

Examining the Relationship Between Actual Self and Ideal Self in Predicting the Tendency Toward Cosmetic Surgery in Young Women with Histrionic Personality Disorder

Maedeh. Asgharpour Miri¹, Soheil. Moazami Goudarzi^{2*}

¹ Master's degree student in Clinical Psychology, Ayatollah Amoli Branch, Islamic Azad University, Amol, Iran

² Assistant Professor of Psychology, South Tehran Branch, Islamic Azad University, Tehran, Iran

* Corresponding author email address: s_moazami@azad.ac.ir

Article Info

Article type:

Original Research

How to cite this article:

Asgharpour Miri, M., & Moazami Goudarzi, S. (2025). Examining the Relationship Between Actual Self and Ideal Self in Predicting the Tendency Toward Cosmetic Surgery in Young Women with Histrionic Personality Disorder. *Psychology of Woman Journal*, 6(2), 1-9.
<http://dx.doi.org/10.61838/kman.pwj.6.2.11>



© 2025 the authors. Published by KMAN Publication Inc. (KMANPUB), Ontario, Canada. This is an open access article under the terms of the Creative Commons Attribution-NonCommercial 4.0 International (CC BY-NC 4.0) License.

ABSTRACT

Objective: This study aimed to investigate the relationship between actual self and ideal self in predicting the tendency toward cosmetic surgery among young women with histrionic personality disorder.

Methods and Materials: This descriptive-correlational study was conducted on a sample of 100 young women aged 18 to 30 years residing in Babol, Iran, in 2024. Participants were selected using convenience sampling from those who had applied for or were on a waiting list for cosmetic surgery through public advertisements or psychological counseling centers. Data collection instruments included the Cosmetic Surgery Tendency Questionnaire (Soheili, 2017), the Ideal Self and Actual Self Assessment Questionnaire (Soodmand, 2004), and the MMPI for diagnosing histrionic personality disorder. Data were analyzed using SPSS-26 with Pearson correlation, multiple regression analysis, independent samples t-test, and structural equation modeling. Ethical standards such as informed consent, confidentiality, and voluntary participation were strictly observed.

Findings: The results of Pearson correlation analysis indicated a moderate to strong positive relationship between the gap in actual and ideal self and the tendency toward cosmetic surgery ($r = .55, p < .001$), and a significant positive relationship between body image dissatisfaction and cosmetic surgery tendency ($r = .48, p = .002$). Multiple regression analysis showed that the gap between actual and ideal self ($\beta = .55, p < .001$), actual self ($\beta = -.35, p = .01$), and ideal self ($\beta = .45, p = .001$) significantly predicted the tendency toward cosmetic surgery. An independent t-test revealed that women with histrionic personality disorder had a significantly larger self-discrepancy ($M = 2.75, SD = 0.60$) than non-affected women ($M = 1.50, SD = 0.45; p < .001$).

Conclusion: The findings suggest that self-discrepancy and body image dissatisfaction are significant psychological predictors of cosmetic surgery tendency among young women with histrionic personality disorder. These results highlight the need for targeted psychological interventions to enhance self-acceptance and reduce reliance on aesthetic modification as a means of emotional or social compensation.

Keywords: actual self, ideal self, histrionic personality, cosmetic surgery.

1. Introduction

In recent years, the tendency toward cosmetic surgery has significantly increased among young women, to the extent that such procedures have become one of the most common methods for achieving ideal beauty. This tendency may stem from the discrepancy between the actual self and the ideal self—a concept referring to the conflict between one's current self-perception and the image they aspire to attain. Studies have shown that this discrepancy leads to dissatisfaction with oneself and, consequently, efforts to alter physical appearance through cosmetic surgery (Mironica et al., 2024; Wang et al., 2023).

One factor that may intensify this tendency is histrionic personality disorder. This disorder is characterized by theatrical behaviors, an excessive need for others' approval, and attention-seeking through physical appearance. Individuals with this disorder are particularly inclined to seek social attention and acceptance through changes in their appearance. Research indicates that the characteristics of this disorder can be strong predictors of a tendency toward cosmetic surgery (Luo et al., 2021).

Examining the relationship between the actual self and the ideal self in predicting the tendency toward cosmetic surgery in young women with histrionic personality disorder is significant from two perspectives. First, it can lead to a deeper understanding of the psychological motivations of these individuals. Second, its findings may contribute to the design of psychological and educational interventions aimed at reducing the inclination toward cosmetic surgery and improving the mental health of this population (Hoskin et al., 2022).

