



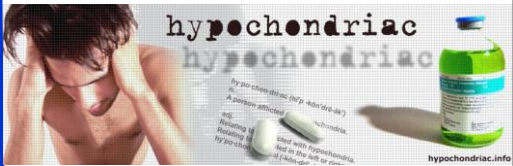
Somatoform Disorders

Ch.5- Somatoform and Dissociative Disorders



Somatoform disorders occur when psychological conflicts become translated into _____

I think I'm dying...



Hypochondriasis is a persistent fear of having a _____

The fear or idea is based on the

and sensations as evidence of
disease.

Hypochondriasis

☞ A person with this disorder tends to

as a sign of a serious illness.

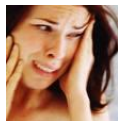
☞ People with Hypochondriasis have no real illness, but they are overly preoccupied with normal bodily functions.

- _____

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.

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 3% of the population (Escobar, 1998).

☐ Throughout history this disorder was typically associated with women as a

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).

- This disorder tends to be episodic, with hypochondriacal periods _____

Problems with Perception?

It is widely agreed that Hypochondriasis is a disorder of _____

- 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

In one study, 88% of patients with hypochondriasis had one or more concurrent disorders.

- Generalized Anxiety Disorder (71%)
- Dysthymic disorder (45.2%)
- Major depression (42.9%)
- Somatization disorder (21.4%)
- Panic disorder (16.7%)

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

What causes people to develop this?

- ☐ Hypochondriasis tends to run in families, suggesting a genetic vulnerability (Kellner, 1985).
- ☐ 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:

- Witnessing or experiencing a prolonged childhood illness.
- Family history of hypochondriasis
- Recent stressful event, like a death of a close friend or family member

Treatment

- ☐ CBT focuses on identifying and challenging illness-related misinterpretations and showing patients how they can _____

- CBT showed a 76% improvement rate (Warwick et al., 1996)
- ☐ 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 Disorder

☐ *Conversion disorders* tend to be associated with physical malfunctioning without any physical pathology.

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

☐ 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.

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 _____

- Patients with this disorder knowingly fake symptoms, but do so for psychological reasons.

People with this disorder fake physical or _____

- no apparent gain except sympathy and attention.

Patients with factitious disorders produce or exaggerate the symptoms 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

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,



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

Statistics

☐ There are equal numbers of boys and girls, however, _____.

☐ 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 _____ are common among children and adolescents with conversion disorder (Roelofs et al., 2002).

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 secondary gain.

Next Class...

Dissociative Identity Disorders
