

## 1. Introduction

- a. This paper reviews current literature regarding conceptualizations of body dysmorphic disorder (BDD), diagnostic criteria, and treatment plans.

## 2. Conceptualization of BDD

- a. BDD results from concurrence of biological predisposing factors and environmental stressors
- b. Higher prevalence in BDD in individuals with existing or predisposition to other psychological disorders or family history of psychological disorder, in specific body image related

## 3. Diagnostic Criteria

- a. DSM-V defines specific criteria for diagnosis
- b. Confounding factors exist when diagnosing BDD, therefore there is a higher incidence of misdiagnosis

## 4. Treatment plans

- a. Cognitive-behavioral therapy is the most common treatment for BDD
- b. Biological perspectives advances the scope of treatment
- c. Psychodynamic and social perspectives are positively evaluated to concluded for treatment plans

## 5. Conclusion

- a. BDD holds many perspectives in contextualization, diagnosis, and treatment
- b. The current study data is complex and limited as well as the theoretical models, but the growth in this subject is positive and increasing