

POSTER PRESENTATION ABSTRACT

ACOS24P-010: Prevalence, Assessment and Underdiagnosed Impact of Body Dysmorphic Syndrome (BDD) in Cosmetic and Aesthetic Clinical Practice: A Narrative Review

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Body Dysmorphic Disorder (BDD) is a high-risk psychological condition that significantly affects patients but is often overlooked. This review focuses on BDD, emphasizing the role of cosmetic and clinical practitioners in identifying BDD patients among those seeking aesthetic treatments and examining the disorder's impact on practice. BDD patients frequently appear in primary care and dermatology because they may not see the need for psychiatric help. Many pursue cosmetic treatments, which often fail to relieve their distress, leading to temporary satisfaction followed by dissatisfaction and blame toward providers. Patients with BDD can display aggressive behaviours, posing risks to cosmetic practitioners through verbal, physical, and legal threats. Thus, increasing awareness and understanding of BDD among clinicians is essential for effective care and to prevent unnecessary financial, physical, and psychological burdens from inappropriate procedures.

Keywords: Aesthetic and cosmetic clinical practice, Body dysmorphic disorders, Psychological health