

Prevalence of Body Dysmorphic Disorder Among Dermatology and Plastic Surgery Patients in Saudi Arabia and its Association with Cosmetic Procedures

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Objective: To estimate the prevalence of body Dysmorphic disorder (BDD) among patients visiting dermatology or plastic clinics and comparing the prevalence between male and female patients in Riyadh. Besides, the study aimed to identify the association between the number and type of previous cosmetic procedures among BDD patients. This study will compare the number of previous cosmetic procedures among between BDD patients with non-BDD patients.

Design: Cross-Sectional study.

Methods: A cross-sectional design was adopted for this study conducted between January and March 2020 on 250 patients at outpatient dermatology and plastic clinics at King Khalid University Hospital [KKUH]. Patients were asked about their demographics and were asked to complete the dermatology version Body Dysmorphic Disorder Questionnaire (BDDQ-DV). Last part of the questionnaire was about the number and type of cosmetic procedures among them. Data processing was performed using the Statistical Package for Social Sciences (v 26.0 IBM Corporation).

Results: The findings of the study revealed that out of 250 patient 100 (40%) reported concerned about the appearance of some parts of their body and half (50%) of these 100 patients screened positive for BDD. There were significant link between BDD and patient age mean age at 34.14(\pm 9.60) with a p-value of 0.049. The most frequent cosmetic procedure done was filler injection followed by Botox injection (36.2 %),(33.3 %) respectively they were mostly done by females. No significant association between number and type of cosmetic procedure and screening positive for BDD in our sample was found. **Conclusion:** Body Dysmorphic disorder was reported in 50% of patients reported in concerns about their appearance. No association was detected between screening positive for BDD and having cosmetic procedures.

Keywords: Body Dysmorphic Disorder, Dermatology, Plastic Surgery, King Saud Medical City

Bahrain Med Bull 2021; 43 (1): 403 - 409