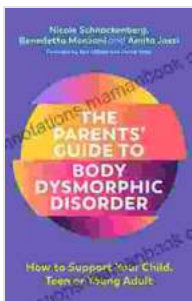


# The Parents Guide to Body Dysmorphic Disorder

Body dysmorphic disorder (BDD) is a mental health condition in which a person is excessively preoccupied with one or more perceived flaws in their appearance. These flaws may be real or imagined, and they can cause significant distress and impairment in functioning.



## The Parents' Guide to Body Dysmorphic Disorder: How to Support Your Child, Teen or Young Adult by Amita Jassi

★★★★★ 5 out of 5

Language : English  
File size : 866 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 181 pages



BDD is often comorbid with other mental health conditions, such as depression and anxiety. It can also lead to social isolation, academic problems, and difficulty holding down a job.

## Symptoms of BDD

The symptoms of BDD can vary from person to person. However, some of the most common symptoms include:

- Excessive preoccupation with one or more perceived flaws in appearance
- Repetitive behaviors, such as mirror checking, grooming, or skin picking
- Avoidance of social situations due to fear of being judged or criticized
- Depression and anxiety
- Suicidal thoughts and behaviors

## **Causes of BDD**

The exact cause of BDD is unknown. However, several factors are thought to contribute to the development of the disorder, including:

- Genetics
- Brain chemistry
- Life experiences, such as trauma or abuse
- Cultural factors

## **Treatment for BDD**

Treatment for BDD typically involves psychotherapy and medication. Psychotherapy can help people with BDD to challenge their negative thoughts and beliefs about their appearance. Medication can help to reduce symptoms of depression and anxiety.

In some cases, cosmetic surgery may be an option for people with BDD. However, it is important to note that cosmetic surgery does not always cure

BDD. It is also important to make sure that the person with BDD is ready for surgery and that they have realistic expectations about the results.

## **Parents' Guide to Body Dysmorphic Disorder**

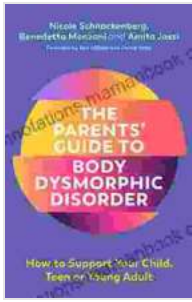
If you think your child may have BDD, it is important to seek professional help. Early diagnosis and treatment can help to improve the prognosis and prevent the disorder from worsening.

Here are some tips for parents of children with BDD:

- Be supportive and understanding. Let your child know that you love them and that you are there for them.
- Help your child to challenge their negative thoughts and beliefs about their appearance. Talk to them about the importance of self-acceptance and body positivity.
- Encourage your child to participate in activities that make them feel good about themselves.
- Avoid making negative comments about your own appearance or the appearance of others.
- Seek professional help if your child is struggling with BDD.

BDD is a serious mental health condition that can have a significant impact on a person's life. However, with early diagnosis and treatment, people with BDD can recover and live full and productive lives.

If you are concerned that your child may have BDD, please seek professional help. There is hope for recovery.



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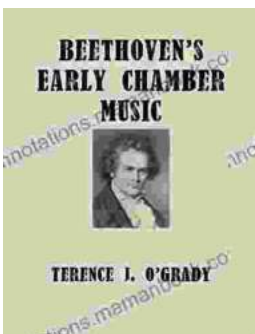
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