



PREVALENCE OF BODY DYSMORPHIC DISORDER IN PATIENTS COMING FOR BLEPHAROPLASTY IN TRIHMS, NAHARLAGUN, ARUNACHAL PRADESH

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ABSTRACT

Introduction: Body dysmorphic disorder is a mental health condition in which one can't stop thinking about one or more perceived defects or flaws in appearance. Desire to change the appearance leads to visit to cosmetic surgeon or an ophthalmologist for blepharoplasty. They ought to visit psychiatric clinic rather. Hence, the BDS diagnosis can be missed. **Aim:** To calculate prevalence of Body Dysmorphic Disorder (BDD) in patients coming for Blepharoplasty surgery and to find any Age, Gender, Educational qualification, Socio economic or Tribal/Ethnic variation in patients with Body Dysmorphic Disorder. **Material And Methods:** This was a Prospective study and observational hospital based study conducted on 36 patients attending Department of Ophthalmology, TRIHMS, Naharlagun, Arunachal Pradesh, who came for blepharoplasty operation. **Result:** 95.8 % of patients were female. Out of total diagnosed patients, 58.34% had some grades of Body Dysmorphic Disorder. Percentage of grades of BDS patients were: Sub clinical - 71.43 %, Mild-moderate- 21.43 % and Severe-7.14 %. The age groups with 15-24 years and 25-34 years had maximum prevalence each with 35.71 %. Not surprisingly, 85.72 % of patients were of native population. **Conclusions:** It is not uncommon to find patients suffering from BDS who come for blepharoplasty. Proper history taking and Body Dysmorphic Disorder Questionnaire (BDDQ) can help in identifying the patients with BDS for further management by the psychiatrist. Blepharoplasty might be ineffective in reducing symptom severity and improving outcome for those patients with BDS.

KEYWORDS : Blepharoplasty, Body Dysmorphic Disorder, Psychiatry

INTRODUCTION:

Cosmetic surgery has become one of the most sought after surgeries by people in last few years. The aim is to improve their appearance or to retain reverse natural ageing process. But few people seem to have run out of options to 'improve' their appearance. Those few might be the patients with Body Dysmorphic Disorder. In North Eastern state of Arunachal Pradesh also people are looking for means to improve their looks. In ophthalmology department, they come for improving their eyes through Blepharoplasty.

A prevalence rate of 1.7–2.4% for BDD has been reported in the general population; this rate exceeds that of major psychiatric disorders such as schizophrenia and bipolar I disorder [1,2]. BDD is characterized by a preoccupation with an imagined or grossly exaggerated minor physical defect. This preoccupation may be with facial features or areas including genitalia, breasts, buttocks, and skin [3]. Patients commonly exhibit perfectionist thinking and maladaptive attractiveness beliefs [4]. They repeatedly examine and alter the particular body part in a compulsive manner, which leads to impairment in daily functioning. Patients with BDD often seek surgical correction of "deformities". It has been estimated that 26–40% of patients with BDD have undergone cosmetic surgery [5,6]. Patients with BDD are usually excluded at pre-operative assessment.

In this prospective study, we aimed to screen, diagnose and grade number of patients seeking blepharoplasty. The diagnosed patients were then counselled and referred to Psychiatry OPD for expert management.

AIMS AND OBJECTIVES:

1. To calculate prevalence of Body Dysmorphic Disorder in patients coming for Blepharoplasty surgery.
2. To Find any Age, Gender, Educational qualification, Socio economic or Tribal/Ethnic variation in patients with Body Dysmorphic Disorder.

MATERIALS AND METHODS

The study was carried out in the Department of Ophthalmology, Tomo Riba Institute of Health and Medical Sciences (TRIHMS), Naharlagun, Arunachal Pradesh.

Informed consent (ICMR format) was taken for those patients coming for blepharoplasty.

Demographic details including tribes and ethnicities were noted down. All the patients were evaluated clinically and details were documented on specially designed Proforma. A thorough clinical history was taken from all the patients. A baseline ocular examination for measurement of visual acuity, refractive status, slit lamp examination, direct and indirect ophthalmoscopy, and applanation tonometry was done in all

patients. Special emphasis was given to fill the format for Body Dysmorphic Disorder Questionnaire (BDDQ). This was done to screen the patients with suspected Body Dysmorphic Disorder (BDD).

Chart-1: Body Dysmorphic Disorder Questionnaire

Body Dysmorphic Disorder Questionnaire (BDDQ)

Name _____ Date _____

This questionnaire asks about concerns with physical appearance. Please read each question carefully and circle the answer that is true for you. Also write in answers where indicated.

1) Are you worried about how you look? Yes No
 --If yes: Do you think about your appearance problems a lot and wish you could think about them less? Yes No
 --If yes: Please list the body areas you don't like: _____

Examples of disliked body areas include: your skin (for example, acne, scars, wrinkles, paleness, redness); hair; the shape or size of your nose, mouth, jaw, lips, stomach, hips, etc.; or defects of your hands, genitals, breasts, or any other body part.

NOTE: If you answered "No" to either of the above questions, you are finished with this questionnaire. Otherwise please continue.

