



# How ChatGPT Can Provide Support to People Struggling with Body Dysmorphia.

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## Introduction

- Body dysmorphia affects more people than you may realize
- The study aims to investigate the potential benefits and limitations of using Chat GPT to address body dysmorphia
- The ultimate goal of this research is to contribute to the development of more effective and accessible interventions for individuals with body dysmorphia

## Research Methodologies

Action Research

The present study uses action research to explore ways to support individuals with body dysmorphia

Qualitative Data

I collected and analyzed qualitative data

Content Analysis

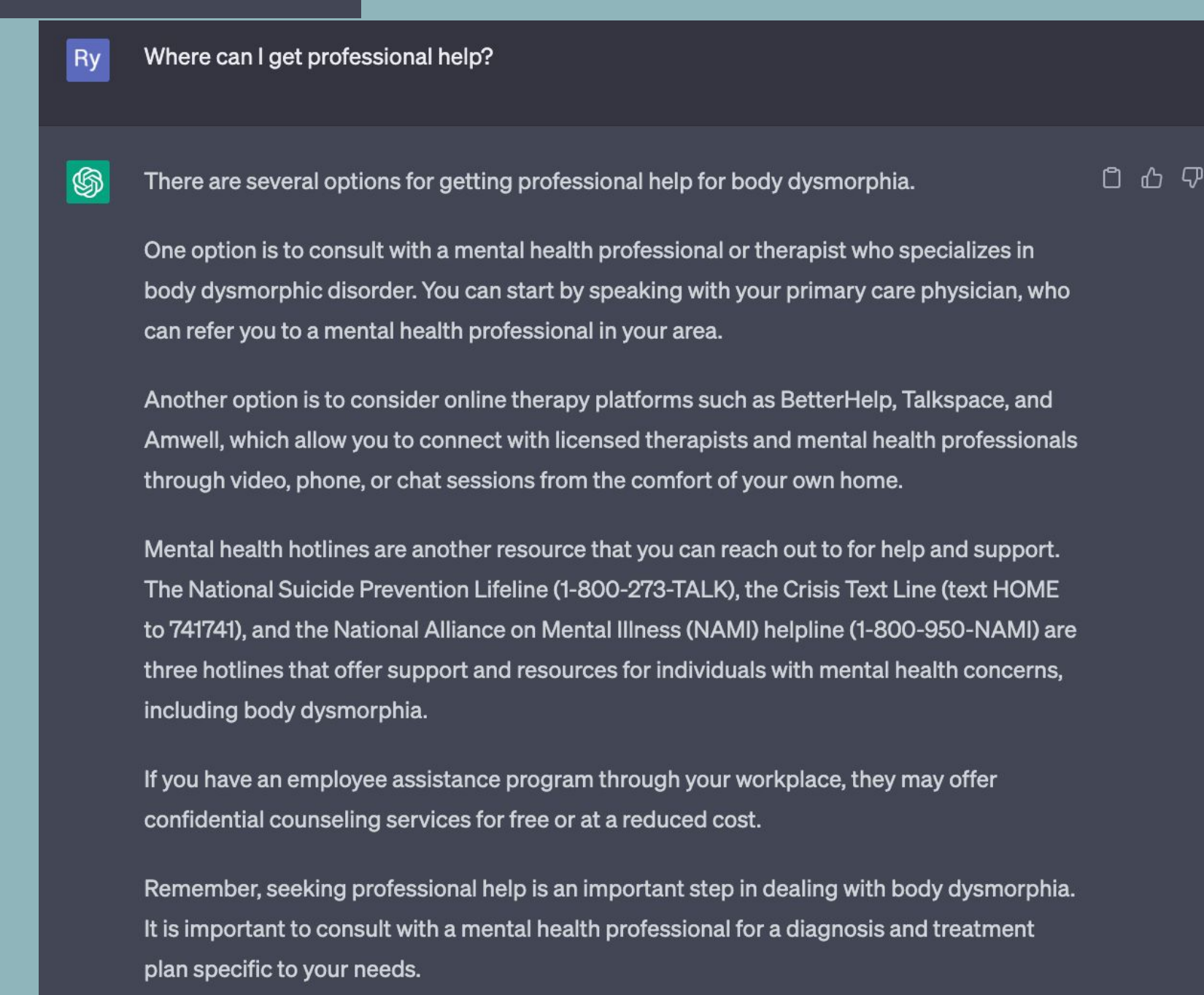
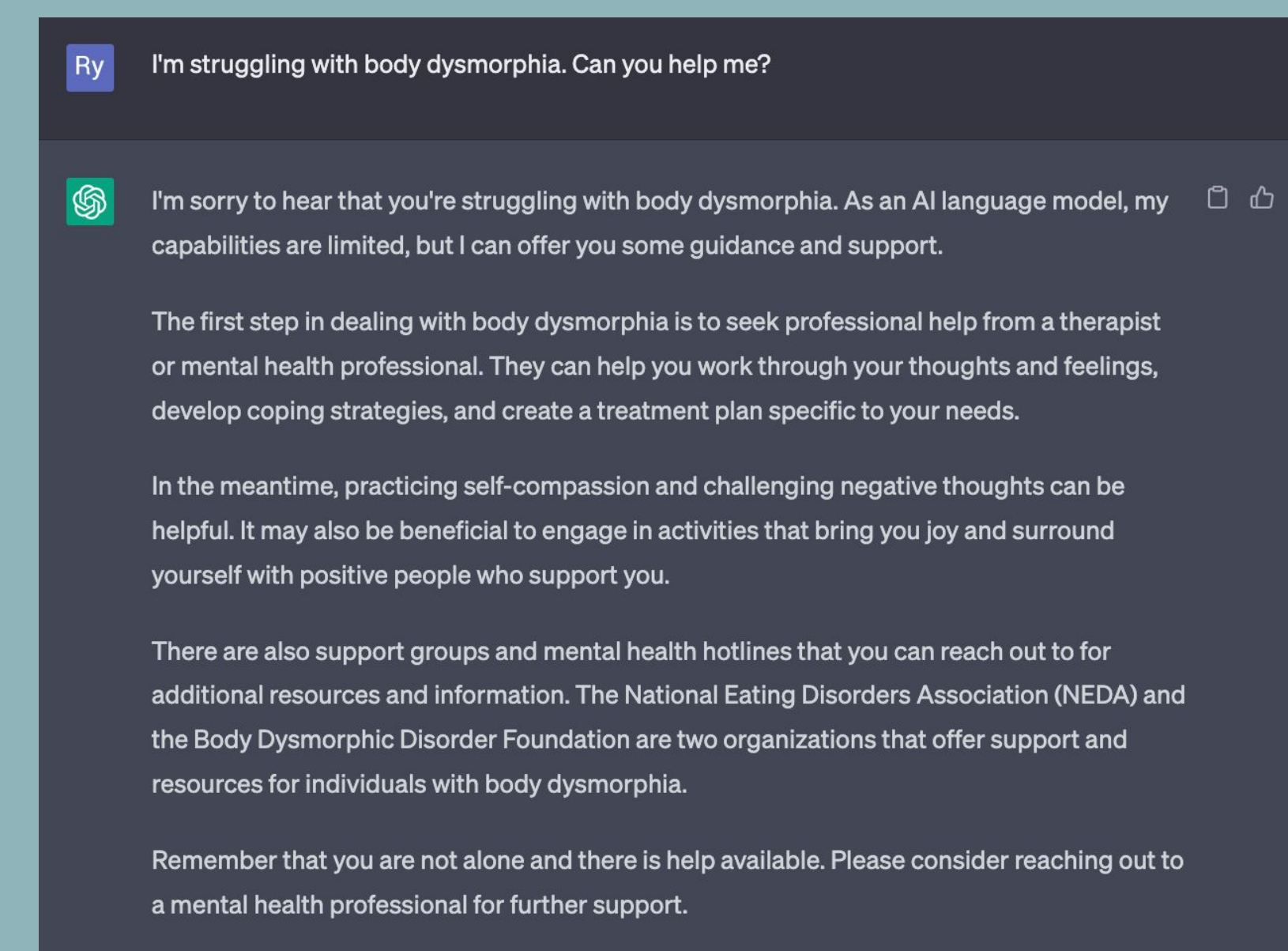
The data was collected through interactions with ChatGPT

## Data & Findings

# 10%

Only ten percent of people with body dysmorphia seek professional help

Chat GPT can make it easier for people to get some kind of help with their body dysmorphia struggles



## Conclusions

Seeking professional help is essential

ChatGPT can provide helpful information and resources to individuals, including guidance on seeking professional help

ChatGPT should not replace professional help and diagnosis

## Implications & Next Steps

Individuals should become aware that Chat GPT can be valuable resources to help address body dysmorphia and other mental health issues

With increased awareness and utilization of this technology, individuals can work towards overcoming their struggles with body dysmorphia and improving their overall quality of life



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