

# Body Dysmorphic Disorders

Body dysmorphic disorder (BDD) is a mental illness involving obsessive focus on a perceived flaw in appearance. The flaw may be minor or imagined. But the person may spend hours a day trying to fix it. The person may try many cosmetic procedure or exercise to excess.

People with this disorder may frequently examine their appearance in a mirror, constantly compare their appearance with that of others and avoid social situations or photos. People may experience anxiety, or general dis-

content, unwanted thoughts, compulsive behaviour, or depression.

Body dysmorphic disorder appears to be relatively common. Epidemiologic studies have reported a point prevalence of 0.7% to 2.4% in general population. These studies suggest that body dysmorphic disorder is common than disorders such as schizophrenia or anorexia nervosa.

There are two subtypes of body dysmorphic disorder:

Both Muscle Dysmorphia and Body Dysmorphic Disorder by Proxy.

Both of these subtypes appear to represent respond to the same basic treatment strategies

as BDD (cognitive behaviour therapy or CBT and medications).

However, the CBT (cognitive behaviour therapy) therapist in particular needs to adjust the treatment so that it has the right focus.

SSRIs (selective serotonin

reuptake inhibitors (SSRIs) appear to be more effective for body dysmorphic disorder than other antidepressants and may help control our negative thoughts and repetitive behaviours. Other medications: In some cases, we may benefit from taking other medications in addition to an SSRI, depending on our symptoms.