



Body Dysmorphic disorder

Ch.5- Somatoform and Dissociative Disorders

While the concerns of a person with BDD may seem familiar to some of our own this is not typical dissatisfaction

“Imagined Ugliness”



• *Body Dysmorphic Disorder* is characterized by

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

- Often thinking of themselves as _____
_____.

Someone with BDD
may obsessively check
the mirror to view his
or her "flaws"



This obsessive
preoccupation interferes with
daily function

Obsession?

• People with this disorder often become fixated on mirrors. They frequently check their _____

Some clinicians feel it is a variant of _____



How serious is this disorder?

• The severity is often reflected in the high _____

- Recent research shows _____ is present in 78% of patients with BDD (Phillips, 2006).

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

What are the common “defects”?

• The most common complaints concern the

- People living with BDD may complain of a lack of symmetry.
- They may feel that something is too big or too small or, that it is out of proportion to the rest of the body.

Pumped up?!



• Those who suffer from

_____ tend to hold delusions that they are "skinny" or "too small"



- Often leads to excessive exercise and use dietary supplements (even anabolic steroids) to increase their overall shape and musculature.

People with BDD have “ ideas of reference”

Is this delusional thinking?

• The question regarding these extremely irrational thoughts 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?

• There are no clear answers and this is a source of debate among professionals and those working on the new edition of the DSM (V).

- For now, those who firmly hold these false beliefs are given _____

How common is this disorder?

The prevalence of BDD is hard to estimate due to the high amount of secrecy associated with this disorder.



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

_____ is not a factor

- Statistics show that this disorder _____, but slightly more women are effected in the U.S.
- However, 62% of persons with BDD in Japan were _____
- The age of onset ranges from early adolescence through the _____



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



Seek out a Psychologist or Plastic Surgeon?



◆ Few mental health clinics treat BDD _____



◆ Approximately ____ of patients who have plastic surgery have BDD- but it could be as much as 25% (Barnard, 2000).

Is Plastic Surgery the cure for BDD?

◆ _____

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

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



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

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.

Where did this come from?

- ◆ There is little known about the etiology or treatment of BDD. However, recent research suggests a _____.
- Growing evidence supports poor regulation of _____ in BDD.
- Further supported by the effectiveness of SSRI's in the treatment of symptoms.

Cultural and Psychological Causes

- ◆ Researchers are discussing the possible links between _____ resorting to cosmetic surgeries and treatments for relief.
- ◆ Other possible inducements of BDD could be childhood trauma, abuse or neglect. Researchers are attempting to determine whether frequent instances of abuse or neglect as children -especially emotional neglect -could be linked to the development of BDD.
- In one study, 78 percent of participants reported some type of maltreatment during their. 40 percent of respondents said the maltreatment was severe

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 (Rauch, 2003).

Comorbidity??

It is often associated with social phobia and _____

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) 82% 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
