

# Physical Self-perception, Body Dysmorphic Disorder, and Smoking Behavior

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**Objective:** To examine the relationship of physical self-perceptions, body dysmorphic disorder (BDD), and smoking status among college-age women. **Methods:** A cross-sectional study design was selected to study women (n= 364) who completed a 79-item questionnaire that measured physical self-perceptions and BDD. **Results:** BDD items, including fear of weight gain, social avoidance and comparison, along with percep-

tions of physical health and medical use, predicted smoking behavior. **Conclusions:** Negative perceptions of physical health and 3 diagnostic components associated with BDD may moderate smoking cessation attempts and maintain smoking behavior among college-age women.

**Key words:** physical self-perception, body dysmorphic disorder, body image, smoking, tobacco use

*Am J Health Behav.* 2008;32(3):295-304

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