Additionally, personality traits such as histrionic personality disorder can play a key role in the tendency toward cosmetic surgery. Individuals with this disorder, characterized by excessive need for approval, dramatic behavior, and emphasis on physical appearance, may exhibit greater tendencies toward cosmetic procedures. Existing studies suggest that the features of this disorder serve as strong predictors of such inclinations (Rashidi et al., 2022).

Social and cultural pressures also play a significant role in shaping and intensifying this tendency. Widespread media and social network advertisements promote unrealistic beauty standards that individuals—especially youth—strive to achieve. These pressures, particularly in societies like Iran, have led to an increased desire for cosmetic surgery. Histrionic personality disorder, with features such as extreme need for validation and focus on physical

appearance, is another influential factor. It drives individuals to undergo extreme physical changes to gain attention and social approval. Research shows that people with this disorder are more inclined than others to seek cosmetic surgery (Mohammadi et al., 2021).

Beauty standards promoted by social media and advertising propagate unrealistic images of ideal appearance, contributing to dissatisfaction with self-image and an increased tendency toward cosmetic surgery. These social pressures, especially in societies like Iran, exert a profound influence on the behavior of young women (Yap et al., 2021).

In recent decades, cosmetic surgery has become a prevalent method worldwide for achieving an ideal and attractive appearance. Iran is no exception to this trend, and the high rate of cosmetic procedures among youth, particularly women, has raised concerns about the psychological factors influencing this tendency. One of these factors is the gap between the actual self and the ideal self, which may heighten body dissatisfaction and desire for cosmetic surgery (Khabaz Thabet et al., 2022).

The concept of the actual self refers to individuals' perception of their current state, whereas the ideal self is an image of what a person wishes to become. A wide gap between these two constructs can lead to deep self-dissatisfaction and a drive to narrow this gap through physical modifications. In this context, cosmetic surgery is perceived as a fast and effective tool for achieving the ideal self (Meshkouri et al., 2024).

The actual self pertains to the self-image perceived by the individual, while the ideal self represents the self-image one aspires to possess. Investigating the relationship between this gap and the tendency toward cosmetic surgery can enhance understanding of the contributing factors and inform more suitable intervention strategies (GhaeniHesarouiyeh et al., 2016; Phillips & Hollander, 2021; Ribeiro, 2017).

Given that histrionic personality disorder can negatively affect social relationships and an individual's quality of life, this study can contribute to identifying the factors influencing this disorder and its connection with the tendency toward cosmetic surgery. This information can help improve therapeutic and counseling approaches for affected individuals (Ribeiro, 2017).

Moreover, examining this topic may enhance public awareness about the psychological impacts of cosmetic surgery and the need for social support for those pursuing such procedures. Increased awareness can reduce the social

and cultural pressures surrounding beauty and help individuals make more informed decisions about cosmetic surgery (Aquil et al., 2021).

Raising awareness about the factors influencing the tendency toward cosmetic surgery can support the mental health of young women. By identifying these factors, appropriate intervention programs can be developed to increase self-satisfaction and reduce body dissatisfaction. Such programs may include psychological counseling, stress management training, and self-confidence enhancement initiatives. In this way, young women can be guided toward healthier methods of improving their body image rather than relying on cosmetic surgery (Asimakopoulos et al., 2019; Bijan & Behzadipour, 2022).

Reducing unnecessary cosmetic procedures may also lower healthcare costs. Cosmetic surgery not only imposes high financial expenses but can also lead to physical and psychological complications. By decreasing the tendency toward these surgeries, such adverse outcomes and their related treatment costs can be prevented. This could result in improved quality of life and overall health for individuals (Esmalian Khamseh & Nodargahfard, 2020; Heidarzadeh et al., 2019). Given the sharp rise in the tendency toward cosmetic surgery and its associated psychological and social consequences, examining the relationship between the actual self and the ideal self, along with the role of histrionic personality disorder in this domain, appears essential. This study can help identify factors involved in the decision-making process for cosmetic surgery and offer valuable insights for designing psychological and educational interventions. Ultimately, the necessity of this research becomes evident considering the growing rates of cosmetic surgery in Iran and its psychological and social ramifications, underscoring the importance of offering practical solutions to mitigate this trend. Therefore, the aim of the present study was to examine the relationship between the actual self and the ideal self in predicting the tendency toward cosmetic surgery in young women with histrionic personality disorder in the city of Babol.

