CLÍNICA VIVALDI · FREE SHEET · OBSESSIVE-COMPULSIVE AND RELATED

Body dysmorphic disorder

Intense preoccupation with one or more physical defects that others hardly notice, with repetitive behaviors such as looking in the mirror, comparing oneself, or camouflaging oneself.

COMMON SIGNS

- Checking the mirror a lot or avoiding it
- Comparing oneself and asking for opinions
- Seeking repeated cosmetic procedures

TIPS FOR YOU

1. Gradually cut down on checking
2. Be wary of cosmetic fixes as an answer to the distress
3. Cognitive behavioural therapy is effective

FOR FAMILY AND FRIENDS

1. Don't argue about whether the flaw exists: talk about the distress
2. Avoid comments about appearance

WHEN TO ASK FOR HELP

1. If you stop going out because of how you look
2. If thoughts of death appear: 024

TO OBSERVE AND NOTE DOWN

☐ I'm very worried about a flaw in my appearance

☐ Others say it's barely noticeable

☐ I look in the mirror a lot or avoid looking

☐ I compare myself with other people

☐ I try to hide that part of my body

☐ I ask others whether it shows

☐ I have considered or had cosmetic procedures because of it

☐ This worry takes up more than an hour a day

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-dismorfico-corporal
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com