


Somatoform Disorders

Ch.5- Somatoform and Dissociative Disorders




I think I'm dying...




Hypochondriasis is _____

Hypochondriasis

 A person with this disorder tends to

 as a sign of an illness with a grim outcome.

- Minor symptoms and bodily functions

 People with Hypochondriasis have no real illness, but they _____

- 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!"

🖼️ Reassurance from physicians

- Often see many doctors doctor, 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 _____

🖼️ 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).

🖼️ Some people with this disorder have had a _____, particularly in childhood.

- Somatic symptoms may also become more intense after a _____

Problems with Perception?

🖼️ It is widely agreed that Hypochondriasis is a disorder of _____ with strong emotional contributions.

🖼️ Research in cognitive science have confirmed that patients with hypochondriasis show _____

🖼️ They also tend to interpret ambiguous stimuli as threatening. This causes them to become quickly aware and frightened of any possible sign of illness.

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 create symptoms by focusing attention on certain body parts.

Medications are seldom used, but _____ may be considered.

Conversion Disorder

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

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.

☞ This can account for some who are miraculously “cured” during religious ceremonies.

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 _____
_____.

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

- 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 illness in the child.

- Usually establishing a positive relationship with the medical staff.

The caregiver may exaggerate, fabricate, or induce symptoms.



Statistics

- Conversion disorders are relatively _____ in mental health settings, often because people with these symptoms are more likely to consult a neurologist or specialists.
- Conversion symptoms are more common on men during a time of extreme stress.
- It was concluded that environmental

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 and remove the sources of secondary gain.

Next Class...

 Dissociative Identity Disorders