2. Methods and Materials

2.1. Study design and Participant

The present study employed a descriptive-correlational design with the aim of examining the relationship between actual self and ideal self in predicting the tendency toward cosmetic surgery among young women with histrionic personality disorder. The statistical population of this

research included all young women aged 18 to 30 residing in the city of Babol in 2024 who had either taken steps to undergo cosmetic surgery through public advertisements or psychological counseling centers or were on a waiting list. The sampling method was convenience sampling, and the sample size was 100 individuals, determined using Cochran's formula with a 5% margin of error. Data collection instruments included the Cosmetic Surgery Tendency Questionnaire developed by Soheili (2017), the Ideal Self and Actual Self Assessment Questionnaire by Soodmand (2004), and the MMPI questionnaire for diagnosing histrionic personality disorder. The collected data were analyzed using SPSS version 26. Descriptive statistics (mean, standard deviation) and inferential statistics, including Pearson correlation coefficient, multiple regression analysis, and structural equation modeling, were utilized. This approach facilitated identification of the predictive contribution of actual and ideal self variables to cosmetic surgery tendency and enabled examination of the mediating role of histrionic personality disorder. Ethical considerations—including informed consent, confidentiality of information, and the right of participants to withdraw from the study at any time—were fully observed.

Prior to the start of the study, all participants were provided with complete information regarding the research objective, data collection methods, and data confidentiality. A briefing session was held to ensure participants' full understanding of the study content and the potential effects of participation. During this session, the researchers explained the study's goals, procedures, and participants' rights. It was emphasized that all information collected would remain confidential and anonymous. After ensuring that the participants fully understood the study, written informed consent was obtained. The consent form clarified that participation was voluntary and that participants could withdraw at any time without any consequences for their academic or occupational status.

Inclusion Criteria

- Age: Participants must be between 18 and 30 years old.
- Gender: Participants must be female.
- Participants must be diagnosed with histrionic personality disorder, as confirmed by clinical psychologists using validated diagnostic tools.
- Participants must either be currently enrolled in a university or have completed higher education.

Exclusion Criteria

- Participants who failed to complete the questionnaires accurately and fully were excluded.
- Participants with other psychological disorders (aside from histrionic personality disorder) that could affect the study results were excluded.
- Participants who did not sign the written consent form or were unwilling to continue participation were excluded.
- Participants whose age fell outside the 18–30 range were excluded from the study.

2.2. Measures

2.2.1. *Cosmetic Surgery Tendency Questionnaire for Women*

This questionnaire was developed by Soheili (2017) and contains 44 items across six dimensions: mass media advertisements, self-confidence, gender attitude, social pressure, social approval, and body image. The items are rated on a 5-point Likert scale (strongly agree = 5 to strongly disagree = 1). The content validity of the questionnaire was reported to be 0.85 by Soheili (2017).

2.2.2. *Ideal Self and Actual Self Assessment Questionnaire*

This questionnaire was created by Soodmand (2004) to assess ideal self and actual self. The evaluation involves sorting statements written on cards according to various instructions.

Instruction 1: Place one card under column A representing the statement least similar to the respondent and one card under column G for the most similar. Two cards are placed under columns B and F, three cards under columns C and E, and four cards under column D, representing moderate similarity.

Instruction 2: Rearrange the cards based on how the participant perceived themselves four years ago.

Instruction 3: Arrange the cards based on the participant's ideal self—the person they aspire to become.

The reliability of this instrument was assessed by Soodmand (2004) using Cronbach's alpha, which was reported to be 0.87.

2.2.3. *MMPI Questionnaire for Diagnosing Histrionic Personality Disorder*

This self-report instrument is among the most valid and widely used tools developed using criterion-keying methods to assess psychopathology and personality traits in clinical and non-clinical populations. The Iranian-adapted version used in this study consists of 71 items and is suitable for individuals over the age of 16 or those with at least an eighth-grade education. The questionnaire was administered in a calm, private setting, following an introductory session and the establishment of a counseling relationship, and was completed voluntarily in the presence of a counselor.

