

To determine the prevalence of BDD within different cohorts, as well as the most common areas of the body affected by BDD and the number of individuals with a prior diagnosis of BDD.

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Abstract

Background: Body Dysmorphic Disorder (BDD) is an underdiagnosed condition among the general population. Individuals with BDD often present to dermatology or cosmetic surgeons for treatment that is unnecessary. This systematic review aims to determine the prevalence of BDD in order to establish service need requirements.

Objectives: To determine the prevalence of BDD within different cohorts, as well as the most common areas of the body affected by BDD and the number of individuals with a prior diagnosis of BDD.

Methods: A systematic review was performed using the PRISMA guidelines. Seventy-eight research papers were evaluated in total.

Results: Within the general population, the prevalence of BDD ranged from 0.5-3.2%, the prevalence ranged 4.9- 21.1% in general dermatology cohorts and 2.9- 57% in cosmetic surgery cohorts. Areas of the body most commonly affected by BDD were the skin, nose and hair. The number of patients with a prior diagnosis of BDD was $\leq 10\%$ in 93% papers.

Conclusions: The prevalence of BDD appears to be higher in dermatology cohorts and cosmetic surgery cohorts when compared to the general population. Further research can help to identify which skin conditions people with BDD are most likely to present with. BDD remains a condition that is severely underdiagnosed in the community due to the lack of recognition and understanding. Targeted screening of individuals in high risk cohorts, as well as further clinician education may be of benefit to help aid early recognition and diagnosis

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