

Body Dysmorphia

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A large, horizontal, pink brushstroke graphic with a textured, hand-painted appearance. The stroke is wider on the right side and tapers towards the left. Centered within the pink area is the text "Let's take a step back...." in a white, sans-serif font.

*Let's take a step
back....*

Body Image

Internal representation of your outer appearance; your unique perception of your body

Dimensions of BI:

- Cognitive
- Perceptual
- Behavioral
- Affective
- Subjective



Body-Image Disturbance

Gender

80% of American women are dissatisfied with their appearance!

Age

BMI

Ethnicity

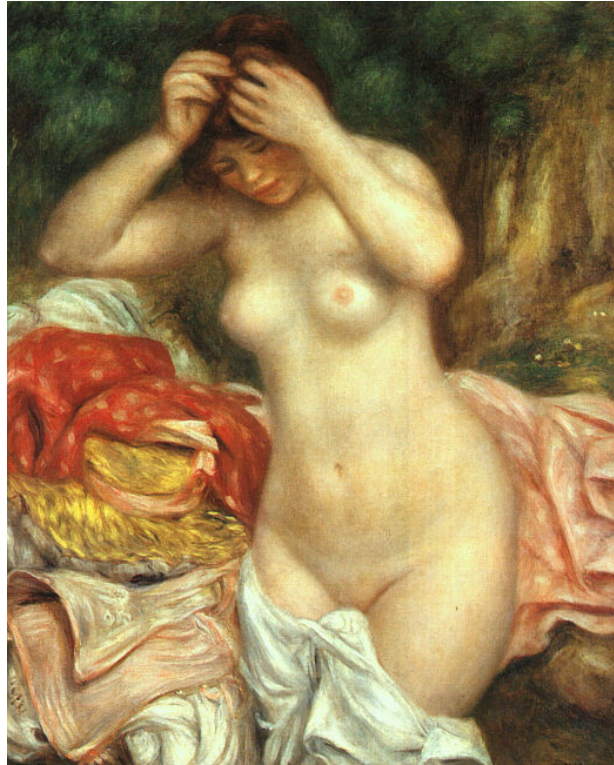
Sport Participation



*Where does the ideal
come from?*

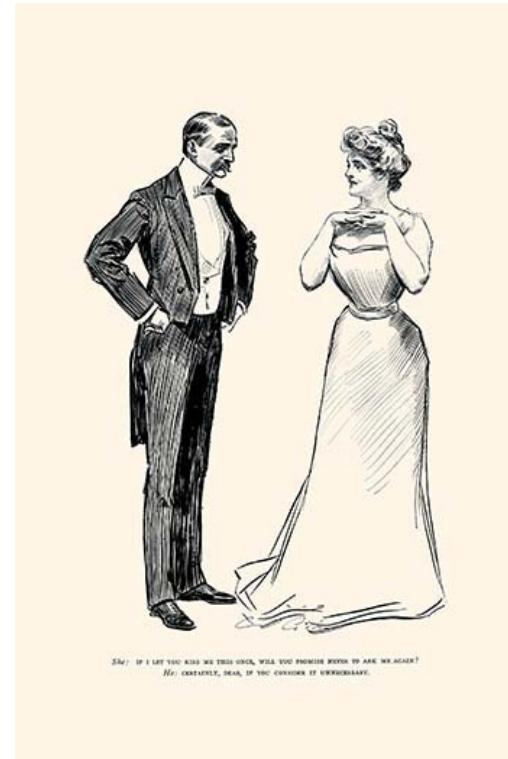
Renoir's 1893

Bather Arranging Her Hair



The Gibson Girl 1910s

Camille Clifford



Marilyn Monroe 1950s



Twiggy 1960s



Farrah Fawcett 1976



Kate Moss 1990s



*Sports Illustrated and
Victoria's Secret catalogues*



...some changes in inclusivity



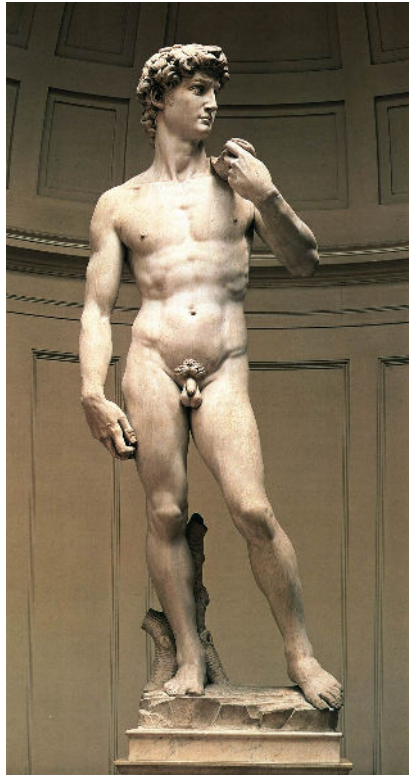
General Risk Factors

- **Self-Ideal and Body Image Discordance**
 - General **sociocultural norms** idealizing extremes of thinness in women in Western cultures
 - This **pressure** may lead to development of intrusive and pervasive perceptual biases regarding how fat they are
 - Lead women to believe that men prefer more slender shapes than they in fact do