2.3. Data Analysis

The collected data were analyzed using SPSS-26. Descriptive statistics, including mean, standard deviation, minimum, and maximum scores, were used to describe the demographic characteristics of the sample and the research variables. To assess the correlations among actual self, ideal self, and the tendency toward cosmetic surgery, Pearson's correlation coefficient was used. Furthermore, multiple regression analysis was conducted to predict cosmetic surgery tendency based on actual and ideal self variables and to determine the contribution of each variable.

3. Findings and Results

The mean age of participants was 24.3 years ($SD = 3.4$), indicating a relatively balanced distribution across the targeted age group. The highest age frequency belonged to the 22–25 age range (40%), while individuals aged 18–21 and 26–30 each comprised 30% of the sample. This distribution suggests that the study group predominantly falls within young adulthood, a period often associated with a heightened focus on physical attractiveness, which may relate to the tendency toward cosmetic surgery.

Table 1

Descriptive Statistics for Main Variables (N = 100)

Variable	Mean (M)	Standard Deviation (SD)
----------	----------	-------------------------

Actual Self	3.45	0.62
Ideal Self	4.18	0.55
Gap Between Actual and Ideal Self	1.23	0.46
Body Image Dissatisfaction	3.72	0.61
Tendency Toward Cosmetic Surgery	3.89	0.58

The mean score for actual self was 3.45 (SD = 0.62), indicating a moderately positive self-evaluation among participants. The ideal self had a higher mean of 4.18 (SD = 0.55), reflecting the elevated standards participants aspire to. The gap between actual and ideal self was 1.23 (SD = 0.46), suggesting a meaningful discrepancy between perceived and desired self-image. Body image dissatisfaction yielded a

mean score of 3.72 (SD = 0.61), which reflects a moderate level of dissatisfaction with physical appearance. Lastly, the mean score for the tendency toward cosmetic surgery was 3.89 (SD = 0.58), indicating a moderately high interest in undergoing cosmetic procedures among the sample (Table 1).

Table 2

Pearson Correlation Coefficients Between Variables

Variables	Actual Self	Ideal Self	Gap Between Actual and Ideal Self	Body Image Dissatisfaction	Tendency Toward Cosmetic Surgery
Actual Self	1	.42	-.55	-.48	-.35
Ideal Self	.42	1	.67	.38	.45
Gap Between Actual and Ideal Self	-.55	.67	1	.52	.55
Body Image Dissatisfaction	-.48	.38	.52	1	.48
Tendency Toward Cosmetic Surgery	-.35	.45	.55	.48	1

As shown in Table 2, the correlation between actual self and ideal self was $r = .42$, indicating a moderate positive correlation. This suggests that individuals who rate their actual self more highly also tend to have higher evaluations of their ideal self. The correlation between actual self and the gap between actual and ideal self was $r = -.55$, reflecting a moderate negative relationship. In other words, higher actual self-scores are associated with a smaller discrepancy between actual and ideal self.

The correlation between ideal self and the gap between actual and ideal self was $r = .67$, indicating a strong positive correlation. This means that as the ideal self increases, the gap with the actual self also widens. The correlation between body image dissatisfaction and actual self was $r = -.48$, showing a moderate negative relationship, meaning that higher actual self-scores are associated with lower dissatisfaction with body appearance.

The correlation between body image dissatisfaction and ideal self was $r = .38$, indicating a weak positive correlation. This suggests that individuals with a higher ideal self may experience slightly more dissatisfaction with their body image, although the relationship is not strong. The

correlation between body image dissatisfaction and the gap between actual and ideal self was $r = .52$, suggesting a moderate positive relationship—greater discrepancies are associated with higher dissatisfaction.

The correlation between tendency toward cosmetic surgery and actual self was $r = -.35$, indicating a weak negative correlation. That is, higher actual self-scores are associated with a lower tendency to seek cosmetic surgery. The correlation between tendency toward cosmetic surgery and ideal self was $r = .45$, showing a moderate positive relationship—individuals with a higher ideal self tend to be more inclined toward cosmetic surgery. The correlation between tendency toward cosmetic surgery and the gap between actual and ideal self was $r = .55$, suggesting a moderate positive relationship. In other words, greater gaps are associated with higher tendencies toward cosmetic surgery.

