



Body Dysmorphic disorder

Ch.5- Somatoform and Dissociative Disorders

I hate my Nose...it's SO big!

- ◆ When relatively “normal” people imagine that are so ugly that they cannot function normally, this becomes a classifiable disorder called *Body Dysmorphic Disorder*.





Imagined Ugliness

- ◆ *Body Dysmorphic Disorder* is characterized by an _____

- ◆ People with Body Dysmorphic disorder have a distorted or exaggerated view of how they look.
 - They display obsessive thoughts with actual physical appearance and often think of themselves as _____

Obsession?

- People with this disorder become fixated on mirrors. They frequently check their presumed ugly feature to see whether any change has taken place.



How serious is this disorder?

- The severity is often reflected in the high percentage of _____ of patients have a history of attempt.
- Phillips (2000) reports that the degree of psychological distress and impairment was generally worse than patients with _____

What are the “defects”?

	63%
Nose	50%
	50%
Face	20%
Overall Body	20%
Lips	17%
	17%
Eyes	27%

	13%
Breasts	10%
Ugly face	10%
	7%
Ears	7%
Buttocks	7%
Penis	7%
Shoulders	3%
Forehead	3%

Phillips & Mc Elroy, 1993

- People with BDD have

- They think everything that goes on in the world is related to them, specifically about their

- This disorder can cause significant disruption in the person's life. Many patients have suicidal ideation and attempt.

Is this delusional thinking?

- The question regarding these

has been raised in terms of qualifying this as "delusional thinking".



- _____
- _____
- _____

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



What do the experts say?

- This is a source of debate among professionals and those working on the new edition of the DSM (V).

- There are no clear answers to this question and more research is needed.

- For now, those who firmly hold these

How common is this disorder?

The prevalence of BDD is

Are College Students at Risk?

- If you think you might know someone with this condition, you might be right. Research suggests that BDD affects as many as _____ of college students.
 - Fitts et al. (1989) reports that _____ college students report at least some level of _____
- Although this research may have reflected the large percentage of students concerned only with weight.



Who is more likely to have BDD- men or women?

Is Ethnicity a Factor?

- A recent study (Mayville et al., 1999) investigated the prevalence of BDD in an ethnically diverse sample of 566 adolescents between the age of 14-19.
 - The prevalence in this group

- Ethnicity proved to be a factor, with

with their bodies than Caucasians, Asians, and Hispanics.

Is it just the ladies?

- NO-Statistics shows that this disorder does not effect one gender more than another, but slightly more women are effected in the U.S.

- The age of onset ranges from



so we see this disorder in other countries with much different preoccupations.

Psychologist or Plastic Surgeon?



• Most mental health clinics infrequently see BDD because most people with the disorder seek other types of health professionals, like plastic surgeons or dermatologists.

• _____

What surgeries are people getting?

• The most common procedures:

- Breast augmentation-
- Breast enlargement has increased _____% between 1992-99

- _____
- Increased by 139%



Is Plastic Surgery the cure for BDD?

• _____, research has shown that most gain

_____ These additional surgeries usually focus on the same defect or on some new defect.

• Ironically, the severity of the disorder _____ and



Where the hell did this come from?

- There is little known about the etiology or treatment of BDD. Including a genetic component or genetic predisposition.
- The psychoanalytic theory speculates the anxiety produced by the unconscious conflict gets displaced onto a body part.

Is BDD a form of OCD?

- The two disorders share a lot of similarities, like intrusive, persistent, horrible thoughts and compulsive behaviors.
- This disorder tends to co-occur with OCD, and has approximately the same age of onset and runs the same course.
- A recent study using brain imaging demonstrated similar abnormal brain functioning between patients with BDD and OCD.

Comorbidity??

It is often associated with

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.

Can Therapy Help?

- The form of CBT, exposure and response prevention, has been successful in treating BDD.
- In the Rosen et al. study,(1995) _____% of patients with BDD responded to this treatment, although these patients may have been less severe.

Next Class...

- More Somatoform Disorders-
- Conversion Disorders- Munchausen's Syndrome
