

Guide

Body Dysmorphic Disorder



**Your imagination distorts
your beauty**

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Imagine for a single moment!



That we live in a world free of
mirrors and images. How
would you see yourself?

Get to know Body Dysmorphic Disorder?

It is a psychological disorder characterized by the individual being preoccupied and spending a lot of time worrying about perceived flaws in their appearance, which are often unnoticeable to others.

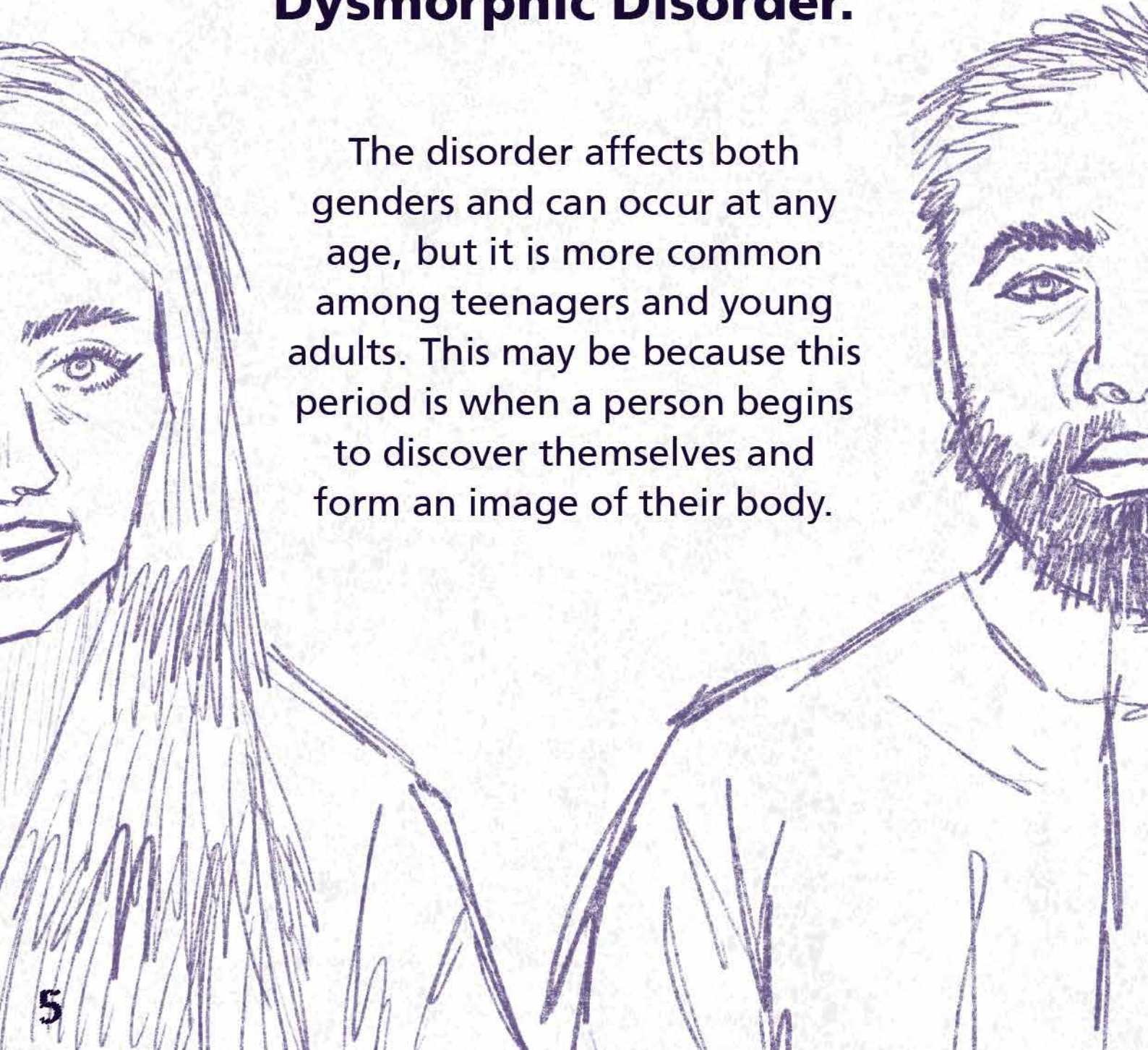
The person may believe they look ugly or deformed, such as thinking they have a large and repulsive nose or severely scarred skin, while in reality, they appear normal.