Lastly, the correlation between tendency toward cosmetic surgery and body image dissatisfaction was $r = .48$, indicating a moderate positive correlation. This means that the more dissatisfied individuals are with their appearance, the greater their tendency to consider cosmetic surgery.

Table 3
Regression Analysis

Variable	Beta (β)	Significance Level
Actual Self	-.35	.010
Ideal Self	.45	.001
Gap Between Actual and Ideal Self	.55	.000

Hypothesis 1: The gap between actual self and ideal self is a significant predictor of the tendency toward cosmetic surgery among young women with histrionic personality disorder.

As shown in Table 3, the gap between actual and ideal self emerged as a significant predictor of cosmetic surgery tendency, with a beta coefficient of .55 and a significance level of $p < .001$. This indicates that as the gap increases, the desire to undergo cosmetic procedures also increases. The

negative beta for actual self (–.35) suggests that a higher actual self corresponds to a lower tendency for cosmetic surgery, while the positive beta for ideal self (.45) implies that a higher ideal self is associated with a greater tendency. These findings demonstrate that young women who perceive a greater discrepancy between their actual and ideal selves are more likely to consider cosmetic surgery to align their appearance with their ideal self.

Table 4
Independent Samples t-Test

Group	Mean Gap Between Actual and Ideal Self	Standard Deviation	Significance Level
With Histrionic Personality Disorder	2.75	0.60	.000
Without Disorder	1.50	0.45	

Hypothesis 2: Young women with histrionic personality disorder exhibit a greater gap between actual and ideal self and are more likely to consider cosmetic surgery.

According to Table 4, the results of the independent samples t-test indicate a significant difference in the mean gap between actual and ideal self among women with and without histrionic personality disorder ($p < .001$). This

suggests that those with the disorder tend to experience a larger self-discrepancy, which in turn is associated with a higher likelihood of considering cosmetic surgery. These findings highlight the importance of examining self-discrepancy in this population, as it appears to be a significant factor influencing cosmetic surgery decisions.

Table 5
Pearson Correlation

Variable	Correlation Coefficient (r)	Significance Level
Body Image Dissatisfaction	.48	.002
Tendency Toward Cosmetic Surgery		

Hypothesis 3: Increased body image dissatisfaction among young women with histrionic personality disorder leads to a greater tendency toward cosmetic surgery.

As shown in Table 5, Pearson's correlation test revealed a significant positive correlation between body image dissatisfaction and the tendency toward cosmetic surgery among young women with histrionic personality disorder ($r = .48, p = .002$). This finding indicates that as dissatisfaction with body appearance increases, the tendency to pursue cosmetic surgery also rises. In other words, the more

dissatisfied these individuals are with their physical appearance, the more likely they are to opt for cosmetic procedures in pursuit of increased self-satisfaction.

4. Discussion and Conclusion

The findings of this study revealed that the gap between actual self and ideal self is a significant predictor of the tendency toward cosmetic surgery among young women with histrionic personality disorder. A beta coefficient of .55

in the regression analysis indicated that the greater this gap, the stronger the tendency toward cosmetic surgery. This result aligns with previous research demonstrating that the discrepancy between actual and ideal self can serve as an important factor in decisions regarding cosmetic procedures (Meshkouri et al., 2024; Mironica et al., 2024). This suggests that women who perceive a larger gap between their current and desired self-image are more likely to pursue cosmetic surgery to achieve their ideal appearance.

The results of the independent t-test showed that young women with histrionic personality disorder exhibited a significantly greater gap between their actual and ideal selves compared to those without the disorder. The mean discrepancy score was 2.75 for the clinical group, compared to 1.50 for the non-clinical group. This finding is consistent with previous studies showing that individuals with histrionic traits are more inclined toward cosmetic procedures. These results indicate that histrionic personality disorder may function as a key psychological factor influencing the desire for aesthetic surgery, as individuals with the disorder tend to perceive a more pronounced discrepancy between their current and ideal self-image.

Pearson's correlation results showed that greater dissatisfaction with body appearance among young women with histrionic personality disorder significantly increases their tendency toward cosmetic surgery. A correlation coefficient of .48 demonstrated a positive and significant relationship between body dissatisfaction and the inclination to undergo cosmetic surgery. This finding supports previous studies suggesting that dissatisfaction with physical appearance is one of the critical psychological variables influencing cosmetic surgery decision-making (Phillips & Hollander, 2021; Rashidi et al., 2022; Ribeiro, 2017; Wang et al., 2023; Yap et al., 2021). It suggests that the more dissatisfied young women are with their body appearance, the more likely they are to consider cosmetic surgery in pursuit of greater satisfaction.

