



الجامعة الليبية الدولية للعلوم الطبية  
LIBYAN INTERNATIONAL MEDICAL UNIVERSITY

## Body dysmorphic disorder associated with social media

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# Objectives :-

- Define the body dysmorphic disorder
- Outline the differences of BBD and the normal insecurity
- Discuss The prevalence of the BBD
- Discuss the relationship between the BBD and social media
- Outline the management of BBD

# MENTAL HEALTH

How we handle stress



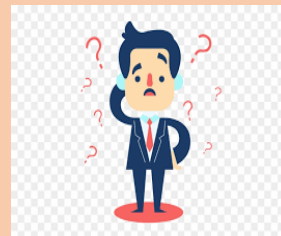
How we feel



How we act



How to think



# Body dysmorphic disorder

- It is a mental condition where the individual is over worried about unnoticeable appearances like :

1. skin acne



.2 small eyes



.3 fatty appearance



- It can be caused by a genetic basis or an unhealthy environment.

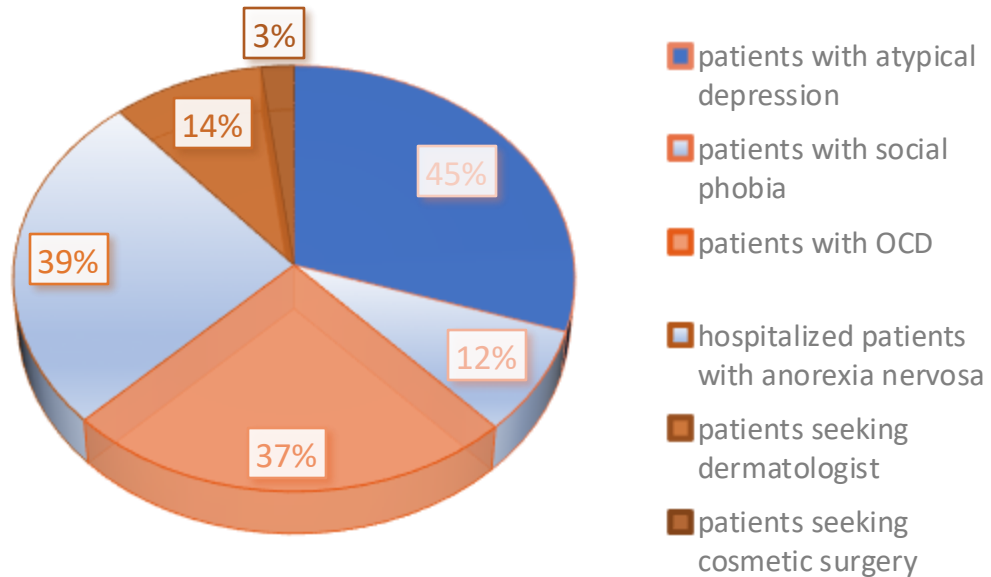
# The difference between BBD and insecurity

**Body dysmorphic disorder**

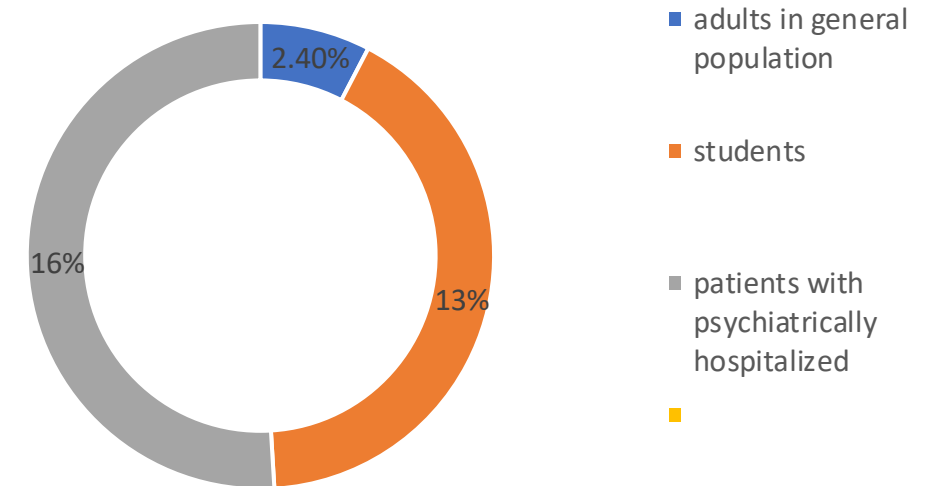
**Insecurity**

# How common the BDD

## Mental disorder associated with BDD



## In the Population



# The impact of the social media on BDD

- In recent days, the predominance of technology and social sites has been increased and that's an overwhelming thing for patients with BDD. They express the feeling that they are the ugliest with their small flaws .
- unhealthy exposure to these sites will create an unrealistic image of yourself
- So those platforms could be the source to blame for developing an insecurities for normal people, rather than the ones who have BDD

- Society created the ( perfection ) term on the social media.

**❑ The BDD patients occupied with more damage to their self by :**

Appealing plastic surgeries



Isolate their self's



When it's overwhelming it can lead to suicide



- We can't say that the social media are the main cause but it's them which amplify it.



# How to handle BBD

- See psychiatric
- Absolutely avoid plastic surgeries
- Focus on loving everything about yourself
- Similarities with other disorders could help in the treatment like OCD
  - \* serotonin reuptake inhibitors and cognitive behavioral therapy \*



# Conclusion

- Body dysmorphic disorder is a serious condition and should be considered.
- There's a difference between BDD and normal insecurity.
- The impact of social media can develop the condition to a serious stage and insure that there's a building body acceptance .
- It's a must to see a psychiatrist and don't feel ashamed about it.

The reason we struggle with insecurity is because we compare our behind – the – scenes with everyone else's highlight reel

By : Steven furtick

# References

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**THANK  
YOU!**