1 in every 50

People are diagnosed with Body Dysmorphic Disorder.

The disorder affects both genders and can occur at any age, but it is more common among teenagers and young adults. This may be because this period is when a person begins to discover themselves and form an image of their body.



Are your eyes satisfied?



**"And the eye of contentment
overlooks every flaw."**

Imam Al-Shafi'i

Not everyone who is unhappy with
their appearance has

Body Dysmorphic Disorder

Most people are dissatisfied with certain aspects of their appearance, but that doesn't necessarily mean they have Body Dysmorphic Disorder. The difference between normal appearance-related concerns and the disorder can be identified **by looking at certain characteristics.**

A person with Body Dysmorphic Disorder develops thoughts and beliefs that are:

- 1 Time-consuming, spending at least an hour daily thinking about perceived flaws in their appearance.
- 2 Interfering with daily life tasks and causing disruption due to social withdrawal.
- 3 Causing significant emotional distress, such as anxiety and sadness.
- 4 Leading to repetitive compulsive behaviors, such as frequently checking mirrors.

RECOGNIZING YOUR CONDITION **IS THE FIRST STEP** TOWARD ACCEPTING YOURSELF



SIGNS OF BODY DYSMORPHIC DISORDER

- 1 Worrying about a specific area of the body (especially the face).**
- 2 Spending a lot of time comparing one's appearance to others.**
- 3 Frequently looking in the mirror or avoiding it entirely.**
- 4 Putting great effort into hiding perceived flaws, such as spending a long time styling hair, applying makeup, or choosing clothes.**
- 5 Obsessive and continuous pursuit of change.**

Most cases of Body Dysmorphic Disorder are diagnosed 10 to 15 years after onset, usually after the symptoms become severe and clearly diagnosable.

**ALWAYS REMEMBER THAT
BEAUTY COMES IN MANY
FORMS, AND EVERYONE...**



**IS UNIQUE IN
THEIR BEAUTY.**

FACTORS THAT MAY INCREASE THE RISK



THE CAUSE OF BODY DYSMORPHIC DISORDER CANNOT BE DETERMINED WITH CERTAINTY, BUT IT MAY RESULT FROM A COMBINATION OF FACTORS, SUCH AS:

- 1 Family medical history – a person may be more likely to develop Body Dysmorphic Disorder if a relative has it, or has obsessive-compulsive disorder or depression.
- 2 Influence of advertisements and social media content that promote a certain appearance.
- 3 Personality traits, such as low self-esteem or perfectionism.
- 4 Exposure to abuse, harassment, or bullying during childhood.
- 5 Societal pressure or imposed expectations about beauty.
- 6 Imbalance in brain chemistry.

69%

OF PATIENTS WITH BODY DYSMORPHIC DISORDER REPORTED EXPERIENCING BULLYING AND HARASSMENT DURING CHILDHOOD.

Body Dysmorphic Disorder negatively affects the quality of life of those affected in many ways, and these negative effects, include:

Its impact on mental health and mood:

- 1 Developing mental health conditions such as depression and obsessive-compulsive disorder.
- 2 The development of eating disorders such as anorexia nervosa
- 3 and bulimia nervosa.
- 4 Feelings of anxiety, sadness, or self-disgust.
- 5 Loss of enjoyment in things previously liked.
- 5 Low self-esteem.

80%

**OF PEOPLE WITH BODY
DYSMORPHIC DISORDER HAVE
SUICIDAL THOUGHTS.**

1 IN 4

OF THEM HAS ATTEMPTED SUICIDE.



ITS IMPACT ON SOCIAL LIFE



1

Giving up activities they enjoy to spend more time engaging in behaviors to hide perceived flaws.

