



Personal Development

Guide

Body Dysmorphia

Facts

Body dysmorphic disorder (BDD), or body dysmorphia, is a mental health condition where a person spends a lot of time worrying about parts of their appearance that they believe look “wrong” or flawed. Often, other people do not notice these things at all.

Body dysmorphia can affect anyone, but it often starts in the teenage years or early adulthood. It affects both boys and girls. It does not mean that someone is vain or focused on their looks on purpose. It can feel very distressing and can make everyday life much harder.

Signs of body dysmorphia include:

- Worrying a lot about one part of your body, often your face
- Comparing your appearance to others frequently
- Checking mirrors a lot or avoiding them completely
- Spending a long time trying to hide or “fix” things you see as flaws
- Picking at your skin to try to make it look smoother

Body dysmorphia can affect school, friendships, and daily life. It can also lead to depression, self-harm and even thoughts of suicide. It is therefore important to get support early.

For more information and advice, visit – <https://www.nhs.uk/mental-health/conditions/body-dysmorphia/>

Support Available

Local GP

NHS 111

YoungMinds – <https://www.youngminds.org.uk>

Samaritans – 116 123