to use diagnosis effectively as a tool for communication and decision-making. For example:

'Good psychiatric practice involves providing the best level of clinical care that is commensurate with training, experience and the resources available. It involves the ability to formulate a diagnosis and management plan based on often complex evidence from a variety of sources.' (p. 9)

'In making the diagnosis and differential diagnosis, a psychiatrist should use a widely accepted diagnostic system.' (p.10)

This is not an issue of personal choice for a practitioner. It is a professional responsibility to the patient.

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100 words

Body dysmorphic disorder

David Veale

Body dysmorphic disorder (BDD) consists of a preoccupation with a perceived defect or ugliness, usually around the face. The 'flaw(s)' is not noticeable to others, or appears only slight, yet causes enormous shame, depression, or interference in life and there is a high risk of suicide. Often at the core of BDD is a distorted image from an 'observer perspective' and there is a high degree of self-consciousness. People with BDD often avoid public situations and spend hours mirror gazing. BDD is treatable by specialised cognitive behaviour therapy or SSRI antidepressants in maximum dose (not by antipsychotics or cosmetic procedures).

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