

Prevalence of body dysmorphic disorder in an Egyptian sample

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The aim of this study was to assess the prevalence of BDD in a sample of Egyptians, besides studying the prevalence of co-morbidity with BDD and interpreting any differences in the context of the Egyptian culture.

The study was designed to be a cross sectional epidemiological study. The sample was selected by cluster random sampling design from university and college students. Five hundred and three students were chosen and subjected to general health questionnaire, Arabic Form, and body dysmorphic disorder examination self report.

The study concluded that BDD is a quite common disorder, as its rate was approximately 4%. All BDD patients had multiple areas of concern, especially in the head and face area and most of them had tried remedies to fix the problem. BDD is also found to be associated with academic deterioration.