A comparative study of Social Anxiety in adolescents with Body Dysmorphic Disorder and healthy group

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Abstract

Introduction: Adolescence characterized by changes in physical, psychological and emotional features and over concerns of some adolescents on aspects of appearance may lead to Body Dysmorphic Disorder (BDD). Following the changes of puberty, incidence of social anxiety in adolescents is undeniable and its severity as a disorder supposed to be higher in adolescent with BDD than in healthy adolescents.

Objective: According to the importance of social anxiety in adolescents, the purpose of this study was comparing social anxiety in adolescents with BDD and healthy group.

Method: Statistical population was all the Yazd female high school students that 371 teenage girls (14-18 years) were selected by cluster sampling and answered to Watson & Friend social anxiety questionnaire and Yale-Brown Obsessive Compulsive Scale for BDD. Method of this study was causal-comparative and data were analyzed by independent-samples t test.

Results: Findings have shown that adolescents with BDD had more social anxiety than healthy group (t= -3/28, p<0/001). It should be noted that adolescents with BDD had a significant difference with adolescents of healthy group in fear of negative evaluation and social avoidance (and caught higher scores (respectively t= -2/150 & t= -3/40).

Conclusion: BDD in adolescents has been less noticed in psychological treatment and if this disorder be untreated and social anxiety caused by stabilize on individual, later in adulthood also faced to many problems in social relationships. Isolation, withdrawal & lack of confidence are the most predictable consequences of this disorder.

Key words: adolescent, social anxiety, body dismorphic disorder, social avoidance

Oral