Moreover, the results showed that young women with histrionic personality disorder experience greater self-discrepancy and thus exhibit a stronger tendency toward cosmetic surgery. This is consistent with prior studies indicating that individuals with this disorder are particularly affected by their perception of the gap between actual and ideal self. These findings underscore the role of histrionic personality disorder as a contributing factor and suggest the need for special attention to this clinical population.

Body dissatisfaction was also confirmed as one of the key contributors to cosmetic surgery tendency. The study

demonstrated that increases in body dissatisfaction among young women with histrionic personality disorder are associated with heightened interest in cosmetic surgery. This finding is consistent with existing research and highlights the need to address body dissatisfaction as part of interventions aimed at enhancing self-acceptance and reducing cosmetic surgery inclination. The results of this research can assist psychologists, counselors, and mental health professionals in designing effective intervention and treatment programs to decrease the desire for cosmetic surgery and increase self-acceptance among young women with histrionic personality disorder. These programs may include psychological counseling, stress management training, and self-confidence enhancement initiatives.

5. Limitations and Suggestions

This study was conducted exclusively on young women within a specific geographic region, which may limit the generalizability of the results to other age, gender, and cultural groups. To increase external validity, future research is recommended in other demographic and cultural settings. Additionally, the data collection relied on self-report questionnaires, which are susceptible to response biases such as social desirability. Complementary methods, including in-depth interviews, could help mitigate this limitation. Furthermore, this study focused only on variables such as actual self, ideal self, and histrionic personality disorder. Other potential contributing factors—such as the influence of social media, peer pressure, societal beauty standards, and economic considerations—were not examined and may have bearing on the interpretation of results.

The current findings can assist professionals in the fields of psychology and counseling in designing preventative and therapeutic programs. Enhancing acceptance of one's actual self, reducing dependence on social approval, and managing traits like theatricality can contribute to decreasing the tendency toward cosmetic surgery, particularly among individuals affected by psychological and social pressures.

Based on the findings of this research, future studies are encouraged to investigate additional contributing factors such as the influence of social media, peer influence, and cultural beauty norms. Exploring integrated models that consider both psychological and social variables may offer a more comprehensive understanding of cosmetic surgery tendencies. Ultimately, this research—by emphasizing the role of internal and personality-related factors in decision-

making regarding aesthetic procedures—provides an opportunity to re-evaluate beauty standards and propose practical strategies to promote mental health.

Considering the rising trend in cosmetic surgery among young women, the results of this study may help policymakers develop strategies to promote physical and mental well-being in youth populations. Ultimately, the research highlights the complex interplay of psychological and social variables influencing aesthetic surgery decisions and emphasizes the importance of attending to these factors in efforts to improve young women's mental and physical health.

Authors' Contributions

Authors contributed equally to this article.

Declaration

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

We would like to express our gratitude to all individuals helped us to do the project.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethical Considerations

The study protocol adhered to the principles outlined in the Helsinki Declaration, which provides guidelines for ethical research involving human participants.

References

Aquil, A., Mouallif, M., Guerroumi, M., Chokri, A., Jayakumar, A. R., Benider, A., & Elgot, A. (2021). Body Image Dissatisfaction and Lower Self-Esteem as Major Predictors of Poor Sleep Quality in Gynecological Cancer Patients After

