
Boosting Body Dysmorphic Disorder (BDD) Awareness Among Adolescents

What is Body Dysmorphia?

Body dysmorphic disorder or BDD is a mental disorder that pertains to obsessive focus(es) on perceived flaw(s) in appearance. Body dysmorphia is categorized as a form of obsessive compulsive disorder.



Research Questions:



- How aware are highschool students on body dysmorphia?
- What ways are teens willing to help their peers with BDD?
- What are the most effective ways to boost body dysmorphic disorder awareness?
- Is there a need to include body dysmorphia within high school education?

Why Care?

- Adolescents are at high risk
- As found by Sophie C Schneider development of disorder occurs usually between ages 13-17
- Affects more women than men
- Suicide, depression and anxiety rates are high
- Failure and rejection leads to worse symptoms as found by Kathleen Eldredge and Kelly Densham
- Leads to poor academics, lower economic standing, and worse jobs as found by Patrick D. Converse and Loh, Eng Seng

My Study:

The Problem:

- Educated on anorexia and bulimia
- High risk of these eating disorders and body dysmorphia

Goal:

- Use data gathered on awareness of body dysmorphia
- Determine if there a need to implement BDD education within school curriculum
- Increase body dysmorphia awareness

– **Methods:**

Participants:

- My methods and survey were reviewed by IRB
- 15 students from each, 9th, 10th, 11th, and 12th grade
- Each student returned a parent consent form

Research:

- Reviewed other research and projects related to body dysmorphia
- Look at the effect BDD has on a person's life
- Analyzed results to determine BDD awareness levels
- Used data to show a need to implement BDD into high school education

My Survey:

Questions asked students to evaluate:

- There level of awareness about BDD
- Prevalence of the disorder
- Symptoms and classification of the disorder
- Ways most effective in boosting awareness
- How willing students are to help
- Ways students are willing to help
- Link:https://docs.google.com/forms/d/194bySPAGrje_IdK5daLdb5bEwTf68FLaMJuyNcVOidl/prefill

Data Gathered From My Survey

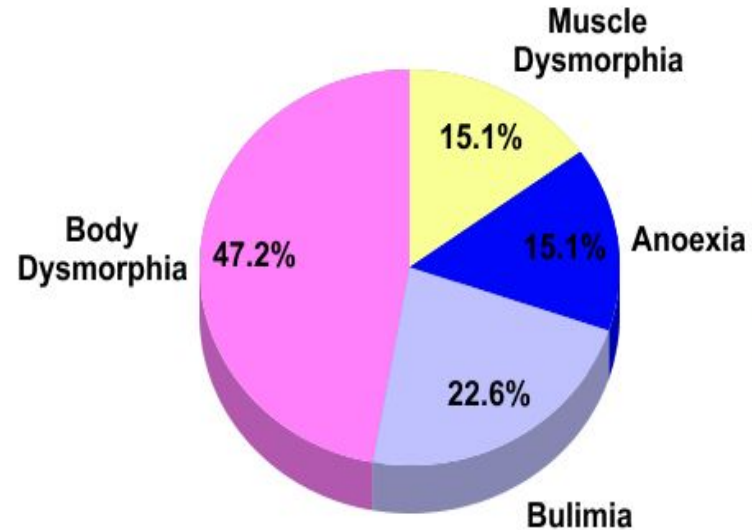
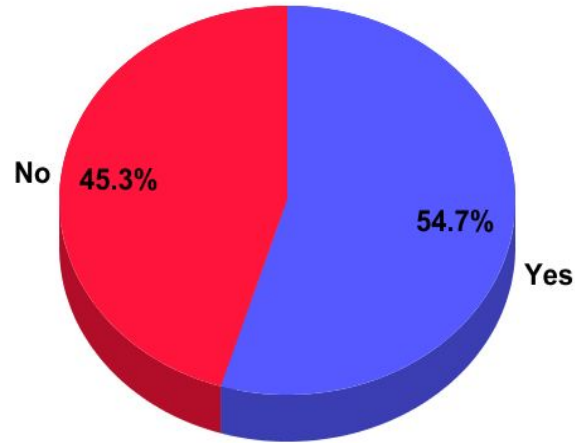
Results:

Awareness:

- 45.3% unaware
- 54.7% aware

Definition:

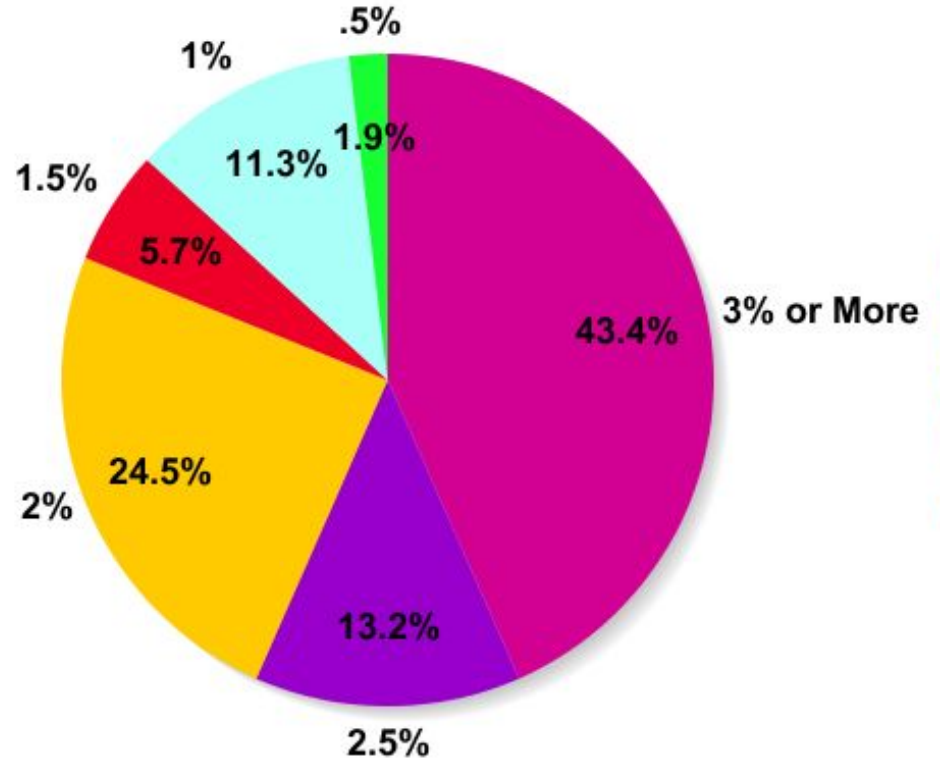
- 47.2% defined correctly
- 22.6% defined as muscle dysmorphia
- 15.1% defined as anorexia
- 15.1% defined as bulimia



