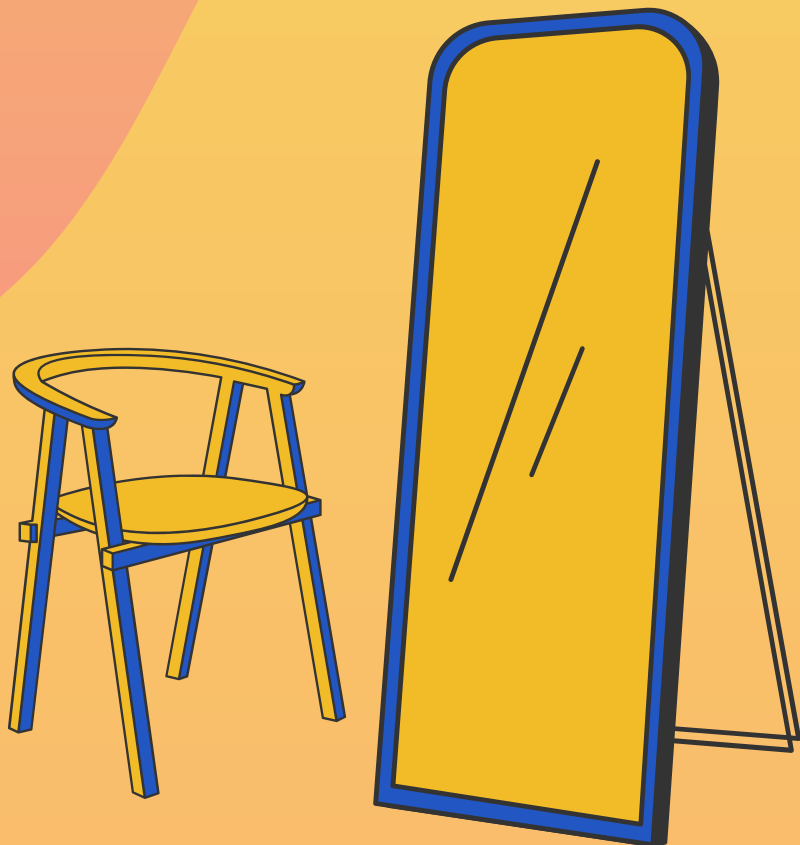




Am I experiencing
gender dysphoria or
body dysmorphia?



What's the
difference?



CONTENT WARNING: DISCUSSION OF DISORDERED EATING.

BODY DYSMORPHIA



GENDER DYSPHORIA



an **anxiety disorder** that causes one to suffer over a perceived flaw in one's appearance

a **feeling of misalignment** between one's appearance and one's gender identity

Body dysmorphia and gender dysphoria are interconnected but ultimately different.

Body dysmorphia is a diagnosis.

Body dysmorphia doesn't go away when changes to physical appearance are made. However, long-term therapy can help people dealing with body dysmorphia.

Gender dysphoria isn't a diagnosis.

It's a symptom. Gender dysphoria can often be mitigated with changes to one's physical appearance, such as changing one's hair and clothing, or taking hormones.

However, *gender dysphoria* and *body dysmorphia* are not **mutually exclusive**.

“

"These two psychiatric conditions are very similar; they both deal with the patient's *relation to their body* and *how they perceive it*."

- (Deshane, 2016)

”

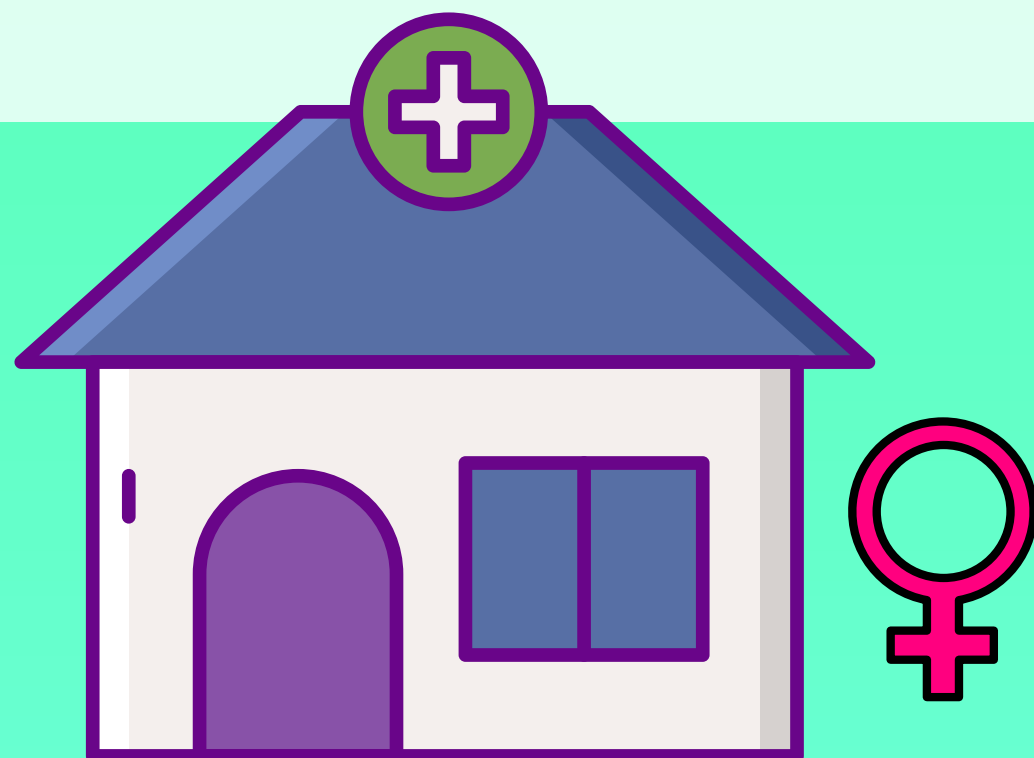


Eating disorders often go **undiagnosed** in queer folks, due to a lack of research and recognition surrounding the overlap of ***body dysmorphia*** and ***gender dysphoria***.

Eating disorders in queer and trans folks often go **untreated**.

Eating disorder treatment facilities might have policies that restrict their services to "women" exclusively.

(Deshane, 2016)



Policies like these alienate queer folks of all genders.

“

“Transgender and non-binary folks often experience eating disorders and body image distress at disproportionately higher rates compared to their heterosexual, cisgender counterparts.” (Bushell, 2021)

”

And queer folks are not receiving adequate care.

What do we need?

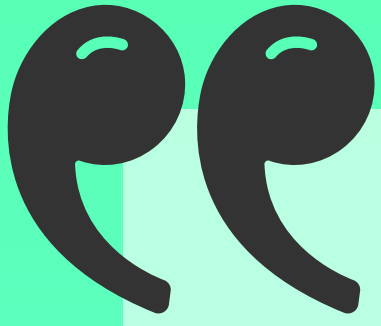
culturally competent treatment for disordered eating in queer people.

recognition and **research** into the **intersections** of *gender dysphoria* and *body dysmorphia*.



For many queer folks, perception of gender identity and body overlap in significant ways.

Treatment should reflect that.



Bushell, J. (2021) Gender dysphoria and body dysmorphia in trans and non-binary folks. Center For Discovery.

<https://centerfordiscovery.com>

Deshane, E. (2016). The Other Side of the Mirror: Eating Disorder Treatment and Gender Identity. *LGBTQ POLICY*, 6, 89.

Lukoff, K. (2010). Taking up space. *Gender Outlaws: The Next Generation*, 122-127.

