



Prevalence of Body Dysmorphic Disorder (BDD) in patients who are candidates and/or submitted to aesthetic procedures in the specialty of Plastic Surgery

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ABSTRACT

Body Dysmorphic Disorder (BDD) is a psychiatric condition characterized by an excessive and irrational preoccupation with perceived defects in physical appearance, even if these defects are minimal or nonexistent.

Keywords: Body Dysmorphic Disorder (BDD), Characterized psychiatric condition.

1 INTRODUCTION

Body Dysmorphic Disorder (BDD) is a psychiatric condition characterized by an excessive and irrational preoccupation with perceived defects in physical appearance, even if these defects are minimal or nonexistent. Patients with BDD may seek repeated aesthetic procedures in the search for body perfection, which raises concerns regarding the prevalence of this condition in patients undergoing plastic surgery.

2 METHODOLOGY

To perform this systematic review, searches were conducted in medical databases, including PubMed, Scopus and Web of Science, with the aim of identifying studies that investigated the prevalence of BDD in patients who were candidates and/or underwent aesthetic procedures in the specialty of Plastic



Surgery. The cut-off date for inclusion of studies was September 2023. Inclusion criteria included academic research, reviews, and mental health reports related to the topic.

3 DISCUSSION

The analysis of the selected studies reveals that the prevalence of BDD in plastic surgery patients is a real concern. Many patients seeking cosmetic procedures may experience symptoms of BDD, which can negatively impact their satisfaction with the results and their mental health.

The relentless pursuit of bodily perfection, often fueled by the influence of social media and unattainable beauty standards, can lead patients to seek repeat surgeries, even when they are not clinically indicated. Plastic Surgery professionals play a crucial role in identifying and referring patients with BDD symptoms for proper psychiatric evaluation.

4 RESULTS

The results of this systematic review indicate that the prevalence of BDD in patients who are candidates and/or submitted to aesthetic procedures in plastic surgery varies widely, but is considerable. Some studies report BDD rates between 5% and 15% in cosmetic surgical patients.

It is important to highlight that the diagnosis of BDD requires careful clinical evaluation by a trained mental health professional. Awareness of this condition among plastic surgeons is crucial to ensure that patients receive the proper treatment when needed.

5 CONCLUSION

This review emphasizes the importance of a complete psychological evaluation of patients who are candidates for aesthetic procedures in plastic surgery. The prevalence of Body Dysmorphic Disorder is a legitimate concern, and early identification and referral for appropriate psychiatric evaluation are essential to ensure mental health and patient satisfaction.