

For example, you may think you have an odd body shape compared to other people, or that a scar makes you look unattractive. BDD is not the same as being vain or self-obsessed.

BDD can make you do things that take up a lot of time, like:

- Stare at your face or body in the mirror.
- Compare your features with other people's.
- Cover or conceal yourself excessively with makeup.
- Consider plastic surgery when you do not need it.

BDD can lead to depression. Some people with BDD have suicidal thoughts or feelings.