A large, horizontal, pink brushstroke graphic with a textured, hand-painted appearance. The stroke is centered on a white background. Inside the brushstroke, the text "What about men?" is written in a white, bold, sans-serif font.

What about men?

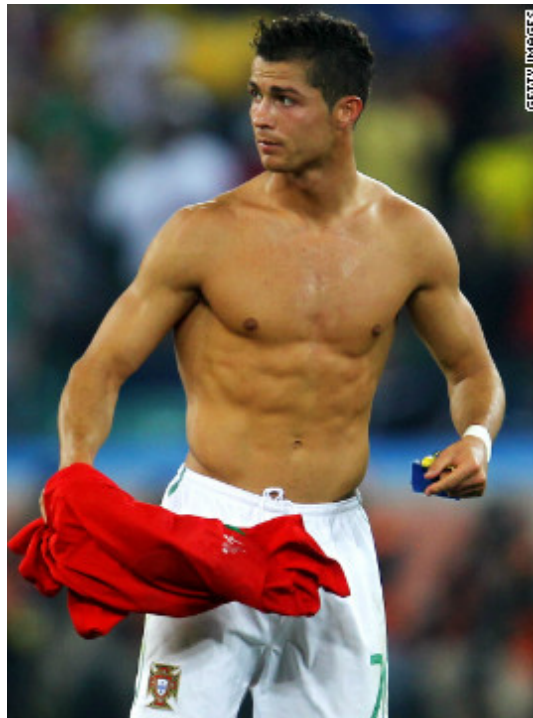
David
created between 1501-1504



*Steven Reeves
“Hercules” in 1959*



Cristiano Ronaldo
Soccer



The Rock





*How early do the
messages start?*

Barbie



5'9"

110 lbs

39 inch bust

18 inch waist

33 inch hips

The body is based on German doll called "Lilli" which is sold as a sex toy for men.

HOW WOULD A REAL WOMAN LOOK WITH BARBIE'S PROPORTIONS?



Barbie
(not to scale)



5ft
6in

28in
32in

Libby



5ft
6in

20in
29in

Libby, 5ft 6in
tall, with
Barbie's
proportions



7ft
6in

28in
40in

Libby with
a waist of 28in
and Barbie's
proportions

Boys to Men and Body Image

- Growing awareness regarding the **pressure** to appear muscular
- **Media Effects:** many males are becoming insecure about their physical appearance compared to ideal images portrayed in the media
- Alarming increase in **obsessive weight training** and the use of **anabolic steroids** and **dietary supplements**
- Number of boys affected is increasing
- **Underreporting of cases:** males are reluctant to acknowledge any illness primarily associated with females.

G.I. Joe



1960s

- 5'10"
- 31 inch waist
- 44 inch chest
- 12 inch biceps



2005

- 5'10"
- 28 inch waist
- 50 inch chest
- 22 inch biceps

Body Image after Bariatric Surgery

Improvements seen after weight loss

But...

Common complaints of excessive skin and redundant skin folds following significant weight loss.

