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Exploring the Intersection of Body Dysmorphic Disorder (BDD) and Dermatological Conditions

Abstract:

This comprehensive literature review examines the intricate relationship between Body Dysmorphic Disorder (BDD) and dermatological conditions, with a particular focus on those characterized by conspicuous skin irregularities such as acne vulgaris, psoriasis, and vitiligo. Highlighting the significant prevalence of BDD among individuals afflicted with these dermatological issues, our analysis seeks to illuminate the profound psychological repercussions stemming from an exaggerated preoccupation with perceived skin imperfections. Through an in-depth exploration of the psychopathology underlying BDD symptoms, we analyze the complex dynamics between skin health and mental well-being, emphasizing the disorder's impact on patients' psychological and social functioning. The paper further investigates the consequential effects of BDD on essential aspects of dermatologic treatment, including patient adherence to therapeutic regimens, overall quality of life, and the effectiveness of available treatments. In addition to presenting current therapeutic approaches, we advocate for the integration of psychodermatological interventions tailored to mitigate the dual burden of skin conditions and psychological distress. Future research directions proposed include longitudinal studies to assess the long-term effects of BDD on skin disease prognosis and psychosocial well-being, aiming to refine and optimize treatment modalities to contribute to a more holistic understanding of BDD within dermatological practice.

Biography

Emily Woolhiser completed her bachelor degree in Biomedical Science with a minor in History and certificate in Anatomical Sciences from University of Central Florida. She currently is a third-year medical student at Kansas City University pursuing Dermatology. Her research interests are dermatologically focused on epidemiology, public health and dermatology's intersection with infectious disease and mental health.