

## Fall 2022 Fact Sheet Template (FST)

<https://www.bettyjung.net/Pch201grids.htm>

### Fact Sheet Paper

(Paper, 5-minute Twitter Brief, Online Tweet)

Twitter Brief Date: 10/20 \_\_\_\_\_

Name: Olimpia Mucha \_\_\_\_\_

Topic: Body Dysmorphia \_\_\_\_\_

CATEGORY	POINTS	SCORE
<b>Handbook Compliant</b> <b>Clarity of Thought</b> <b>Coherence in organization</b> <b>Grammar Punctuation</b> <b>Spelling</b> <b>Used Template</b> <b>6+ pages</b>	<b>6</b>	
<ul style="list-style-type: none"> <li>• <b>Introduction (1/2 page) [1 point]</b></li> <li>• <b>Background/Problem Statement section – 3 sites (1.5 pages) (include Healthy People 2030) [7 points]</b></li> <li>• <b>Research section – 2 sites (1 page) [4 points]</b></li> <li>• <b>Statistics section – 2 sites (1 page) [4 points]</b></li> <li>• <b>Consumer Information section - 2 sites (1 page) [4 points]</b></li> <li>• <b>Solutions to the Problem – 2 sites (1 page) [4 points]</b></li> <li>• <b>Conclusions (1/2 page) [1 point]</b></li> </ul>	<b>26</b>	
<b>TOTAL POINTS FOR FACT SHEET</b>	<b>32</b>	
<b>Post a summary of your paper on Black Board’s Class Blog by 5 PM the day before</b>	<b>2</b>	

<b>Post one factual tweet on PCH201wellness by 5 PM the day before and include a screenshot of it in your paper</b>	<b>1</b>	
<b>Submit hard copy with grid on date due for Twitter brief</b>	<b>1</b>	
<b>5-minute Twitter Brief</b>	<b>4</b>	
<b>PROJECT COMPLETION POINTS</b>	<b>8</b>	
<b>SUBTOTAL PAPER + PROJECT COMPONENTS</b>		
<b>LATE/INCOMPLETE</b>	<b>(-20%)</b>	
<b>Missing Grading Grid</b>	<b>(-3)</b>	
<b>FINAL TOTAL POINTS</b>	<b>40</b>	

**FACT SHEET TITLE (Body Dysmorphia)**

**Introduction (all these blue headings should be the headings in your fact sheet)**

Body Dysmorphia is a mental disorder where people obsess over their body image. People who struggle with this disorder see their flaws far worse than anyone else and feel embarrassed, ashamed, and stressed when in social situations. Some people will try to fix their flaws, but only end up getting temporary satisfaction before the feeling of disappointment and disgust returns. I chose to research this topic for my fact sheet because it is a common struggle for many teenagers and adults. Especially now, with social media, boys and girls are pressured into looking a certain way at a very young age. They are not taught that social media hides a lot of the truth. Most people only post what they want their followers to see and not how things might actually be. Aside from that, I know a lot of people who have struggled or continue to struggle with body dysmorphia. I hope that by learning more about the disorder, I could find ways to help my friends feel better about themselves and eventually gain back their confidence.

**Section 1: Background and Problem Statement**

All Web sites must be gov, edu or org (**other sites will receive NO points**). Save the green headings as subheadings for your paper.

- **Web site #1 Name: (Body Dysmorphic Disorder Foundation) [HP2030 does not have any information on my topic.]**
- **Web address: <https://bddfoundation.org/information/more-about-bdd/history-of-bdd/>**
- **Background Information:**

- Body Dysmorphia was officially discovered in 1981. An Italian psychiatrist named Enrico Morselli called the disorder dysmorphophobia and described it as a sudden negative change in how you see yourself. It causes fear, stress, and anguish. Later on, a French psychiatrist named Pierre Janet was diagnosing a woman who was ashamed of her body. He slightly mentions behavior therapy as form of treatment.
- **Web site #2 Name:** OCD UK
- **Web address:** <https://www.ocduk.org/related-disorders/bdd/history-of-bdd/>
- **Background Information:**
  - Body Dysmorphia was first referred to as Dysmorphophobia by Enrique Morselli. It came from the Greek word, dismorfia that meant abnormal and morph in Greek meant shape. Morselli explained that people struggling with this disorder only felt ugliness when looking at themselves.
  - Sigmund Freud once dealt with a man who was very self conscious of his nose and had the symptoms of Body Dysmorphia.
  - Body Dysmorphic Disorder was published in the Diagnostic and Statistical Manual of Mental Disorders in 1987. It was not renamed BDD until 1997 in the Fourth Edition.
- **Web site #3 Name:** National Library of Medicine (Pub [med.gov](http://med.gov))
- **Web address:** <https://pubmed.ncbi.nlm.nih.gov/32310361/>
- **Background Information:**
  - Body Dysmorphia is defined as a “preoccupation with a perceived defect or flaw in one’s physical appearance that is either not noticeable or only slightly observable by others” in the DSM 5. This disorder can make it difficult for people to function socially, academically, and occupationally.
  - This disorder can include picking at your skin, staring at yourself in the mirror and analyzing every part of yourself, lifting heavy weights, using makeup or clothes to hide certain things, and so much more.

