

Psychological Considerations for Cosmetic Patients with Body Dysmorphic Disorder (BDD).

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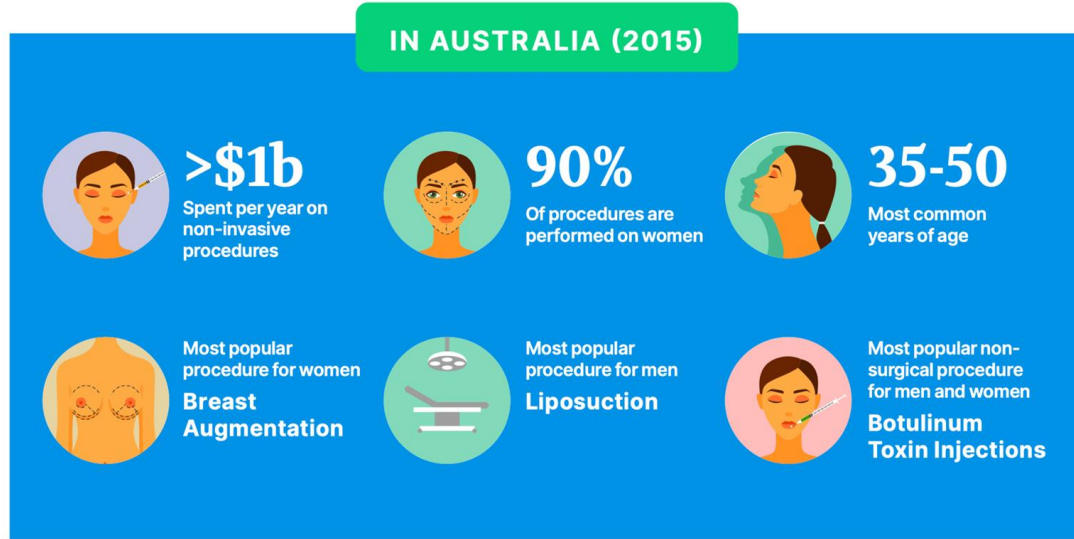
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The Rising Popularity of Cosmetic Procedures



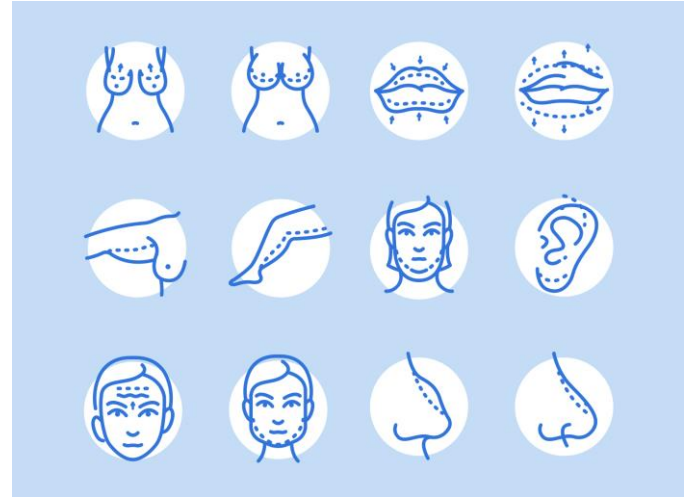
APS Practice Guide, Psychological evaluation of patients undergoing cosmetic procedures (2023).

~7 Million (38%) Australians are considering cosmetic intervention in the next 10 years.¹

Body Image Concerns

Body Image relates to “a person’s perceptions, thoughts, and feelings about his or her body.”²

The main motivation for seeking cosmetic procedures is concerns with body image.³



APS Practice Guide, Psychological evaluation of patients undergoing cosmetic procedures (2023).

BODY DYSMORPHIC DISORDER (BDD)

Body Dysmorphic Disorder (BDD)

- A. Preoccupation with a perceived or slight defect in physical appearance
- B. Repetitive behaviours or mental acts are performed in response to this appearance concern
- C. The preoccupation causes distress or impairments in the individual's functional capacity
- D. The preoccupation is not better explained by body fat/weight concerns in an individual whose symptoms meet diagnostic criteria for an eating disorder ⁴

A recent study found that 25% of people seeking minor cosmetic procedures screened positive for BDD.⁵

Impact of BDD on the Outcomes of Cosmetic Procedures

✔ Reduced BDD symptoms

✔ Improved self-image

✔ Improved self-esteem^{6,7}

✘ Heightened BDD symptoms

✘ Dissatisfaction

- Requests for further and 'unnecessary' procedures
- Distress and adjustment difficulties
- Social/Relationship difficulties
- Anger exhibited towards the cosmetic practitioner
- Heightened risk of suicide^{7,8}

UPDATED STANDARDS AND GUIDELINES

Guidelines for registered medical practitioners who perform cosmetic surgery and procedures

2.4 ... must assess the patient for underlying psychological conditions such as body dysmorphic disorder (BDD), which may make them an unsuitable candidate for the surgery.

2.5 If screening indicates that the patient has significant underlying psychological issues ... they must be referred for evaluation to a psychologist, psychiatrist or general practitioner.

- *Medical Board of Australia (2023), Guidelines for registered medical practitioners who perform cosmetic surgery and procedures*⁹

Psychological evaluation of patients undergoing cosmetic procedures



Body Dysmorphic Disorder (BDD)

Mood Disorders

Anxiety Disorders

Obsessive-Compulsive Disorder

Eating Disorders

Personality Disorders

Autism Spectrum Disorder (ASD)

THE ROLE OF PSYCHOLOGISTS IN A COSMETIC SETTING

Outcomes of Psychological Assessment in Cosmetic Patients

- Mental health professionals conduct a comprehensive assessment to provide recommendations.
- The decision to provide a cosmetic procedure is ultimately determined by the cosmetic practitioner.¹⁰
- Assessments will commonly find that patients are suitable to proceed with their cosmetic request, or psychological therapy may be recommended first.¹¹

Fostering Collaboration between Cosmetic Practitioners and Psychologists/Researchers

Short course: 'On the face of it -
Understanding mental health
assessment of cosmetic patients'



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