

# Food and Body Dysmorphic Disorder: How What We Eat Impacts Our Self- Perception

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## Abstract

The purpose of our research is to raise awareness about the conditions of Body Dysmorphic Disorder, and to provide evidence base practices on how to combat this mental illness disorder through therapy. Body Dysmorphic Disorder (BDD) is an unusual behavior that allows a person to see a defective appearance when they look in the mirror, and it is at times an extremely obsessive behavior. This topic is relevant to the mental health field in areas of the agency setting and the school setting because counselors need to create and develop practices to combat this mental illness disorder. We plan to research the topic in peer review journals and academic journals. Gareth J. Hollands and Theresa M. Marteau, well renown authors of “Pairing Images of Unhealthy and Healthy Foods with Images of Negative and Positive Health Consequences: Impact on Attitudes and Food Choice” argues that the intervention of how individuals perceive food will lead to the primary outcome of a better decision being made. There is a disconnect amongst therapists determining whether or not this mental illness disorder can be resolved or subsided with medication or cognitive behavior therapy. Though there is evidence supporting the use of medication, it would behoove academia to seek additional methods to address BDD that may not be as harming to the body as medication. The systematic way of assisting patients improve their quality of life should be made aware of so educators and clinicians can do more to counteract this growing mental illness disorder.

*Keywords:* treatment, interventions, therapy, mental illness