## **Section 2: Research**

Some Web sites may be .com (e.g., companies publishing scientific journals). If you are not sure if you can use a Web site, check with me first. Send me the link and I’ll review it.

**Web site #1 Name:** National Library of Medicine

- **Web address:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3859614/>
- **Summary of the research:**
  - Since there is not much research on BDD, there are multiple ways someone could develop this disorder. One way could be from sexual, emotional, or physical abuse as a child. There was a study with 50 BDD patients and about 38% of them were abused when they were very young. There was another study where patients completed a questionnaire about their childhood

trauma and about 79% of them were mistreated in some way. This can lead to the assumption that childhood trauma can trigger Body Dysmorphia.

- Another study found that bullying can lead to developing this disorder. Sometimes we do not see something until it is pointed out. If someone were to bully someone for something like their acne, it could lead to obsessing over their skin and finding any way to get rid of the acne. The same thing goes for people who are called “fat”. They might start to overwork themselves at the gym and change their diets. A lot of the time, this leads to an eating disorder.
- **Web site #2 Name:** Columbia University Department of Psychiatry
- **Web address:** <https://www.columbiapsychiatry.org/join-study/research-clinics/anxiety-disorders-clinic/bdd-research-program>
- **Summary of the research:**
  - There are two types of treatment for Body Dysmorphic Disorder. One is called cognitive-behavioral therapy, which is also referred to as CBT. The other is a medication called serotonin-reuptake inhibitors.
  - CBT is more effective for treating BDD and this form of therapy helps patients to change their mindset. They learn to replace negative thoughts with positive ones. Patients also learn strategies to reduce their obsessive behaviors, like constantly looking in the mirror.
  - The medication is used to treat depression and anxiety disorders, but there are studies that show it reduces the obsessive behaviors of Body Dysmorphic Disorder.

### **Section 3: Statistics**

All Web sites must be gov, edu or org (**other sites will receive NO points**).

- **Web site #1 Name:** International OCD Foundation
- **Web address:** <https://bdd.iocdf.org/professionals/prevalence/>
- **Summary of the statistics:**
  - The International OCD Foundation website states that Body Dysmorphic Disorder “affects 1.7% to 2.9% of the general population- about 1 in 50 people”. This would mean about 5-10 million people in the US have the disorder. However, there could be more people who are struggling, but will not admit it. The disorder is found to affect a lot of people who work in health care settings, like cosmetic surgery. People have patients complaining about their appearances and this could lead to the doctors and nurses noticing more flaws within themselves.
- **Web site #2 Name:** National Library of Medicine
- **Web address:** <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3181960/>
- **Summary of the statistics:**
  - People affected by Body Dysmorphia ranges from ages 5 to 80.

- There have been studies for which gender is affected more by the disorder and researchers found a point prevalence of 2.5% of women and 2.2% of men had BDD. Although it is more common in women, men are almost as affected by BDD.
- Many patients who have Body Dysmorphic Disorder also struggle with suicidal thoughts. About 80% of people who have BDD reported current or past suicidal thoughts.
- With social media and cyberbullying, Body Dysmorphia is still a common struggle for many people.

#### Section 4: Consumer Information

All Web sites should be gov, edu or org. Some .com sites may be acceptable, see Instructions document about this.

- **Web site #1 Name:** Mental Health America
- **Web address:** <https://mhanational.org/blog/8-things-you-should-know-about-body-dysmorphic-disorder-bdd#:~:text=Individuals%20with%20BDD%20are%20preoccupied,skin%2C%20hair%2C%20and%20nose.>
- **Summary of the information:**
  - The most common areas that people tend to be insecure about are their skin, hair, and nose.
  - People who struggle with BDD, develop repetitive behaviors like picking at their skin, constantly looking in the mirror, pulling their hair, and so much more.
  - Many tend to isolate themselves because they are afraid of social interactions and rejection. People with BDD believe that others will see what they see or worse.
  - On average, people with Body Dysmorphia focus on their insecurities for 3-8 hours a day.
- **Web site #2 Name:** Anxiety and Depression Association of America
- **Web address:** <https://adaa.org/understanding-anxiety/body-dysmorphic-disorder>
- **Summary of the information:**
  - Patients who struggle with Body Dysmorphia tend to either see their flaws as more than they are or even imagine imperfections that are not there.
  - The disorder often develops in teenagers, but can also develop later on in someone's life. According to the American Psychiatric Association, researchers found that Body Dysmorphia often began between 12 and 13 years of age.

