



## 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.

- **About 1 in 50 people suffer from BDD**
- **The cause of BDD is unknown but it is associated with bullying, teasing and childhood abuse/trauma**
- **Each year, 1 in 330 people diagnosed with BDD commit suicide**
- **NICE guidelines for BDD recommend Cognitive Behavioural Therapy (CBT) and SSRI medication**
- **BDD is a treatable and beatable condition**

**You are not alone – get help and support**

**Visit our website:** [www.bddfoundation.org](http://www.bddfoundation.org)

**Contact our e-helpline:** [support@bddfoundation.org](mailto:support@bddfoundation.org)

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