

## **Freedom of Information Request: Our Reference CTHB\_99\_17**

### **You asked:**

1. How many people suffer with muscle dysmorphia in Wales and the UK?
2. How is muscle dysmorphia treated in wales?
3. How many people are admitted to hospital each year with the disorder?
4. What is the main cause of the disorder?

### **Our response:**

The term, muscle dysmorphia, refers to a subtype of body dysmorphic disorder (BDD), which is a type of obsessive-compulsive disorder. In terms of causes of muscle dysmorphia, like other obsessive-compulsive disorders, it could arise from a combination of factors including genetics, brain differences and environment. This condition is more common in people with a history of depression or social phobia. It often occurs alongside obsessive compulsive disorder (OCD) or generalised anxiety disorder,

There is no specific activity code for Muscle dysmorphia for body dysmorphic disorder and therefore we are unable to provide specific figures for Cwm Taf Health Board residents.

Treatments for this type of condition could include cognitive behavioural therapy (CBT) and/ or antidepressant medications.

Further information on this condition is available via the following link:  
<http://www.nhs.uk/Conditions/body-dysmorphia/Pages/Introduction.aspx>