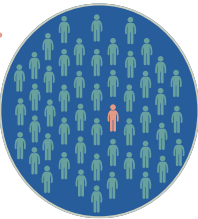




What is Body Dysmorphic Disorder?

Body Dysmorphic Disorder (BDD) is a distressing psychological condition where a person becomes very preoccupied with one or more features in physical appearance, e.g. nose, skin, hair, etc. Any body part could be the focus of concern in BDD. People with BDD engage in time-consuming, repetitive behaviours to 'fix' or hide the perceived flaw/s which are difficult to resist or control (e.g. extensive grooming regimes, mirror checking, reassurance seeking, camouflaging, seeking cosmetic surgery etc). BDD can seriously affect a person's daily life, including work, education, social life and relationships. As a result, social anxiety, isolation and depression are very common in BDD.

1 in 50
have BDD



1 in 4
will attempt suicide

- BDD affects all genders, men and women equally.
- BDD was first diagnosed in 1891.
- Shame leads to an average of 10 year gap between symptom onset & seeking help.
- 30% of people with BDD will become housebound during their illness.
- 50% of people with BDD are unemployed at some point during the course of their condition.

Treatment

With the right treatment, 60-70% of people with BDD gain recovery. Cognitive Behaviour Therapy (CBT) with Exposure Response Prevention (ERP) either in combination with medication or alone is the evidence-based treatment. SSRI's are the recommended medication.

BDD is not about vanity.

Vanity is the polar opposite of what those with BDD experience. The safety behaviours associated with BDD may appear vain, but the reality is that people with BDD are extremely self-critical and unkind to themselves.

You are not alone – get help and support

**The BDD Foundation is a UK-based
International charity for anyone
affected by BDD.**


**SCAN
ME**



Visit our website: www.bddfoundation.org

Contact our e-helpline: support@bddfoundation.org

The BDD Foundation – Registered Charity No: 1153753