

# Selfitis - A Mental Disorder

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## 1. Definition

Selfitis is an obsessive compulsive desire to take photos of oneself and post them on social media as a way to make up for the lack of self-esteem and to fill a gap in intimacy.

### Categories / Levels:

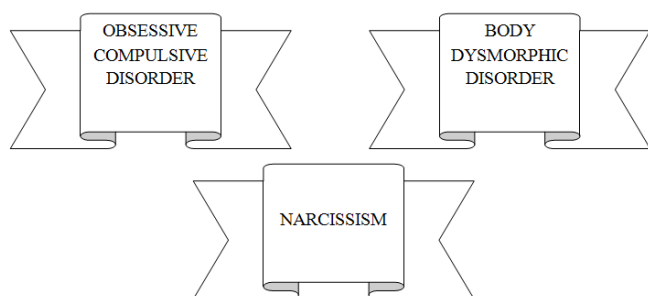
BORDERLINE	ACUTE	CHRONIC
<ul style="list-style-type: none"> <li>• Taking upto 3 selfies per day but not posting them on social media</li> </ul>	<ul style="list-style-type: none"> <li>• Taking atleast 3 images of self per day and posting them on social media</li> </ul>	<ul style="list-style-type: none"> <li>• Uncontrollable urge to take and post upto 6 photos per day</li> </ul>

### Why is Selfie considered to be a disorder?

Here are certain reasons for selfie to be considered as a disorder

- ✓ It creates privacy risk
- ✓ It can cause an addiction
- ✓ It can damage real relationships
- ✓ It places too much emphasis on physical appearance

### Conditions Associated with Selfitis:



### Types of Selfie Taken:

- ✓ The gym selfie
- ✓ The pet selfie
- ✓ The car selfie
- ✓ The blurry selfie
- ✓ The just woke up selfie
- ✓ The pretending to be asleep selfie
- ✓ The add a kid selfie
- ✓ The hospital selfie
- ✓ The "I'm on drugs" selfie
- ✓ The duck face selfie

- ✓ The pregnant belly selfie
- ✓ The "I'm a gigantic whore" selfie
- ✓ The "I have enough money to fly on an airplane" selfie
- ✓ The 3D selfie
- ✓ The "I live in filth" selfie

### Treatment:

Cognitive behavioral therapy is used to help a patient to recognize the reasons for his or her compulsive behavior and then to learn how to moderate it

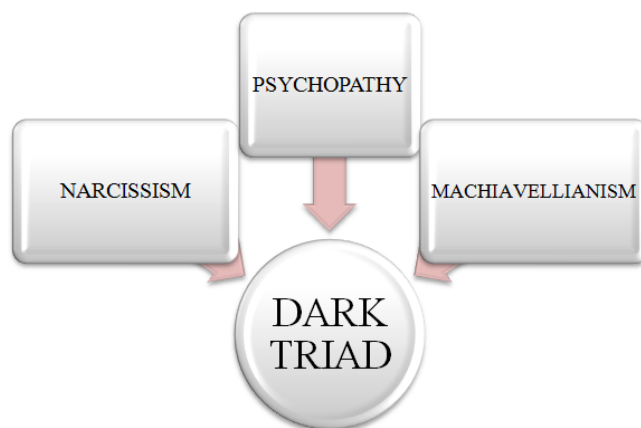
### Interesting Facts of Selfitis:

- ✓ Danny Bowman is the UK's first selfie addict
- ✓ More than 100 patients in UK seeks treatment for selfitis every year
- ✓ Selfies frequently trigger perceptions of self-indulgence or attention – seeking social dependence that raises the damned -if- you- do and damned - if- you- don't spectre of either narcissism or low self esteem
- ✓ Hoping to reach the greatest number of likes in social media is a symptom of selfie that causes problem
- ✓ The behavior of taking selfie could lead to brain problems especially those related lack of confidence
- ✓ The word "selfie" was elected "WORD OF THE YEAR 2013" by Oxford English Dictionary.
- ✓ Pre occupation with selfies can be a visible indicator of a young person with lack of confidence

### Opinions of Experts Regarding Taking Selfies:

- ✓ Taking selfie is not an addiction, but an symptom of body dysmorphic disorder that involves checking ones appearance
- ✓ Taking selfies is a form of "acting out" in young people and can be a cry for help.

### Triad of Selfie:



**Narcissism:**

Extreme self-centeredness and a grandiose view of oneself. Narcissist has an excessive need to be admired by others and have a sense of entitlement.

**Psychopathy:**

Impulsivity and lack of empathy. Those high in psychopathy are likely to agree with statements like payback needs to be quick and nasty.

**Machiavellianism:**

Manipulative-ness without regard for others needs. Those high with this trait tend to have little concern about morals

## 2. Conclusion

Yet, taking selfie is not a disorder until it is borderline. As technology improves, the existence of mental disorders climbs up the ladder equally. It is better to be updated with the consequences of using technology in an alarming way. Instead being diverted with physical activities keeps physic and psych of an individual hail and healthy.

## Reference

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## Author Profile



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