

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

Ry Ewen Palo Alto High School

Research Methodologies

Action Research

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

Qualitative Data

> Content Analysis

I collected and analyzed qualitative data

The data was collected through interactions with ChatGPT

Conclusions

Seeking professional help is essential

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

Introduction

- individuals with body dysmorphia

Data & Findin

10%

Only ten percent of peop dysmorphia seek profes

Chat GPT can make it ea some kind of help with their body dysmorphia struggles

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

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

I'm struggling with body dysmorphia. Can you help me? Im sorry to hear that you're struggling with body dysmorphia capabilities are limited, but I can offer you some guidance an The first step in dealing with body dysmorphia is to seek profor or mental health professional. They can help you work throug develop coping strategies, and create a treatment plan speci In the meantime, practicing self-compassion and challenging helpful. It may also be beneficial to engage in activities that be yourself with positive people who support you. There are also support groups and mental health hotlines that additional resources and information. The National Eating Dit the Body Dysmorphia. Remember that you are not alone and there is help available. a mental health professional for further support.			
 capabilities are limited, but I can offer you some guidance an The first step in dealing with body dysmorphia is to seek profor or mental health professional. They can help you work throug develop coping strategies, and create a treatment plan specie In the meantime, practicing self-compassion and challenging helpful. It may also be beneficial to engage in activities that be yourself with positive people who support you. There are also support groups and mental health hotlines that additional resources and information. The National Eating Dia the Body Dysmorphic Disorder Foundation are two organization Remember that you are not alone and there is help available. 	S	Ry	I'm struggling with body dysmorphia. Can you help me?
	vith body nal help		 capabilities are limited, but I can offer you some guidance an The first step in dealing with body dysmorphia is to seek proforor mental health professional. They can help you work throug develop coping strategies, and create a treatment plan species In the meantime, practicing self-compassion and challenging helpful. It may also be beneficial to engage in activities that be yourself with positive people who support you. There are also support groups and mental health hotlines that additional resources and information. The National Eating Dist the Body Dysmorphic Disorder Foundation are two organizator resources for individuals with body dysmorphia. Remember that you are not alone and there is help available.



ia. As an Al language moo nd support.	del, my 凸 凸 🖓				
ofessional help from a the	erapist				
gh your thoughts and fee					
cific to your needs.					
ng negative thoughts can	be				
bring you joy and surrour					
nat you can reach out to fo	or				
visorders Association (NE					
ations that offer support a	and				
e. Please consider reachir	ng out to				
Ry	Where can I get profe	essional help?			
S	There are several opt	ions for getting professional help for body dysmorphia.	ዕፊም		
	One option is to cons	ult with a mental health professional or therapist who specializes in			
	body dysmorphic disorder. You can start by speaking with your primary care physician, who				
	can refer you to a me	ntal health professional in your area.			
	Another option is to c	consider online therapy platforms such as BetterHelp, Talkspace, and			
	Amwell, which allow you to connect with licensed therapists and mental health professionals				
	through video, phone, or chat sessions from the comfort of your own home.				
	Mental health hotline	s are another resource that you can reach out to for help and support.			
	The National Suicide	Prevention Lifeline (1-800-273-TALK), the Crisis Text Line (text HOME			
		ational Alliance on Mental Illness (NAMI) helpline (1-800-950-NAMI) are			
	three hotlines that off	fer support and resources for individuals with mental health concerns,			
		vee assistance program through your workplace, they may offer			
	confidential counseli	ng services for free or at a reduced cost.			
		professional help is an important step in dealing with body dysmorphia.			
		sult with a mental health professional for a diagnosis and treatment			
	plan specific to your I				

References

- Ieuan Cranswick Senior Lecturer in Sport and Exercise Therapy. (2020, October 9). Muscle dysmorphia: Why are so many young men suffering this serious mental health condition? The Conversation.
- Leit, R. A., Gray, J. J., & Pope Jr, H. G. (2002). The media's representation of the ideal male body: a cause for muscle dysmorphia? International Journal of Eating Disorders,
- Nieuwoudt, J. E., Zhou, S., Coutts, R. A., & Booker, R. (2015). Symptoms of muscle dysmorphia, body dysmorphic disorder, and eating disorders in a nonclinical population of adult male weightlifters in Australia. The Journal of Strength & Conditioning Research
- Olivardia, R., Pope Jr, H. G., & Hudson, J. I. (2000). Muscle dysmorphia in male weightlifters: a case-control study. American Journal of Psychiatry
- Perkins, A. (2019). Body dysmorphic disorder: The drive for perfection. Nursing2021
- Phillips, K. A., Didie, E. R., Feusner, J., & Wilhelm, S. (2008). Body dysmorphic disorder: treating an underrecognized disorder
- Rosen, J. C., & Ramirez, E. (1998). A comparison of eating disorders and body dysmorphic disorder on body image and psychological adjustment. journal of psychosomatic research,

Vashi, N. A. (2016). Obsession with perfection: body dysmorphia. Clinics in dermatology,