

Somatic Symptom and Related Disorders



Chapter 9
Dissociative and Somatic
Symptom Disorders

Module Objectives



- ☞ What are Somatoform Disorders?
 - What are some forms of somatoform disorders?
- ☞ What are the causes for these disorders?
- ☞ How can they be treated?



Somatic symptoms involving

Somatic Symptom Disorder



☞ Somatic Symptom Disorder involves physical

☞ People with this disorder think to a disproportionate degree about the seriousness of their symptoms.

- They feel extremely anxious about them, and spend a great deal of time and energy to the symptoms or their concerns about their health.

Illness Anxiety Disorder



☞ Illness Anxiety Disorder is a somatic symptom disorder characterized by the _____

☞ People with this disorder fear or mistakenly believe that _____



I think I'm dying...

Illness Anxiety Disorder

❖ Formerly called Hypochondriasis.




The fear or idea is based on the misinterpretation of

Overwhelming Fear and Panic

☞ They easily become alarmed


- to rule out or treat their exaggerated or imagined illnesses.

☞ "I have a headache... I must have a brain tumor!"




Does assurance from doctors reduce this worry?





—  —

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



Who does this disorder affect?


—  —

☞ The prevalence of this disorder in the general population is not fully known, it is approximated that this effects about _____

☞ Throughout history this disorder was typically associated with women as a “hysterical” disorder.

- _____

The development and course is unclear.

—  —

☞ This disorder is believed to be _____

☞ It is widely agreed that Hypochondriasis is a disorder of cognition or perception with strong emotional contributions.

People with this disorder also

❧

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

Because Illness Anxiety Disorder is new, _____

❧ Anxiety disorders, as well as depressive disorders, were commonly comorbid with Hypochondriasis:

- _____
- _____

❧ Approximately _____ of people with this disorder have another disorder present.

- Higher risk for somatic and personality disorders

Treatment

❧

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

❧ Medications are seldom used, but SSRI's may be considered.

Conversion Disorder



This term was made famous by Freud, who believed the anxiety resulted from unconscious conflicts that was "converted" into physical symptoms.

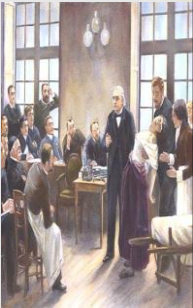
Conversion disorders

(Functional Neurological Symptom Disorder)

Conversion disorders

Clients with conversion disorder show a wide range of physical ailments:

- ---
- Weakness
- Disturbances of speech
- ---
- Cognitive impairment



Those who report blindness often can avoid objects in their visual field, 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.

-This can account for some who are miraculously "cured" during religious ceremonies.




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.

It was concluded that environmental stress, especially sexual abuse, are common among children and adolescents with conversion disorder (Roelofs et al., 2002).



Unlike conversion disorders that are not under the person's physical control,

for some form of gain.

OR _____

Factitious disorders

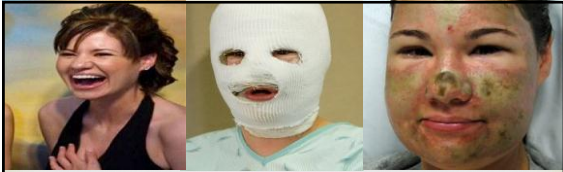


not for the purpose of any particular external gain to become a patient.

- No apparent gain except _____
- Commonly referred to as *Munchausen's Syndrome*

Estimated that ~1% meet criteria for this disorder

- The course _____



Patients with factitious disorders _____

_____ of a physical or mental illness by a variety of methods

- Contaminating urine samples with blood
- Taking hallucinogens
- Injecting themselves with bacteria to produce infections

Factitious Disorder Imposed on Another

(Munchausen's syndrome by proxy)

This disorder is a factitious disorder, but really an atypical form of child abuse.

The parent may resort to extreme tactics to create the

The caregiver may exaggerate, fabricate, or induce symptoms.



Children effected are typically preschool age, although there have been reported cases in children up to 16 years old.

Who does this disorder effect?



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



Treatment



Few 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 and remove the sources of

Psychological Factors Affecting Medical Conditions

Disorder in which clients have a medical disease or symptom that appears to _____

Clinical examples:

- _____
- Denial of need for treatment for acute chest pain
- _____

What's Next?



☞ Dissociative Identity Disorders
