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**Some experts are wary of replacing face-to-face counselling** Corbis

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People suffering from body dysmorphia and other self-image anxieties could be treated more effectively with online therapy than face-to-face counselling.

The largest clinical study of body dysmorphic disorder — and the first to examine the effectiveness of treating it with internet-based cognitive behavioural therapy — has found that 12 weeks of regular online sessions can eliminate symptoms.

Up to one person in 100 in the UK is thought to have BDD, an anxiety disorder characterised by the sufferer’s distorted view of their appearance and an unmanageable obsession with how they are seen. Sufferers may be convinced that a small scar is a