



Somatoform Disorders

Ch.5- Somatoform and Dissociative Disorders



_____ occur
when psychological conflicts
become translated into physical
problems or complaints.

I think I'm dying...



 _____

The fear or idea is based on the misinterpretation of bodily signs and sensations as evidence of disease.

Hypochondriasis

A person with this disorder tends to misinterpret normal sensations as a sign of a serious illness.

 _____

- They are not pretending for attention.

More Defining...

Almost any physical sensation may become the basis for concern. Some may focus on heart rate, perspiration, pain, or something minor, like a cough.

- "I have a headache, I must have a brain tumor!"



Does the medical assurance from doctors reduce this worry?





People with Hypochondriasis often see many doctors, looking for someone to confirm the illness.

Diagnosis

☞ To be diagnosed with this disorder, significant distress or impairment must be present, usually effecting personal relationships and work for a period of at least 6 months.

Who does this disorder affect?

- ☐ The prevalence of this disorder in the general population is not fully known, it is approximated that this effects _____ of the population (Escobar, 1998).
- ☐ Throughout history this disorder was typically associated with women as a “hysterical” disorder.

- _____

Prevalence

- ☐ Hypochondriasis may emerge at any time in life, with peak age periods in adolescence, middle ages (40-50's), and after 60 (Kellner, 1986).

- _____

Problems with Perception?

- ☐ It is widely agreed that Hypochondriasis is a

- Research in cognitive science have confirmed that patients with hypochondriasis show enhanced perceptual sensitivity to illness cues.

- ☐ They also tend to _____

This causes them to become quickly aware and frightened of any possible sign of illness.

Patients with hypochondriasis have a high rate of _____. In one study, 88% of patients with hypochondriasis had one or more concurrent disorders.

- _____ (71%)
- Dysthymic disorder (45.2%)
- _____ (42.9%)
- Somatization disorder (21.4%)
- _____ (16.7%)

These patients are 3 times more likely to have a _____ than the general population (Barsky, 1992).

What causes people to develop this?

- ☐ Hypochondriasis tends to run in families, suggesting a _____.
- ☐ BUT...Some research suggests that this can also be a _____ as seen evidenced in children with hypochondriasis who report the same concerns as family members (Kellner, 1985).

Research suggests that the following events increase the likelihood of developing hypochondriasis:

Family history of hypochondriasis
Recent stressful event, like a death of a close friend or family member

Treatment

☐ _____ focuses on identifying and challenging illness-related misinterpretations and showing patients how they can create symptoms by focusing attention on certain body parts.

- _____

☐ Medications _____, but SSRI's may be considered.

Conversion Disorder

This term was made famous by Freud, who believed the anxiety resulted from

Conversion Disorder

☐ *Conversion disorders* tend to be associated with _____

- _____
- _____
- difficulty speaking

☐ Many conversion disorders tend to be part of a larger constellation of psychopathology.

Those who report blindness often can _____, as well as those reporting paralysis of the legs might get up and run somewhere in an emergency and are astounded they were able to do this.

Faker!

Unlike conversion disorders that are not under the person's physical control, _____ is the deliberate faking of physical symptoms for some form of gain.

Why are you such a faker?

Somewhere in between conversion and faking physical symptoms are _____

People with this disorder knowingly fake physical or psychological symptoms to become a patient.

- There is no apparent gain except sympathy and attention.

Patients with factitious disorders _____

by a variety of methods:

- contaminating urine samples with blood
- taking hallucinogens
- injecting themselves with bacteria to produce infections

Munchausen Syndrome by Proxy

This disorder is a factitious disorder, but really an _____

The parent may resort to extreme tactics to create the appearance of an _____

- Usually establishing a positive relationship with the medical staff.

The caregiver may exaggerate, fabricate, or induce symptoms.



- There are equal numbers of boys and girls, however, 98% of the perpetrators are female.

Statistics

☐ Conversion disorders are relatively rare in mental health settings, often because people with these symptoms are more likely to consult a neurologist or specialists.

☐ Conversion symptoms are more _____

☐ It was concluded that environmental stress, _____ are common among children and adolescents with conversion disorder.

Treatment

☐ Few systematic controlled studies have evaluated the effectiveness of treatment, but the principle strategy is to identify and attend to the traumatic/stressful life event, if it is still present

Next Class...

☐ Dissociative Identity Disorders
