



# THE SAD TRUTH OF BODY DYSMORPHIC DISORDER

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# MAIN POINTS

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- **Mental health disorder**
- **Can impact anyone**
- **Can lead to many problems in the lives of people**
- **There is help for BDD**

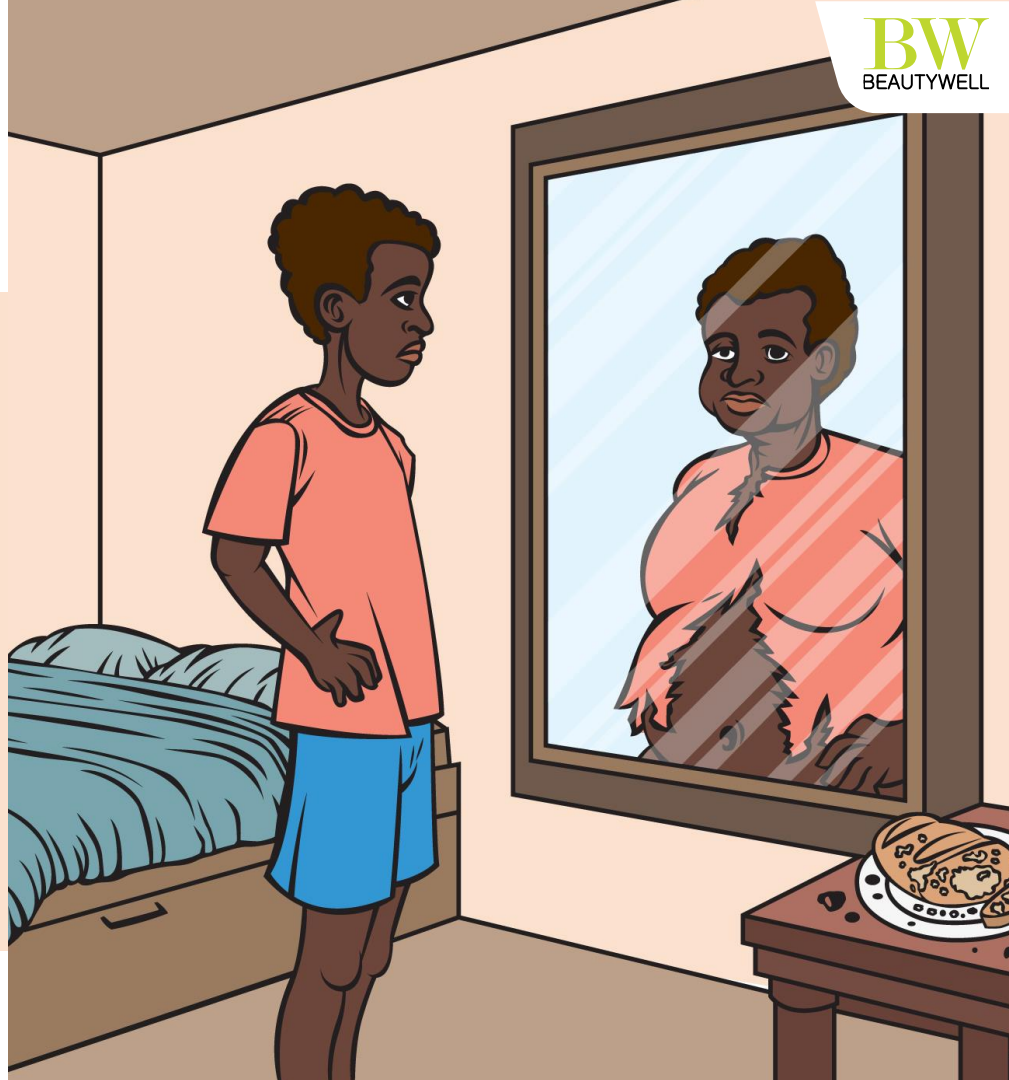
# WHAT IS BODY DYSMORPHIA



- Body dysmorphic disorder (BDD) is a mental health problem that can make people be very angry with their body's appearance and unable to live a normal life.
- Many of us have what we consider to be a "flaw" in our appearance.
  - With BDD, your reaction to this "mistake" can be overwhelming. People with BDD hate any part of their body, but often have defects in their hair, skin, nose, chest, or stomach.
- In reality, the perceived defect may or may not be a minor defect. However, for people with BDD, the mistakes are serious and prominent, often causing serious psychological stress and difficulties in daily life.

