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Body Dysmorphic Disorder, Self-esteem and Depression in Cosmetic Rhinoplasty

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Introduction:

Body dysmorphic disorder is characterized by a preoccupation with an imagined defect in appearance that causes clinically significant distress or impairment in important areas of functioning.

Aims:

This study aimed to evaluate body dysmorphic disorder, self-esteem, and depression in cosmetic rhinoplasty patients

Methods:

250 cosmetic rhinoplasty patients completed a demographic questionnaire, dysmorphic concern questionnaire (DCQ), Rosenberg self-esteem scale, and Beck depression index-II (BDI-II). Data were analyzed by appropriate tests.

Results:

Of 250 patients, 30 (12.0%) were male and 220 (88.0%) were female. Mean \pm SD was 24.0 ± 4.7 for age. Frequency of body dysmorphic disorder (BDD) was 18.0% (45). BDD showed a significant correlation with lower self-esteem and higher depression (both $P < 0.001$). From patients who had BDD, 5(11.1%) showed minimal depression, 14 (31.1%) mild depression, 25(55.6%) moderate depression and 1 (2.2%) severe depression. Also, BDD showed a significant association with the job (Higher in students and housewives, $P = 0.04$) and cigarette smoking ($P < 0.001$).

Lower self-esteem showed in the patients with age < 25 years old ($P < 0.001$), students ($P = 0.003$), Lower education ($P < 0.001$) and lower income ($P = 0.03$).

The prevalence of depression (BDI score > 13) was 107 (42.2%). Severity of depression was significantly higher in married patients ($P = 0.003$), lower education ($P = 0.001$), lower income ($P = 0.04$), cigarette smoking ($P = 0.008$), having more children ($P < 0.001$) and having a history of previous cosmetic surgery ($P = 0.001$).

Conclusions:

There should be special concerns about psychiatric aspects of people who seek cosmetic surgeries.