

01 INTRODUCTION & AIM

Body dysmorphic disorder (BDD) is a psychiatric disorder characterized by an excessive and persistent preoccupation with perceived flaws in appearance that may be unobservable or appear only slight to others (Krebs, Fernández de la Cruz, Lorena, & Mataix-Cols, 2017). People with BDD have a distorted view of how they look and spend a lot of time worrying about their appearance, causing them significant distress. Moreover, BDD is associated with a markedly worsened quality of life and impairment in social and occupational life (Phillips, Quinn, & Stout, 2008). Thus, due to its detrimental effects, it is important to recognize BDD. Worldwide, few studies focused on the prevalence and patterns of BDD in men, with none being done in the UAE. Therefore, this study aims to assess the prevalence and patterns of BDD among males in the U.A.E.

02 METHODS

Design:

Cross-sectional

Instrument:

A piloted, self-administered

questionnaire was distributed online. It consisted of 30 questions divided into 4 different sections: Demographics, BDDQ, Body Image and Cosmetic Surgery, and Social Media and Exercise.

Sampling:

Convenience sampling was used to select men aged 18 and above, have access to social media, and can speak English or Arabic.

A sample size of 400 was measured based on a 5% marginal error and an assumed prevalence of 50%; however, 450 subjects were targeted to compensate for any missing data and non-responders

Analysis:

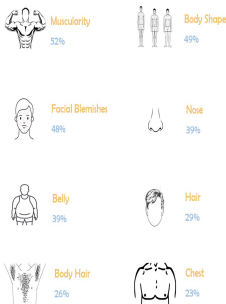
Percentages, frequencies, means, medians, and various inferential statistics tests, such as Chi-square, that were obtained using SPSS 26 were used to analyze all the data. A p-value of ≤ 0.05 was considered statistically significant. Lastly, tables, histograms, bar and pie charts were used to demonstrate the results of this study.

RESULTS

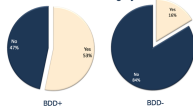
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- A total of 403 male participants completed the online questionnaire, most of which were young adults aged between 18 and 35 (84.9%), middle easterners (80.4%), or single (77.7%).
- Overall, 44.2% (n=178) of the participants reported that they were worried about their looks.
- A total of 54 individuals (13.2%) had a BDDQ score of 4 out of 4, 15 of which were considered as a positive screening for BDD, resulting in a prevalence of BDD of 3.7%.
- Increased prevalence of BDD was significantly associated with the negative impact of social media, pressure to fit a culturally ideal look, and thoughts about modifying body parts cosmetically (p < 0.05).
- Men with BDD were significantly more likely to be impaired socially or functionally (p < 0.05).

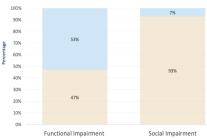
Top Body Parts Causing Worry in Men



Men Who Thought About Getting Cosmetic Surgery



MEN WITH BDD WITH SOCIAL OR FUNCTIONAL IMPAIRMENT



05 CONCLUSION

- This study showed a relatively high prevalence of BDD among men in the UAE.
- The negative effects of social media and cultural ideals on body image are important factors in increased prevalence of BDD in men.
- Men with BDD are more likely to have thoughts of cosmetically modifying their bodies, which may warrant increased awareness.
- There is a dire need to start awareness campaigns about BDD and promote positive body image perception in order to limit the subsequent functional and social impairment.

DISCUSSION

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- The prevalence of body dysmorphic disorder among males in the U.A.E. was found to be 3.7%, which is greater than the estimated general worldwide adult prevalence of 1.9% (Veale, Gledhill, Christodoulou, & Hodsoll, 2016). This shows the importance of increasing awareness of BDD in the male population.
- An increased prevalence of BDD is associated with the negative impact of social media on body image, the pressure to fit a culturally ideal look, and thoughts of cosmetically modifying body parts. Therefore, the male population should be educated accordingly.
- Body image worries in males were most associated with worries about muscularity, body shape, and facial blemishes, supporting the impact of the pressure to fit a culturally ideal look. Thus, campaigns should focus on improving body image perception to reduce the effect of such pressures.

Limitations:

- Sampling was done electronically, limiting the generalizability of our study.
- The majority of the participants (84.9%) were young adults aged between 18 and 35 years.
- This study did not assess the symptoms of Body Dysmorphic Disorder in the male population.

References:

- Krebs, G., Fernández de la Cruz, Lorena, & Mataix-Cols, D. (2017). Recent advances in understanding and managing body dysmorphic disorder. *Psychosis-Beyond Mental Health*, 20(2), 71-75. doi:10.1177/1099769116662023
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- Veale, D., Gledhill, L. J., Christodoulou, P., & Hodsoll, J. (2016). Body dysmorphic disorder in different settings: A systematic review and estimated weighted prevalence. *Body Image*, 10, 165-186. doi:10.1016/j.bodyim.2016.07.003