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Topic. Somatic symptoms disorder

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Somatic symptoms disorder:

- Somatic symptom disorder is characterized by an extreme focus on physical symptoms — such as pain or fatigue— that causes major emotional distress and problems functioning. You may or may not have another diagnosed medical condition associated with these symptoms, but your reaction to the symptoms is not normal.
- **Diagnostic criteria:**
 - Disproportionate and persistent thoughts about the seriousness of one's symptoms
 - Persistently high level of anxiety about health or symptoms.
 - Excessive time and energy devoted to these symptoms or health concerns.

- **Ethology:**

- childhood physical and sexual abuse.
- Poor awareness of emotions/emotional development during childhood. ...
- Excessive anxiety and attention to bodily processes and possible signs of illness; low pain threshold

- **Intervention:**

Cognitive behavior therapy
mindfulness-based therapy

Illness anxiety disorder

- **Diagnosis criteria:**
 - The individual is preoccupied with having or acquiring a serious illness.
 - Somatic symptoms are not present or, if present, are only mild intensity.
 - The individual performs excessive health-related behaviors or exhibits maladaptive avoidanc.
- **Ethology:**
 - Anxiety disorder
 - Panic disorder
 - Anxiety
 - Psychological trauma
 - Obsessive compulsive disorder (OCD)

- **Intervention:**
- physical sensations can be related to emotional distress and health anxiety.
- psychotherapy — particularly cognitive behavioral therapy (CBT).
- Reduce behaviors of frequently checking your body for signs of illness and repeatedly seeking reassurance.

Conversion disorder

Diagnostic criteria:

A person must experience altered motor function or a change in their senses

- Difficulty walking.
- Loss of balance.
- Body tremors.
- Weakness or paralysis.
- Hearing difficulty.
- Vision problems or blindness.
- Loss of sensation.
- Trouble swallowing.

- **Ethology:**
- conversionis normally caused by some sort of extreme stress.
- emotional trauma, or depression
- **Intervention:**
- cognitive behavioral therapy (CBT)
- psychotherapy.
- relaxation techniques, such as meditation or yoga.
- physical therapy.
- maintaining a healthy work and life balance

Psychological factor's effecting other medical condition

- **Diagnostic criteria:**
- A medical symptoms or condition.
- The factor have influenced the course of the medical condition as shown by a close Temporal association between the psychological factor and the development
- The factor interfere with the treatment of the medical condition
- **Ethology:**
- the factor may precipitate or exacerbate the medical condition, interfere with treatment, or contribute to morbidity

Factitious disorder

- **Diagnostic criteria:**

- Intentional induction or falsification of physical.
- The individual presents themselves as ill, impaired or injured to others.
- The deceptive behavior persists even in the absence of external incentives or rewards

- **Ethology:**

- **Childhood** trauma, such as emotional, physical or sexual abuse
- A serious **illness** during childhood

- **Intervention:**
- The primary treatment for factitious disorder is psychotherapy (a type of counseling).
- The primary treatment for Factitious disorder is psychotherapy (a type of counseling).
- Treatment likely will focus on changing the thinking and behavior of the individual with the disorder (cognitive-behavioral therapy).

Other specified somatic symptoms and related disorder

- **Briefs somatic symptom disorder:**
- Duration of symptoms is less than 6 month.
- **Brief illness anxiety disorder:**
- Duration of symptom is less than 6 month.
- **Illness anxiety disorder without excessive** health-related behaviour:
- Criteria d for illness anxiety disorder is not met.

Unspecified somatic symptoms and related disorder

- This category applies to presentation in which symptom characteristics of a somatic symptom and related disorder that cause clinically significant distress are impairment in social occupational are other Important areas of functioning predominant but do not meet the full criteria for any of the disorder in the somatic symptom and related disorder diagnostic class