Prevalence

Prevalence:

- .5% affected at 1.9%
- 1% affected at 11.3%
- 1.5% affected at 5.7%
- 2% affected at 24.5%
- 2.5% affected at 13.2%
- 3% affected at 43.4%



Results cont.

Type of disorder:

- 75.5% body image disorder
- 47.2% mental disorder
- 37.7% eating disorder

Susceptibility

- 86.8% susceptible
- 13.2% not susceptible

Symptoms:

- Constant mirror checking 56.6%
- Skin pulling 22.6%
- Severe dieting 55.6%
- Low self esteem/confidence 84.9%
- Issues with building relationships 28.3%
- Depression 75.5%
- Hair loss 13.2%
- Emotional instability 64.2%
- Hair pulling 15.1%
- Distress about appearance 79.2%

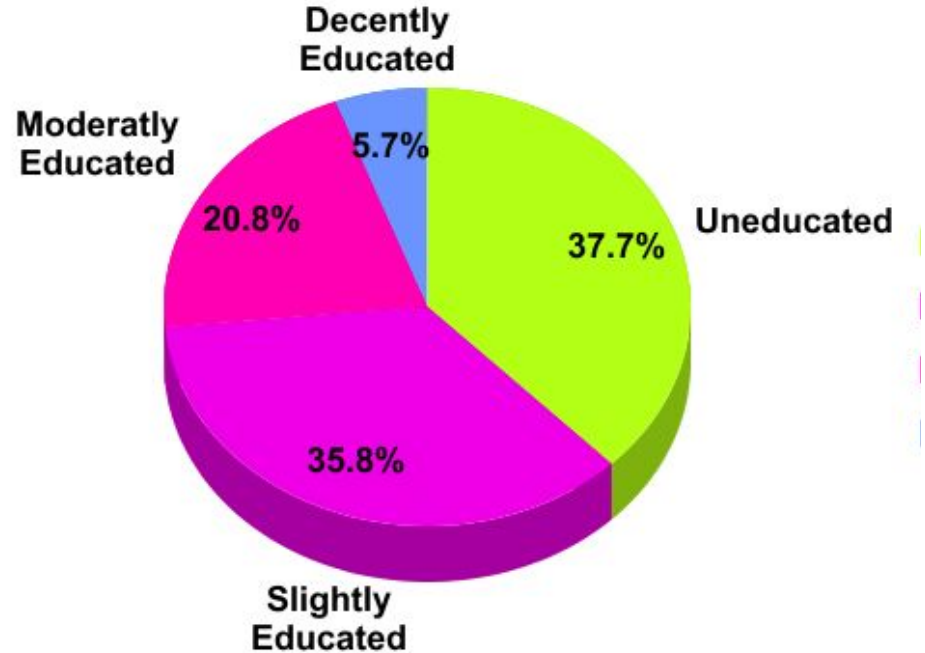
Results cont.

Education:

- Uneducated 37.7%
- Slightly educated 35.8%
- Moderately educated 20.8%
- Decently educated 5.7%

Effective Ways to Boost Awareness

- Social media 58.5%
- School curriculum 64.2%
- Attending a class/lecture 30.2%



Results cont.

Ways to Help

- Talking to them about getting professional help 69.8%
- Informing a parent, teacher, or professional 50.9%
- Going with them to receive counseling 34%
- Building them a strong and safe support system 71.7%
- Further educating themselves 66%
- Attending some type of group therapy/sessions 24.5%

Willingness to Help:

- Slightly willing 1.9%
- Moderately willing 15.1%
- Decently willing 26.4%
- Very willing 56.6%

What Does This All Mean?

The Truth

- 1% of people are affected from anorexia
- 1.5% suffer from bulimia
- 2% people have body dysmorphia as defined in
- Anorexia and bulimia are covered within school education and seen all over the media
- Teens are just as highly at risk for BDD
- High schoolers are unaware of body dysmorphia and its symptoms, prevalence, and effects

What Needs to be Done

- including body dysmorphic disorder in high school education
- Boosting body dysmorphia over social media
- BDD needs to stop being overlooked due to its commonly unknown severity

By Doing This:

- Suicide, depression, and anxiety levels will drastically decrease
- Mental health of those with BDD will be better
- Strong support systems will be built
- Awareness will increase, allowing for an improvement in care for those with BDD
- Teens with and without BDD will feel safe and educated on how to handle body dysmorphia



All in All

By implementing body dysmorphia into high school education and boosting BDD over social media , adolescents will become more aware on BDD leading to better care and support for teens with the disorder

References

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