fairburn et al, 1987), the Body Dysmorphic Disorder Examination (Rosen and Reiter, 1995) the Eating Disorder Examination (Fairburn & Wilson, 1993) the Rosenberg Self-Esteem Scale (Rosenberg, 1979), the Brief Symptom Inventory (Degoratis and Spencer, 1982) and the Beck Depresión Inventory (Beck, Ward, Mendelson, Mock, and Erbaugh., 1961) show the effectiveness of the treatment.