- There are many factors that can contribute to the development or worsening of BDD, such as genetics, childhood and overall life experiences, and neurobiological factors. According to this article, the malfunctioning of serotonin in the brain can lead to BDD.

## Section 5: Solutions to the Problem (or Issue)

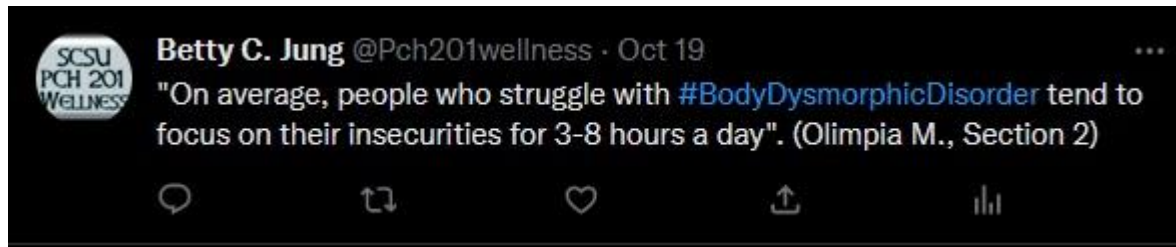
All Web sites must be gov, edu or org (other sites will receive NO points).

- **Web site #1 Name:** Body Dysmorphic Disorder Foundation
- **Web address:** <https://bddfoundation.org/support/supporting-someone-with-bdd/>
- **Summary of the information:**
  - The Body Dysmorphic Disorder Foundation helps out a lot of people. The website includes symptoms of BDD, the history of BDD, helpful resources like books and podcasts about BDD, and even a test you can take to see if you might have the disorder.
  - The website also has online support groups, an email helpline, information about treatment, and advice for parents, friends, and teachers.
  - This foundation takes donations and has many volunteers helping those who struggle with Body Dysmorphia around the world.
- **Web site #2 Name:** Mental Health America
- **Web address:** <https://www.mhanational.org/about-us>
- **Summary of the information:**
  - Mental Health America is a non-profit organization that addresses the needs of people struggling with a mental illness and promotes mental health. They plan on helping those with mental illnesses through education, research, and services. They offer many programs that focus on specific illnesses and they also have an online screening that can help people find out what they are struggling with.

## Conclusions

After researching this topic, I learned how much someone's childhood can affect them later in life. I also learned the importance of not believing everything you see on social media. Although loving yourself can be hard at times, it is beneficial for a healthy mindset. One of the worst things someone can do is compare themselves to others. I already knew a lot of people struggled with body dysmorphia and how it affects their lives on the daily. However, I wanted to learn more specifics about the disorder in order to understand how it forms and how to help others overcome BDD.

## Include a screen-shot of your tweet here:



## Include your Fact Summary here:

**Fact Sheet Topic: Body Dysmorphia**

**By: Olimpia Mucha**

### **Introduction:**

Body Dysmorphia is a mental disorder where people obsess over their body image. People who struggle with this disorder see their flaws far worse than anyone else and feel embarrassed, ashamed, and stressed when in social situations. Some people will try to fix their flaws, but only end up getting temporary satisfaction before the feeling of disappointment and disgust returns. I chose to research this topic for my fact sheet because it is a common struggle for many teenagers and adults. Especially now, with social media, boys and girls are pressured into looking a certain way at a very young age. They are not taught that social media hides a lot of the truth. Most people only post what they want their followers to see and not how things might actually be. Aside from that, I know a lot of people who have struggled or continue to struggle with body dysmorphia. I hope that by learning more about the disorder, I could find ways to help my friends feel better about themselves and eventually gain back their confidence.

### **Section 1: Background and Problem Statement:**

Body Dysmorphia was officially discovered in 1981. An Italian psychiatrist named Enrico Morselli called the disorder dysmorphophobia and described it as a sudden negative change in how you see yourself. It causes fear, stress, and anguish. It came from the Greek word, dismorfia that meant abnormal and morph in Greek meant shape. Later on, a French psychiatrist named Pierre Janet was diagnosing a woman who was ashamed of her body. He slightly mentioned behavior therapy as form of treatment. Lastly, Sigmund Freud once dealt with a man who was very self conscious of his nose and showed symptoms of Body Dysmorphia.