2

Difficulty maintaining eye contact, speaking, or interacting with others.

3

Avoiding going out with friends, especially when comparing their appearance to others.

4

Social isolation.

ITS IMPACT ON STUDY AND WORK

Frequent lateness
to work.

Quitting work
permanently.

Dropping out
of education.



50%

OF PEOPLE WITH BODY DYSMORPHIC
DISORDER ARE CURRENTLY UNEMPLOYED.

Remember

The ugliness you see in
yourself is just an illusion...

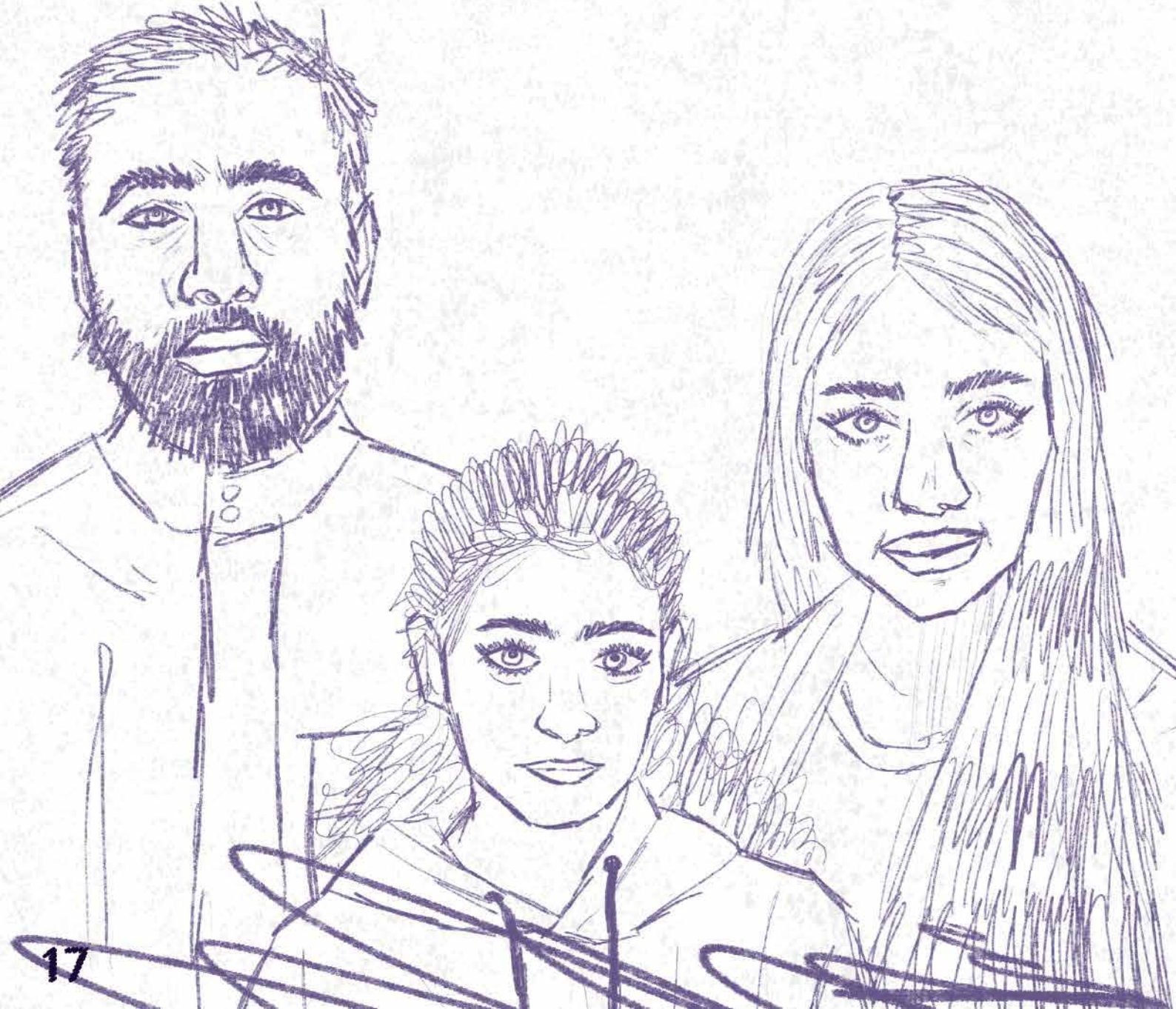
The journey of treatment may be difficult and long, but it is not impossible. Seek help from specialists and don't hesitate! The journey of treatment may be difficult and long, but it is not impossible. Seek help from specialists and **don't hesitate!**

80%

of those who sought
medical care recovered
from the disorder.

