



# BODY IMAGE ISSUES

## FRACTURED REFLECTIONS

BODY DYSMORPHIC DISORDER IS TREATABLE.

**Body Dysmorphic Disorder (BDD)** is a mental health condition where individuals become fixated on perceived flaws in their appearance, even if there's no actual issue. They might see themselves as unattractive or deformed. Common behaviors include repetitive actions like frequent mirror-checking, excessive grooming or seeking reassurance, often for hours a day.

## WHAT'S AT STAKE?

**Self-criticism:** belief that a perceived defect in one's appearance makes them ugly or deformed

**Behavior:** attempting to fix the perceived flaw in ways that are difficult to resist or control

**Social:** avoiding social situations, seeking reassurance about appearance from others

**Comparing:** constantly comparing appearance to others or a standard of perfection

## WHO'S AT RISK?

While experts don't fully understand how or why BDD happens, it most likely involves a combination of factors, including: social media, cultural influence and popular media, genetics, brain structure, and a history of childhood abuse, neglect or bullying. You are three to eight times more likely to have BDD if a parent or sibling has it.





**BDD  
AFFECTS  
ABOUT  
2.4% OF  
ADULTS**

## HOW TO HELP OTHERS

- Know the risk factors
- Know the symptoms
- Listen without judging
- Do not dismiss their concerns
- Avoid arguing
- Encourage them to seek care

## HOW TO HELP YOURSELF

Managing BDD often involves a combination of approaches, including psychotherapy and medications. There are multiple forms of psychotherapy that might help. As for medications, antidepressants are a common part of treatment for BDD. Medications can also make psychotherapy more effective. The key is to speak with a healthcare professional to find the best course of treatment.

**BDD DOES NOT DEFINE YOU  
OR THOSE YOU LOVE.**