

Body Dysmorphic disorder

Ch.7- Somatoform and Dissociative Disorders


A survey of 30,000 people found that

of men care enough about their appearance to improve it.

THINK

Has it ever been so upsetting that you were afraid to leave the house for fear everyone would make fun of you?

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



“Imagined Ugliness”


- Body Dysmorphic Disorder is characterized by _____

- in your physical appearance.
- People with BDD have a distorted or exaggerated view of how they look.
- Often thinking of themselves as ugly or disfigured.

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.”

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



Obsession?

- ◆ People with this disorder often become fixated on mirrors. They frequently check their presumed ugly feature to see whether any change has taken place (Veale, 2001).



How serious is this disorder?

- ◆ The severity is often reflected in the _____

- Recent research shows suicidal ideation is present in 78% of patients with BDD.
- Preliminary data from a prospective BDD study suggest that the rate of completed suicide may even be _____



Review and reflect
watch the following video clip

What are the common “defects”?

- The most common complaints concern the nose, the hair, the skin, the eyes, the chin, the lips or the overall body build.
- People living with BDD may complain of _____
- They may feel that something is too big or too small or, that it is out of proportion to the rest of the body.

While this disorder is associated most with women, there is an increasing amount of men displaying symptoms of BDD


However, the area of focus is quite different



Pumped up?!

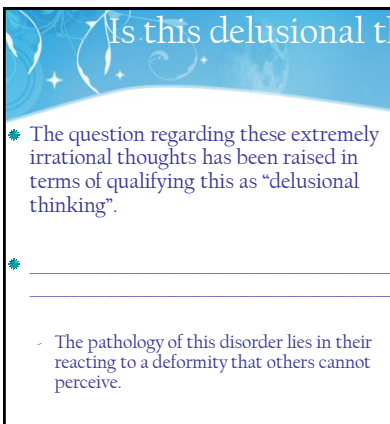
* Those who suffer from _____ tend to hold delusions that they are "skinny" or "too small"

- This often leads to excessive exercise and use dietary supplements (even anabolic steroids) _____



People with BDD have

The belief that everything going on in the world is related to them, specifically about their imagined flaw.




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 a second diagnosis

How common is this disorder?

due to the high amount of secrecy associated with this disorder.

(1-13%)



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

Gender is not a factor

• Statistics show that this disorder _____
_____ one gender more than another, but slightly more women are effected in the U.S.

- However, 62% of persons with BDD in Japan _____

• The age of onset ranges from early adolescence through the 20's peaking at age 18 or 19 (Phillips et al., 1993).



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

Psychologist or Plastic Surgeon?


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



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?


THINK

This is not typical breast augmentation. If either of these women have BDD, they may still view their breasts as too small



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 _____




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.



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 _____.
- Further supported by the effectiveness of SSRI's in the treatment of symptoms.



Cultural and Psychological Causes

Researchers are discussing the possible links between pop culture and the prevalence of people with BDD resorting to _____

Other possible inducements of BDD could be _____

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.

- 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 _____

Treatment

- Evidence on effective treatments is limited but there is data to support the effectiveness of SSRIs, 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.

What's Next?

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