Table S1

Predictors of number of treatment barriers (standardized beta with 95% confidence intervals)

	Step 1	Step 2	
	β	β	95% CI
Socio-demographic factors			
Age (continuous)	-0.17**	-0.12*	[-0.07, -0.01]
Gender (1 = female)	-0.05	-0.06	[-1.02, 0.23]
Current relationship (1 = yes)	-0.06	-0.06	[-0.98, 0.19]
College/university degree (1 = yes)	-0.07	-0.06	[-0.99, 0.25]
Employed full-time (1 = yes)	-0.01	-0.01	[-0.73, 0.57]
Clinical factors			
BDD symptom severity (continuous)		0.09	[-0.02, 0.08]
Insight (continuous)		0.02	[-0.35, 0.50]
Diagnosed with BDD (1 = yes)		-0.17**	[-2.38, -0.59]
Diagnosed with other mental disorder (1 = yes)		-0.08	[-1.11, 0.17]
Eating disorder (1 = yes)		0.04	[-0.37, 0.93]
Major depressive disorder (1 = yes)		0.08	[-0.18, 1.14]
Appearance-related suicide attempt (1 = yes)		0.06	[-0.50, 1.85]
Cosmetic surgery (1 = yes)		-0.10*	[-1.36, -0.02]

Note. BDD = Body dysmorphic disorder. *** $p < .001$. ** $p < .01$. * $p < .05$.

Table S2

Predictors of treatment barrier "I felt ashamed of my problems" (adjusted odds ratios with 95% confidence intervals)

	Step 1	Step 2	
	OR	OR	95% CI
Socio-demographic factors			
Age (continuous)	0.98	0.99	[0.96, 1.01]
Gender (1 = female)	1.02	1.03	[0.67, 1.60]
Current relationship (1 = yes)	0.94	0.87	[0.58, 1.31]
College/university degree (1 = yes)	1.24	1.23	[0.80, 1.90]
Employed full-time (1 = yes)	0.72	0.71	[0.45, 1.13]
Clinical factors			
BDD symptom severity (continuous)		1.03	[0.99, 1.07]
Insight (continuous)		0.92	[0.69, 1.23]
Diagnosed with BDD (1 = yes)		0.43*	[0.22, 0.81]
Diagnosed with other mental disorder (1 = yes)		1.05	[0.68, 1.64]
Eating disorder (1 = yes)		0.97	[0.62, 1.52]
Major depressive disorder (1 = yes)		1.15	[0.73, 1.82]
Appearance-related suicide attempt (1 = yes)		0.82	[0.36, 1.87]
Cosmetic surgery (1 = yes)		0.44**	[0.27, 0.71]

Note. BDD = Body dysmorphic disorder. *** $p < .001$. ** $p < .01$. * $p < .05$.

Table S3

Predictors of treatment barrier "Only cosmetic or medical treatments can help with my problems" (adjusted odds ratios with 95% confidence intervals)

	Step 1	Step 2	
	OR	OR	95% CI
Socio-demographic factors			
Age (continuous)	0.97*	0.97*	[0.94, 1.00]
Gender (1 = female)	1.28	1.16	[0.69, 1.93]
Current relationship (1 = yes)	0.83	0.87	[0.54, 1.40]
College/university degree (1 = yes)	0.72	0.89	[0.53, 1.47]
Employed full-time (1 = yes)	1.11	1.18	[0.70, 2.00]
Clinical factors			
BDD symptom severity (continuous)		1.01	[0.97, 1.05]
Insight (continuous)		2.15***	[1.43, 3.26]
Diagnosed with BDD (1 = yes)		0.94	[0.47, 1.88]
Diagnosed with other mental disorder (1 = yes)		0.90	[0.54, 1.50]
Eating disorder (1 = yes)		1.05	[0.63, 1.74]
Major depressive disorder (1 = yes)		1.40	[0.83, 2.37]
Appearance-related suicide attempt (1 = yes)		1.51	[0.65, 3.53]
Cosmetic surgery (1 = yes)		2.38**	[1.43, 3.97]

Note. BDD = Body dysmorphic disorder. *** $p < .001$. ** $p < .01$. * $p < .05$.

Table S4

Predictors of treatment barrier "I am unsure if I really need treatment" (adjusted odds ratios with 95% confidence intervals)

	Step 1	Step 2	
	OR	OR	95% CI
Socio-demographic factors			
Age (continuous)	0.97*	0.98	[0.96, 1.01]
Gender (1 = female)	0.89	0.88	[0.54, 1.43]
Current relationship (1 = yes)	0.86	0.80	[0.50, 1.27]
College/university degree (1 = yes)	1.17	.92	[0.57, 1.49]
Employed full-time (1 = yes)	1.22	1.08	[0.65, 1.81]
Clinical factors			
BDD symptom severity (continuous)		0.99	[0.95, 1.03]
Insight (continuous)		0.89	[0.65, 1.23]
Diagnosed with BDD (1 = yes)		0.23**	[0.10, 0.55]
Diagnosed with other mental disorder (1 = yes)		0.61*	[0.38, 0.98]
Eating disorder (1 = yes)		1.34	[0.81, 2.22]
Major depressive disorder (1 = yes)		0.49*	[0.30, 0.82]
Appearance-related suicide attempt (1 = yes)		0.23	[0.05, 1.06]
Cosmetic surgery (1 = yes)		0.82	[0.48, 1.41]

Note. BDD = Body dysmorphic disorder. *** $p < .001$. ** $p < .01$. * $p < .05$.

Table S5

Predictors of treatment barrier "I was unsure about who to see or where to go" (adjusted odds ratios with 95% confidence intervals)

	Step 1	Step 2	
	OR	OR	95% CI
Socio-demographic factors			
Age (continuous)	0.98	0.99	[0.96, 1.01]
Gender (1 = female)	1.04	1.09	[0.68, 1.77]
Current relationship (1 = yes)	1.06	1.00	[0.64, 1.57]
College/university degree (1 = yes)	0.66	0.67	[0.41, 1.09]
Employed full-time (1 = yes)	1.16	1.20	[0.73, 1.98]
Clinical factors			
BDD symptom severity (continuous)		1.04*	[1.00, 1.08]
Insight (continuous)		0.80	[0.58, 1.11]
Diagnosed with BDD (1 = yes)		0.67	[0.33, 1.34]
Diagnosed with other mental disorder (1 = yes)		0.85	[0.53, 1.38]
Eating disorder (1 = yes)		0.74	[0.45, 1.23]
Major depressive disorder (1 = yes)		0.93	[0.57, 1.53]
Appearance-related suicide attempt (1 = yes)		1.19	[0.51, 2.76]
Cosmetic surgery (1 = yes)		0.56*	[0.33, 0.96]

Note. BDD = Body dysmorphic disorder. *** $p < .001$. ** $p < .01$. * $p < .05$.