

## Body Dysmorphic Disorder



Obsessive-Compulsive and  
Related Disorders

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A survey of 30,000 people  
found that 93% of women  
and 82% of men care  
enough about their  
appearance to improve it.

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How does this  
“imperfection” make you  
feel?



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## “Imagined Ugliness”

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☞ Body Dysmorphic Disorder is characterized by an \_\_\_\_\_

☞ People with BDD have a distorted or exaggerated view of how they look.

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### Jane’s living nightmare

Jane is an attractive woman in her thirties, tall, thin and regal. She believes she is breathtakingly ugly. She is tormented by what she sees as her huge nose, crooked lip, big jaw, fat buttocks and tiny breasts. Jane has not left her house in six years. Though she lives with her mother , she once went two years without seeing her. When relatives come over she avoids them by hiding in her room-even on thanksgiving. The one time she left the house-forced to see a doctor- she covered her face with bandages. Eventually she attempted suicide. “I can’t imagine suffering any more than this”, she said. “If I had a choice I’d rather be blind or have my arms cut off. I’d be happy to have cancer.”

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## Someone with BDD may

\_\_\_\_\_

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This obsessive preoccupation interferes with daily function




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## Obsession?

☞ People with this disorder often:

- Become fixated on mirrors.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

☞ This feature helps us understand why this disorder was re-classified as an Obsessive Compulsive Disorder in the DSM 5




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## Why is this now an Obsessive-Compulsive Disorder?



☞ OCD and BDD share a lot of similarities, like intrusive, persistent, horrible thoughts and compulsive behaviors.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

☞ A recent study using brain imaging demonstrated similar abnormal brain functioning between patients with BDD and OCD (Rauch, 2003).

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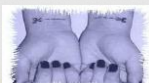
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## How serious is this disorder?



☞ The severity is often reflected in the high percentage of past suicide attempts. People with BDD have a rate of completed suicides that is \_\_\_\_\_ times that of the general population in the U.S!

- \_\_\_\_\_
- Preliminary data from a prospective BDD study suggest that the rate of completed suicide may even be higher than \_\_\_\_\_




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## Review and reflect watch the following video clip



What features of BDD does the client display?  
How does this disorder impact this person's  
life?

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## What are the common "defects"?



☞ People living with BDD may complain of a lack of symmetry.

- \_\_\_\_\_
- Women are most concerned about \_\_\_\_\_
- Men are most concerned with their \_\_\_\_\_

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☞ This disordered thinking about increasing muscle mass is leading to more cases of \_\_\_\_\_.

- Where, mostly men, tend to hold delusions that they are \_\_\_\_\_
- This often leads to excessive exercise and use dietary supplements (even anabolic steroids) to increase their overall shape and musculature.

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# Some people with BDD have *"ideas of reference"*



The belief that everything going on in the

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## Up to 1/3 of people with BDD may be delusional



☞ The question regarding these extremely irrational thoughts has been raised in terms of qualifying this as "delusional thinking".

☞ Individuals with BDD react to what they think is a horrific and grotesque feature.

- The pathology of this disorder lies in their reacting to a deformity that others cannot perceive.



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## Some people will go to extremes to change this imagined flaw



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## Is this a delusional disorder?



☞ BDD is not listed as a delusional disorder in DSM 5. However, it is noted that many people with this disorder have delusional appearance beliefs.

- It is recognized in DSM 5 that these delusions of reference are not the same as those related to psychotic disorders like Schizophrenia

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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## How common is this disorder?



☞ The prevalence among U.S adults is \_\_\_\_\_

- 2.5% of women and 2.2% of men meet criteria for BDD.



☞ The mean age at disorder onset is \_\_\_\_\_

- The median age of onset is 15 years.
- The most common age of onset is 12-13 years.




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Culture determines the standard of beauty, so we see this disorder in other countries with much different preoccupations.

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### Is Surgery the Answer?

☞ Few mental health clinics treat BDD because most people with the disorder seek other types of health professionals, like plastic surgeons or dermatologists.

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One of the most common plastic surgeries is breast augmentation. If a woman has her breast enlarged with implants does this mean she has BDD?




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### Will Plastic Surgery cure BDD?

☞ \_\_\_\_\_

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- These additional surgeries usually focus on the same \_\_\_\_\_

☞ Ironically, the severity of the disorder and accompanying distress increased after surgery (Phillips et al., 2001).

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Some patients (those who are refused surgery or cannot afford it) often resort to performing their own surgery.



Example: doing a facelift with a staple gun, or cutting open their nose with a razor blade and attempting to replace their nose cartilage with chicken cartilage in the desired shape.

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### Where did this come from?



There is little known about the etiology or treatment of BDD. However, recent research suggests a biological component.

- Growing evidence supports poor regulation of serotonin in BDD.
- Further supported by the effectiveness of SSRI's in the treatment of symptoms.

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Other possible inducements of BDD could be childhood trauma, abuse or neglect.



In one study, 78 percent of participants reported some type of maltreatment during their. 40 percent of respondents said the maltreatment was severe.

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## Comorbidity?



Major Depressive Disorder is most comorbid, with onset usually after that of BDD. Social anxiety disorder, OCD, and substance-related disorders are also common (APA, 2013).

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## Biological Treatment



Evidence on effective treatments is limited but there is data to support the effectiveness of SSRI's, that block the reuptake of serotonin.

- Prozac, Luvox and Anafranil provide some relief, which are also most effective in treating OCD.

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## Can Therapy Help?



The form of CBT, exposure and response prevention, has been successful in treating BDD.

In the Rosen et al. study,(1995) 82% of patients with BDD responded to this treatment, although these patients may have been less severe.

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