

Body Dysmorphic Disorder

What is Body Dysmorphic Disorder (BDD)?

- BDD is a body-image disorder characterized by persistent and intrusive thoughts, judgments, or perceptions about one's appearance that cause emotional distress and can interfere with daily functioning.
- BDD often develops in adolescents and teenagers, and impacts males and females at similar rates in the general population.

What are the signs and symptoms of Body Dysmorphia?

- People who suffer from BDD often perform repetitive or compulsive behaviors to cope with, hide, or change their 'flaws'.
- Some behaviors include: camouflaging, comparison to peers, checking or avoiding mirrors, picking at the skin, excessive exercise and grooming
- Those suffering from BDD also commonly suffer from other disorders, like anxiety, depression, eating disorders, and obsessive-compulsive disorder (OCD)

Treatments

- **Cognitive Behavioral Therapy (CBT)** is effective in teaching how to recognize irrational thoughts and change negative thinking patterns.
- **Acceptance and Commitment Therapy (ACT)** within the context of **CBT** treatment is especially effective in treating BDD.
- **Antidepressant medications** also help to alleviate some of the stress accompanying the obsessive and compulsive symptoms of BDD. Always consult a doctor before beginning any medications.