Maybe you are not the one affected, but!

It could be your life partner, one of your children, or a close friend. Pay close attention to those around you, do not ignore them, and be the support they need.



Do you know the similarity between brushing your teeth and changing your thinking?

Both require a small daily effort!

Changing the way we think requires daily practice, just as maintaining your dental health requires brushing your teeth every day.

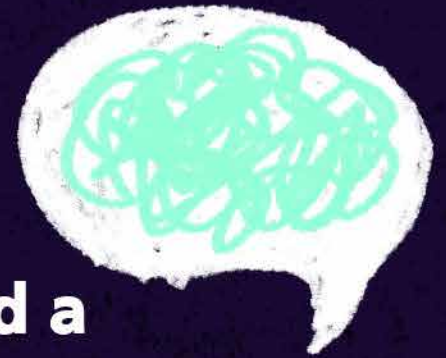
**Learn with us to see yourself as beautiful
in your own eyes and not let**

Your imagination distorts your beauty

Studies confirm that most of the causes of developing a negative body image, which can later lead to Body Dysmorphic Disorder, are factors that can be prevented and overcome.



In this guide, we have gathered for you the most important ways to help you overcome negative thoughts about your body image.



5

Ways to Help You Build a Positive Body Image and Boost Your Confidence

1

Write a list of the ten most important things about yourself that you love that are not related to your appearance, and read it often.

2

Take care of your health and follow a healthy lifestyle.

3

Look at yourself as a whole and avoid focusing only on specific parts when looking in the mirror.