**Body Dysmorphic Disorder was published in the Diagnostic and Statistical Manual of Mental Disorders in 1987. It was not renamed BDD until 1997 in the Fourth Edition.**

**Body Dysmorphia is defined as a “preoccupation with a perceived defect or flaw in one’s physical appearance that is either not noticeable or only slightly observable by others” in the DSM 5. This disorder can make it difficult for people to function socially, academically, and occupationally. This disorder can include picking at your skin, staring at yourself in the mirror and analyzing every part of yourself, lifting heavy weights, and using makeup or clothes to hide certain things.**

### **Section 2: Research:**

**Since there is not much research on BDD, there are multiple ways someone could develop this disorder. One way could be from sexual, emotional, or physical abuse as a child. There was a study with 50 BDD patients and about 38% of them were abused when they were very young. There was another study where patients completed a questionnaire about their childhood trauma and about 79% of them were mistreated in some way. This can lead to the assumption that childhood trauma can trigger Body Dysmorphia. Another study found that bullying can lead to developing this disorder. Sometimes we do not see something until it is pointed out. If someone were to bully someone for something like their acne, it could lead to obsessing over their skin and finding any way to get rid of the acne. The same thing goes for people who are called “fat”. They might start to overwork themselves at the gym and change their diets. A lot of the time, this leads to an eating disorder.**

**There are two types of treatment for Body Dysmorphic Disorder. One is called cognitive-behavioral therapy, which is also referred to as CBT. The other is a medication called serotonin-reuptake inhibitors. CBT is more effective for treating BDD and this form of therapy helps patients to change their mindset. They learn to replace negative thoughts with positive ones. Patients also learn strategies to reduce their obsessive behaviors, like constantly looking in the mirror. The medication is used to treat depression and anxiety disorders, but there are studies that show it reduces the obsessive behaviors of Body Dysmorphic Disorder.**

### **Section 3: Statistics:**

**The International OCD Foundation website states that Body Dysmorphic Disorder “affects 1.7% to 2.9% of the general population- about 1 in 50 people”. This would mean about 5-10 million people in the US have the disorder. However, there could be more people who are struggling, but will not admit it. The disorder is found to affect a lot of people who work in health care settings, like cosmetic surgery. People have patients complaining about their appearances**



and this could lead to the doctors and nurses noticing more flaws within themselves.

Some more statistics are that people who are affected by Body Dysmorphia range from ages 5 to 80. There have also been studies for which gender is affected more by the disorder and researchers found a point prevalence of 2.5% of women and 2.2% of men had BDD. Although it is more common in women, men are almost as affected by BDD. Many patients who have Body Dysmorphic Disorder also struggle with suicidal thoughts. About 80% of people who have BDD reported current or past suicidal thoughts. With social media and cyberbullying, Body Dysmorphia is still a common struggle for many people.

**Section 4: Consumer Information:** I learned that the most common areas that people tend to be insecure about is their skin, hair, and nose. People who struggle with BDD, develop repetitive behaviors like picking at their skin, constantly looking in the mirror, pulling their hair, and so much more. Furthermore, many tend to isolate themselves because they are afraid of social interactions and rejection. People with BDD believe that others will see what they see or worse. On average, people with Body Dysmorphia focus on their insecurities for 3-8 hours a day.

Some more information is that patients who struggle with Body Dysmorphia tend to either see their flaws as more than they are or even imagine imperfections that are not there. The disorder often develops in teenagers, but can also develop later on in someone's life. According to the American Psychiatric Association, researchers found that Body Dysmorphia often began between 12 and 13 years of age.

**Section 5: Solutions to the Problem (or Issue):**

The Body Dysmorphic Disorder Foundation helps out a lot of people. The website includes symptoms of BDD, the history of BDD, helpful resources like books and podcasts about BDD, and even a test you can take to see if you might have the disorder. The website also has online support groups, an email helpline, information about treatment, and advice for parents, friends, and teachers. This foundation takes donations and has many volunteers helping those who struggle with Body Dysmorphia around the world.

Mental Health America is a non-profit organization that addresses the needs of people struggling with a mental illness and promotes mental health. They plan on helping those with mental illnesses through education, research, and services. They offer many programs that focus on specific illnesses and they also have an online screening that can help people find out what they are struggling with.

**Conclusions:**

After researching this topic, I learned how much someone's childhood can affect them later in life. I also learned the importance of not believing everything you see on social media. Although loving yourself can be hard at times, it is beneficial for a healthy mindset. One of the worst things someone can do is compare themselves to others. I already knew a lot of people struggled with body dysmorphia and how it affects their lives on the daily. However, I wanted to learn more specifics about the disorder in order to understand how it forms and how to help others overcome BDD.