



Dr. Roberto Olivardia is a Clinical Instructor of Psychology at Harvard Medical School and Assistant Psychologist at McLean Hospital in Belmont, Massachusetts.

He maintains a private psychotherapy practice in Belmont, Massachusetts, where he specializes in the treatment of body dysmorphic disorder (BDD), attention deficit hyperactivity disorder (AD/HD), obsessive-compulsive disorder (OCD), and compulsive skin picking. He also specializes in the treatment of eating disorders in boys and men. He conducts a group for men and women with BDD at the OCD Institute at McLean Hospital.

In addition to his clinical work, Dr. Olivardia is an active researcher. He is co-author of *The Adonis Complex*, a book which details the various manifestations of body image problems in men, including eating disorders, BDD, steroid use, and cosmetic surgery.

He has taught courses at the University of Massachusetts Boston and Boston College and has consulted with cosmetic surgeons, software companies, and documentary production companies around male body image issues. He has presented at many talks and conferences around the country.

Dr. Olivardia can be reached by email at [roberto\\_olivardia@hms.harvard.edu](mailto:roberto_olivardia@hms.harvard.edu).