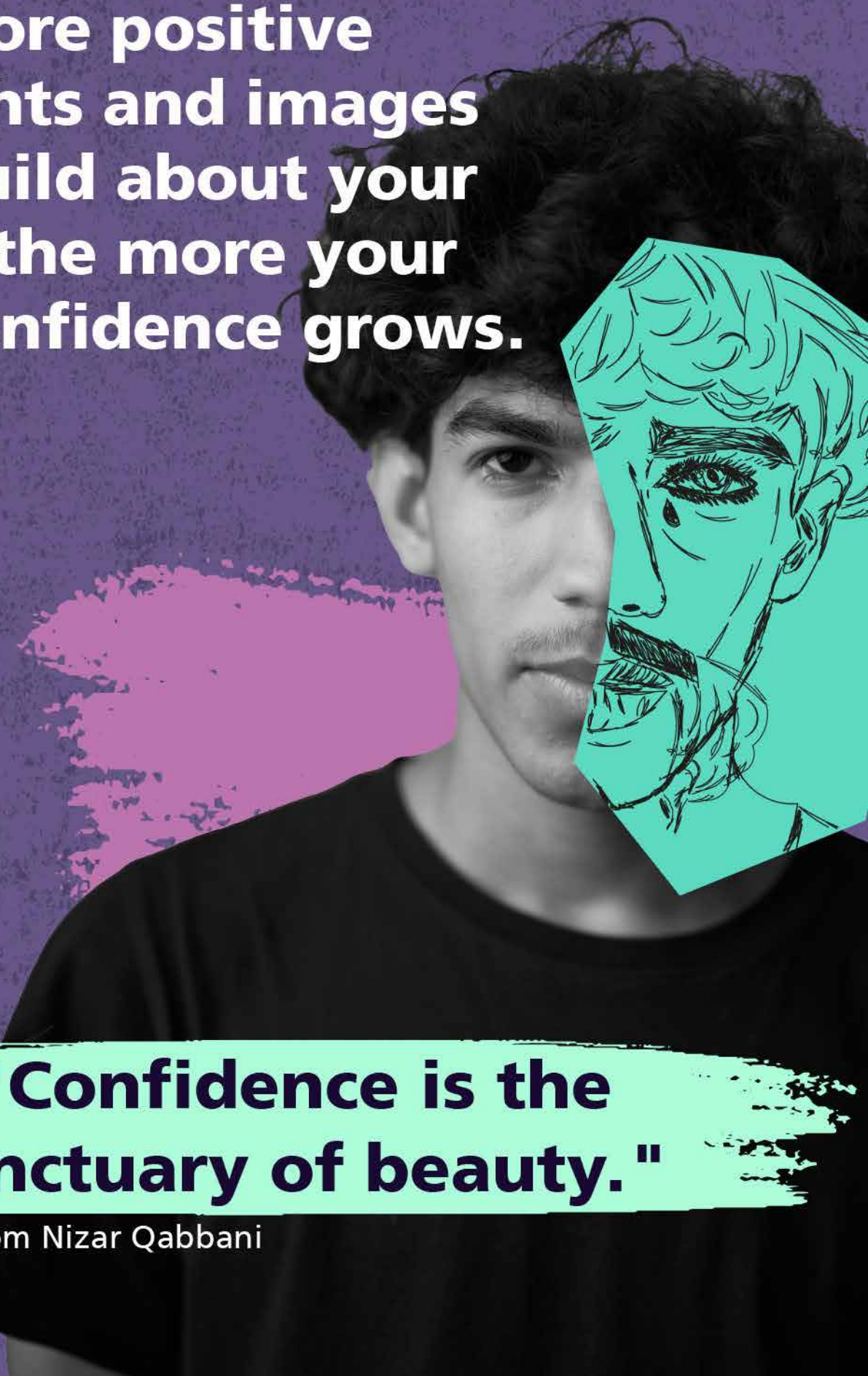
4

Surround yourself with positive people who understand the importance of naturally loving yourself as you are.

5

Distract yourself from negative thoughts about your body and immediately replace them with positive ones (remember the list).

**The more positive
thoughts and images
you build about your
body, the more your
self-confidence grows.**



**"Confidence is the
sanctuary of beauty."**

– Adapted from Nizar Qabbani

To every father and mother

Your child reflects the thoughts, beliefs, and values you hold. Be their role model and teach them that a person's true values go beyond outward appearance. What matters most is lasting health, success, inner happiness, and their positive impact on life.

Frequently Asked Questions?

Is Body Dysmorphic Disorder (BDD) related to Obsessive-Compulsive Disorder (OCD)?

Answer:

Yes, Body Dysmorphic Disorder (BDD) and Obsessive-Compulsive Disorder (OCD) are related. OCD and related conditions form an entire category of mental health disorders, and Body Dysmorphic Disorder (BDD) is considered part of this category.

What are the most common areas of the body that people with Body Dysmorphic Disorder worry about?

Answer:

Skin: especially if they have acne or other imperfections.
Face: particularly the nose, lips, eyes, and teeth.
Abdomen and chest.
Head and hair.

Frequently Asked Questions?

Do only women develop Body Dysmorphic Disorder, or can men be affected too?

Answer:

Women are more likely to develop Body Dysmorphic Disorder, but men can also be affected. Men often worry about hair loss, as well as the size and build of their bodies.

Do people with Body Dysmorphic Disorder feel satisfied after cosmetic surgery?

Answer:

No, because the disorder is a psychological problem, not a physical one. Appearance-related concerns do not disappear after cosmetic procedures, and in some cases, symptoms may worsen. People with the disorder often have unrealistic expectations about the results, believing that cosmetic procedures will solve their life problems. Therefore, cosmetic treatments are not recommended for this disorder.

If you feel that

**your imagination is
distorting your**

Remember that you are the
one in control, and seek help.



خيالك
يشوّه
جمالك
Your imagination
distorts your beauty

مجلس الصحة
لدول مجلس التعاون
Gulf Health Council



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and help us raise
awareness**

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