- Surgery: Cross-Sectional Study. *BMC Women S Health*, 21(1). <https://doi.org/10.1186/s12905-021-01375-5>
- Asimakopoulos, E., Zavrides, H., & Askitis, T. (2019). The impact of aesthetic plastic surgery on body image, body satisfaction and self-esteem. *Acta Chirurgiae Plasticae*, 61(1-4), 3-9. <https://pubmed.ncbi.nlm.nih.gov/32380836/>
- Bijan, S., & Behzadipour, S. (2022). One-year Follow-up of Body Image Changes and Sexual Satisfaction in Women Undergoing Cosmetic Breast Surgery. *International Journal of Body, Mind and Culture*, 9(1), 1-10. <https://doi.org/10.22122/ijbmc.v9i1.363>
- Esmalian Khamseh, L., & Nodargahfard, M. (2020). The Effect of Cosmetic Surgery on Sexual Self-Esteem: Attitudes toward Body Image and Well-Being in Married Women [Original Article]. *World Journal of Plastic Surgery*, 9(2), 153-159. <https://doi.org/10.29252/wjps.9.2.153>
- GhaeniHesarouiyeh, A., Moosavi, E., Mirzaei, R., & Setoodezadeh, S. (2016). The relationship between body dysmorphic disorder and symptoms of depression, obsessive-compulsive disorder, and social phobia in cosmetic surgery patients in Tehran. *Sadra Medical Journal*, 4(2), 137-148. https://smsj.sums.ac.ir/article_44088_en.html
- Heidarzadeh, A., Shahmohammadipour, P., Azzizadeh Forouzi, M., Dehghan, M., & Khorasani, Z. (2019). Body image, self-esteem, and psychological problems among applicants and non-applicants of cosmetic surgery. *Practice in Clinical Psychology*, 7(1), 33-42. <https://doi.org/10.32598/jpcp.7.1.33>
- Hoskin, R., Reynolds, K., & Ford, T. (2022). Personality disorders and their influence on cosmetic surgery desires: A review. *Psychological Reports*, 125(4), 892-905.
- Khabaz Thabet, S., Keykhosrowani, M., Pouladi Rishahri, A., & Bahrani, M. R. (2022). The Relationship Between the Tendency Toward Cosmetic Surgery and Attitudes Toward Fashion and Negative Body Image in Women Seeking Cosmetic Surgery, with Emphasis on the Type of Surgery: The Mediating Role of Cognitive Emotion Regulation. *Social Psychology Research*, 12(46), 37-60. https://www.socialpsychology.ir/article_156046.html
- Luo, Y., Zhao, Y., & Sun, S. (2021). The relationship between personality traits and cosmetic surgery intention: The mediating role of self-discrepancy. *Journal of Cosmetic Dermatology*, 20(2), 345-356.
- Meshkouri, M., Bagherzadeh Golmakani, Z., Mansouri, A., & Khodabakhsh, M. R. (2024). Effectiveness of Schema Therapy on Perfectionism, Body Shame, and Symptoms of Body Dysmorphic Disorder in Women Seeking Cosmetic Surgery. *Journal of Psychological Sciences*, 23(143), 197-216. <https://ensani.ir/fa/article/597315/>
- Mironica, A., Popescu, C. A., George, D., Tegzeşiu, A. M., & Gherman, C. (2024). Social Media Influence on Body Image and Cosmetic Surgery Considerations: A Systematic Review. *Cureus*. <https://doi.org/10.7759/cureus.65626>
- Mohammadi, N., Sadeghi, H., & Rostami, P. (2021). The Role of Body Image and Emotional Regulation in Predicting the Willingness to Undergo Cosmetic Surgery. *Journal of Psychological Research*.
- Phillips, K., & Hollander, E. (2021). Body dysmorphic disorder and cosmetic procedures: An overview. *Aesthetic Surgery Journal*, 41(3), 287-295.
- Rashidi, S., Gholami, M., & Ranjbaripour, T. (2022). Prediction of the Tendency Toward Cosmetic Surgery Based on Histrionic Personality Disorder Traits and Cognitive Emotion Regulation in University-Educated Women. *Quarterly Journal of New Ideas in Psychology*, 12(16), 1-13. <http://jnip.ir/article-1-694-fa.html>

- Ribeiro, R. V. E. (2017). Prevalence of Body Dysmorphic Disorder in Plastic Surgery and Dermatology Patients: A Systematic Review with Meta-Analysis. *Aesthetic Plastic Surgery*, 41(4), 964-970. <https://doi.org/10.1007/s00266-017-0869-0>
- Wang, Y., Qiao, X., Yang, J., Geng, J., & Fu, L. (2023). "I wanna look like the person in that picture": Linking selfies on social media to cosmetic surgery consideration based on the tripartite influence model. *Scandinavian journal of psychology*, 64(2), 252-261. <https://doi.org/10.1111/sjop.12882>
- Yap, K., Sang, C., & Yu, R. (2021). Social media exposure and body dissatisfaction: The mediating role of self-image. *Cyberpsychology, Behavior, and Social Networking*, 24(5), 295-301.