

Zoom Dysmorphia (*Interview Transcripts*)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“One of the things that helps to discern if there is body dysmorphia is somebody who doesn’t like looking at themselves but will spend hours in front of the mirror trying to perfect something about them. And now the kids are at home and adults are at home and they may spend more time checking. They are also seeing their image portrayed on Zoom meetings, where they may focus on something very small that other people don’t notice at all.” (:27)

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“People will think ‘my chin is bigger than I thought’ or ‘I have acne’ or those types of things that may cause them to be uncomfortable on Zoom – and I don’t think we think that much about it. We may think this is a vain type of obsession, and it’s really not a vanity. It’s more of an anti-vanity but rather ‘I think I’m so ugly that I don’t want people to see me any more than I have to be seen.’” (:27)

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“A lot of times these individuals may need help on the side such as coming to a therapist like me where I would ask them things. How did it go today? How long did you stay on? Were you able to focus on other people’s faces rather than your own? Were you able to not attend to yourself and your own appearance as much but still speak and participate?” (:20)

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“I think our society is moving toward that. We see that commercials now include different body types, different ages, different races. I think there is a trend of being more accepting of differences – so hopefully that will also help with body dysmorphia.” (:19)