A large, horizontal, pink brushstroke graphic with a textured, hand-painted appearance. The stroke is wider on the right side and tapers slightly towards the left. Centered within the pink area is the text "What is Body Dysmorphia?" in a white, bold, sans-serif font.

***What is Body
Dysmorphia?***

DSM-5 Diagnosis

- Mental health condition where a person is **excessively** preoccupied with an imagined defect in their physical appearance or **excessive** concern with a slight physical anomaly
 - Distressing and disruptive to functioning
- Thought to be related to OCD (anxiety)
- Body dysmorphic disorder affects about 1 in 50 people.

Body Dysmorphic Disorder

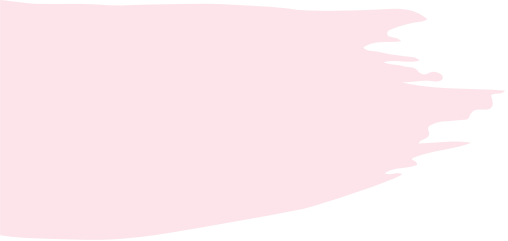
- Treatment:
 - Counseling (Cognitive Behavioral Therapy)
 - Exposure and Response Prevention
 - Medication (SRRIs)
 - Group/family therapy

A large, horizontal, pink brushstroke graphic with a textured, feathered edge. The stroke is centered on a white background. Inside the stroke, the text "How can I start modifying my body image?" is written in a white, bold, sans-serif font.

***How can I start
modifying my body
image?***

Track your progress beyond the scale

1. Put away the BMI Chart
2. Use your scale wisely--- “no more than once a day, no less than once a week”
3. Look at social media carefully
4. Take body measurements
5. Take photos
6. Changes in mobility/activity/medical issues
7. Keep clothing from your heaviest size
8. Acknowledge the work you've put in to make changes
9. Consider how you feel emotionally and physically
10. Keep track of all accomplishments no matter how small they seem

- 
11. Gather feedback from people you trust
 12. Learn to say “thank you.”
 13. Don’t ignore your body and don’t avoid it
 14. Dress in clothing that fits
 15. Compare yourself only to yourself
 16. Don’t confuse body image with self-worth

A large, irregular pink brushstroke shape with a textured, hand-painted appearance, centered on a white background. The stroke is wider at the top and bottom, tapering slightly towards the middle. The edges are jagged and uneven, characteristic of a paintbrush.

Please share
**NON-SCALE
VICTORIES!**

WHO WEIGHS THE AVERAGE?

**154 lbs
or 70 kg**



Source: Australian Marie Claire, 2012

Body Positive Role Models on Social Media



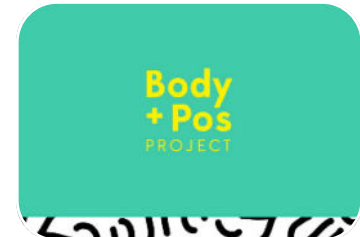
4th Trimester Bodies Project



Adipositivity



Megan Jayne Crabbe of "BodyPosiPanda"



Body Pos Project



Jes Baker of "The Militant Baker"



Joni Edelman, editor of "Ravishly"



Matt Joseph Diaz, body positive advocate and bariatric surgery patient



Ashley Graham, body activist and model

Positive Self-Talk

5 Positive Statements About My Body

1. _____
2. _____
3. _____
4. _____
5. _____

5 Positive Statements About Me (Not Related to My Appearance)


1. _____
2. _____
3. _____
4. _____
5. _____



Choose how you live

“What if you only had 1 year or 6 months or 1 week, or even 24 hours left to live?”

How would you spend your time?



“Your best weight is whatever weight you reach when you’re living the healthiest life you can honestly enjoy.”

– Yoni Freedhoff MD

Recommended Resources

- The Body Project by Drs. Eric Stice & Carolyn Becker

<https://www.bodyprojectcollaborative.com/>

- My Body Gallery

<https://www.mybodygallery.com/>

- Body Activism Activity Guide (NEDA)

<https://www.nationaleatingdisorders.org/sites/default/files/BodyActivismGuideFINAL.pdf>



ALL BODIES
ARE
GOOD BODIES!



Love your body
because you
only have one

Body Positive