# WHY WE CHOSE THE PROJECT

- Our group decided to handle the topic of body dysmorphia because there are up to 200,000 reported cases (in a year) of it in the United States alone.
- It's only right for us to speak up on an issue that many people from our community and from different cultures could be dealing with. We want to open up a healthy conversation about body dysmorphia.



# MYTHS & FACTS

- Myth #1: Body Dysmorphia will go away when you become older
  - This is FALSE. Although Body Dysmorphia mostly develops in young teens, Body Dysmorphia can stay with a person forever + it can affect people of all ages.
- Myth #2: Cosmetic & Surgical procedures can magically cure Body Dysmorphia
  - This is FALSE. Usually deep down, body dysmorphia is caused by trauma, anxiety, and depression. Getting plastic surgery is a SYMPTOM. Seeking these procedures can actually make the person feel worse, or want more surgeries.



# WHO DOES BODY DYSMORPHIA AFFECT?

- Teens as young as 12-13 years old are most likely to develop Body Dysmorphic Disorder.
- BDD affects both men and women. Women are slightly more affected than men (about 2% of Americans, 1/50 people).
- BDD can also be genetic - People who have family members that are diagnosed with BDD are more likely to have it as well.
- Evidence shows White Americans are most likely to develop BDD, along with Latinos, Asians, and then African Americans.
- BDD affects all races, but there isn't a lot of evidence on how differently it can affect different ethnic groups.



Links: <https://link.springer.com/article/10.1007/s11199-010-9831-1#:~:text=Of%20the%20racial%2Fethnic%20groups,body%20dysmorphic%20disorder%20by%20group.https://www.psychom.net/body-dysmorphic-disorderhttps://adaa.org/understanding-anxiety/body-dysmorphic-disorder#:~:text=BDD%20most%20often%20develops%20in,American%20Psychiatric%20Association%2C%202013>



# HOW DOES BODY DYSMORPHIA AFFECT PEOPLE?

- Body dysmorphia affects people in a way where they isolate themselves because they feel embarrassed or are ashamed so they try and avoid any social interactions
- They tend to frequently check their appearance in mirrors
- Wearing certain types of clothing, likes hats and scarves
- It can also affect family relationships- it can be really upsetting for those who have a family member/ someone you care about that see themselves as “ugly”
- It can also affect their academic performance



# BODY POSITIVITY

- Body positivity is a social movement aimed at empowering people regardless of their physical size or weight, as well as challenging how society portrays bodies.
- Body positivity is about accepting yourself and not letting your physical appearance get you down!!!
- Body positivity is literally just saying that all bodies are beautiful and you don't need to change yourself to be what society considers beautiful.



# CONCLUSION

*It's ok to have body dysmorphia, you're not alone, and it's always ok to reach out for help*

1. Body dysmorphia is a real mental health challenge.
2. BDD can impact the way people function and live their life in a negative way.
3. BDD is relatively common, it is important to get screened for BDD and get help if needed.

# LINKS

- <https://bdd.iocdf.org/about-bdd/>
- <https://adaa.org/understanding-anxiety/body-dysmorphic-disorder>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/body-dysmorphic-disorder>
- <https://www.mayoclinic.org/diseases-conditions/body-dysmorphic-disorder/symptoms-causes/syc-20353938>
- <https://link.springer.com/article/10.1007/s11199-010-9831-1#:~:text=Of%20the%20racial%2Fethnic%20groups,body%20dysmorphic%20disorder%20by%20group.>
- <https://www.psychom.net/body-dysmorphic-disorder>
- <https://adaa.org/understanding-anxiety/body-dysmorphic-disorder#:~:text=BDD%20most%20often%20develops%20in,American%20Psychiatric%20Association%2C%202013>
- <https://centerfordiscovery.com/blog/common-myths-body-dysmorphic-disorder>
- <https://kidshealth.org/en/parents/bdd.html>
- <https://ivypanda.com/essays/body-dysmorphic-disorder-essay/#:~:text=Conclusion%20Body%20dysmorphic%20disorder%20is%20a%20serious%20illness,to%20seek%20psychological%20help%20as%20early%20as%20possible.>
- <https://www.nationaleatingdisorders.org/get-involved/the-body-project>
- <https://link.springer.com/article/10.1007/s11199-010-9831-1#:~:text=Of%20the%20racial%2Fethnic%20groups,body%20dysmorphic%20disorder%20by%20group.>
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