2) Is your main concern with how you look that you aren't thin enough or that you might get too fat? Yes No

3) How has this problem with how you look affected your life? Yes No
 * Has it often upset you a lot? Yes No
 * Has it often gotten in the way of doing things with friends, dating, your relationships with people, or your social activities? Yes No
 --If yes: Describe how: _____
 * Has it caused you any problems with school, work, or other activities? Yes No
 --If yes: What are they? _____
 * Are there things you avoid because of how you look? Yes No
 --If yes: What are they? _____

4) On an average day, how much time do you usually spend thinking about how you look? (Add up all the time you spend in total in a day then circle one.)
 (a) Less than 1 hour a day (b) 1-3 hours a day (c) More than 3 hours a day

Chart-2

You are likely to have BDD if you gave the following answers:

- Question 1: Yes to both parts
- Question 3: Yes to any of the questions
- Question 4: Answers b or c

Please note that the above questions are intended to screen for BDD, not diagnose it; the answers indicated above can suggest that BDD is present but can't necessarily give a definitive diagnosis.

Please note that a 'yes' answer to question 2 could indicate the presence of either BDD or an eating disorder. An evaluation by a clinician is recommended to determine which diagnosis may be more accurate.

After the selection of patients through screening questionnaire, the patients were categorised as suffering from some grade of Body Dysmorphic Disorder. This was done through Diagnostic criteria for BDS according to DSM-5. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition) as mentioned in the table below.

Chart-3: Diagnostic Criteria for Body Dysmorphic Disorder acc to

DSM-5

Chart 1. Diagnostic criteria for Body Dysmorphic Disorder (BDD), according to the DSM-5

Criterion A	Preoccupation with one or more perceived defects or flaws in physical appearance that are not observable or appear slight to others.
Criterion B	At some point during the course of the disorder, the individual has performed repetitive behaviors (eg, mirror checking, excessive grooming, skin picking, reassurance seeking) or mental acts (eg, comparing his or her appearance with that of others) in response to the appearance concerns.
Criterion C	The preoccupation causes clinically significant distress or impairment in social, occupational, or other important areas of functioning.
Criterion D	The appearance preoccupation is not better explained by concerns with body fat or weight in an individual whose symptoms meet diagnostic criteria for an eating disorder. Specify if: With muscle dysmorphia. The individual is preoccupied with the idea that his or her body build is too small or insufficiently muscular. This specifier is used even if the individual is preoccupied with other body areas, which is often the case. Specify if: Indicate degree of insight regarding body dysmorphic disorder beliefs (eg, "I look ugly" or "I look deformed"). With good or fair insight: The individual recognizes that the body dysmorphic disorder beliefs are definitely or probably not true or that they may or may not be true. With poor insight: The individual thinks that the body dysmorphic beliefs are probably true. With absent insight/delusional beliefs: The individual is completely convinced that the body dysmorphic beliefs are true.

The patients were classified into different severity into subclinical, mild to moderate and severe as per DSM-5 Criteria for BDD (Body Dysmorphic Disorder).

Table-1: Grading Of Body Dysmorphic Disorder

BDS severity	Meet DSM-5 Criteria for BDD	Generalized avoidance behaviors
None	No	No
Sub clinical	Partial	No
Mild to moderate	Full criteria	No
severe	Full criteria	Yes

RESULTS

Table A: Patient Selection

	MALE	FEMALE	PERCENTAGE (%)
Patients without BDS	0	10	41.67
Patients with BDS	1	13	58.34
TOTAL	1	23	

Out of twenty four patients, only one patient was male. Patients without BDD were 41.6% and patients with BDD were 58.34%.

Table B: Grades Of BDS

	Gender		Percentage(%)
	female	male	
Sub clinical	9	1	71.43
Mild-moderate	3		21.43
Severe	1		7.14
Total	13	1	100

Most of the screened patients were suffering from Subclinical grade of with 77.14%. Patients with Mild-Moderate severity accounted for 21.43%. Patients with severe grades accounted for 7.14%.

Table-C: Gender Group Comparison

Number of Patients	Patients with BDS		Percentage (%)
Identification	Male	1	7.14
	Female	13	92.86
Total		14	100

92.86 percentage of Female were detected out of total diagnosed patients with some grade of Body Dysmorphic Disorder. Male patients constituted only 7.14%.

Table-D: Age Group Comparison

Age Range of the Patients	Number of Patients with BDS			Percentage (%)
	Female	Male	Total	
15-24	5		5	35.71
25-34	4	1	5	35.71
35-44	3		3	21.42
45-54	1		1	7.14
Grand Total	13	1	14	100

Patients with age group of 15-24 and 25-34 each constituted 35.71%. 45-54 age group had least number with 7.14%. Patients with age group from 35-44 made up to 21.42%.

Table-E : Ethnic Group Comparison

Number of Patients		Patients with BDS		
		Male	Female	
Identification	Arunachal Tribes	1	12	85.72
	Non Arunachal Ethnic Groups		2	14.28
Total		1	14	100

Arunachal Pradesh is majorly inhabited by tribals of Mongoloid race. Not surprisingly, Ethnic group comparison showed that majority of patients were native Arunachal tribes with 85.72%. Non Arunachal ethnic groups comprised of Assamese tribals of Mongoloid race constituted 14.28%.

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