

Zo mooi en toch zo ongelukkig

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Toen Racheal Baughan tot Miss Groot-Brittannië verkozen werd, was iedereen het roerend eens: het 25-jarige meisje was betoverend mooi. Iedereen, behalve Racheal Baughan zelf. De jongedame lijdt immers aan het Body Dysmorphic Disorder of kortweg BDD-syndroom en vindt zichzelf maar niks. De ziekte werd amper 20 jaar geleden ontdekt, maar sindsdien werden honderdduizenden patiënten geteld. Volgens psychologen vindt het syndroom zijn oorsprong in de jeugd van de patiënt. Dat was ook het geval met Racheal. „Ik kon het niet verdragen mezelf in de spiegel te zien. Ik sneed in mijn armen en probeerde zelfs zelfmoord te plegen', zegt ze. Deskundigen vrezen dat het grote aantal realityshows waarbij naar plastische chirurgie wordt gegrepen, het aantal BDD-patiënten nog zal doen toenemen. (YB)

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Lees hieronder de (Engelstalige reactie van haar moeder)

Hi, I entered my daughter Racheal Baughan for the Miss England competition July 2004 To give her some confidence, because she suffered for BDD. Racheal tried to take her own life several times and I was so desperate to make her see that she was not as ugly as she belived to be, when I read on the internet about the Miss England competition I really thought if my daughter got into the finals maybe this would end her nightmare about her looks. When she made it to the finals Racheal at first was not to happy with me but in the same week she had some very bad news about a close friends sudden death and was so very upset that she did not care anymore about herself and went on to the competition. Racheal was improving anyway because of positive thinking and standing up to others who bullied her through her young life As a Mother who watched her daughter go through hell, I thought this would help her to show the world you can get over most things with positive thinking. Racheal did not even get into the first fifteen of the finals, but it did not bother her, because she came back even more stronger then before, and now I am so proud of my daughter as it was not easy for her to enter the world of judgement, but she did! Some how deep inside I knew she would not win but I had to give her a chance? And I am so glad that I did, and now my daughter can face the world and help others. Racheal is a lot better now, and is helping other people who have problems with their looks. I am sure if Racheal had won the competition she certainly would have put her experience to good use in promoting understanding of Body Dysmorphic Disease which she was brave enough to bring to media attention, And I would say that in my daughter Racheal's case the media were her councillors! they really helped Racheal her on the road to recovery. I would really like to say a very big THANK YOU to all the Newspapers and TV media we helped me save my daughters life. Racheal now promotes the saying it's not how you look it is what you are inside that makes you Beautiful! Jenny Baughan

Jenny Baughan, West Sussex

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