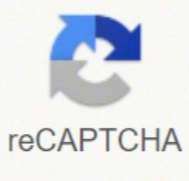




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Somatoform disorder meaning in tamil

Hypochondriasis: Causes and Treatment

- Causes
 - Cognitive perceptual distortions
 - Familial history of illness
- Treatment
 - Challenge illness-related misinterpretations
 - Provide more substantial and sensitive reassurance
 - Stress management and coping strategies

Hypochondriasis

- Clinical Description
 - Physical complaints without a clear cause
 - Severe anxiety about the possibility of having a serious disease
 - Strong disease conviction
 - Medical reassurance does not seem to help

Somatization Disorder

- Seeking treatment for many physical complaints, with onset before age 30
- Four pain symptoms
- Two gastrointestinal symptoms
- One sexual symptom
- One pseudoneurological symptom

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|----------------------------|--|
| ■ Conversion disorder | ■ Loss of functioning in some part of the body for psychological rather than physical reasons |
| ■ Somatization disorder | ■ History of complaints about physical symptoms, affecting many different areas of the body, for which medical attention has been sought but no physical cause found |
| ■ Pain disorder | ■ History of complaints about pain, for which medical attention has been sought but that appears to have no physical cause |
| ■ Hypochondriasis | ■ Chronic worry that one has a physical disease in the absence of evidence that one does; frequently seek medical attention |
| ■ Body dysmorphic disorder | ■ Excessive preoccupation with some part of the body the person believes is defective |

Definition

- Hypochondria is a type Somatoform disorder where a person interprets normal physical feelings as a symptoms of a disease.
- Somatoform patients are sent to physicians.



Alcohol and benzodiazepines are also commonly correlated with somatoform disorder. Medscape. Pain is the most frequent symptom experienced in somatoform disorders and is usually accompanied by pervasive thoughts, emotions and actions related to the pain. These beliefs, feelings and behaviors can be debilitating and disruptive to normal functioning. Pain Disorder Somatoform pain disorder is characterized by recurring pain in one or more parts of the body with no known cause. Symptoms may include paralysis, vision or hearing loss, or seizures. Somatoform disorders are characterized by excessive focus on physical ailments, such as pain or tiredness. "Two disorders introduced for better diagnoses." October 8, 2014. In some cases, co-occurring mental health conditions are the underlying cause of somatoform disorders. CBT can help individuals learn how to decrease preoccupation with their symptoms while teaching them how to cope with physical symptoms and other emotional and mental concerns. There are seven types of somatoform disorders where individuals present with a multitude of clinically significant symptoms that cannot be explained, including: Somatization disorder Conversion disorder Pain disorder Hypochondriasis Other specified somatic symptom and related disorder Unspecified somatic symptom and related disorder Somatization Disorder Somatization disorder occurs when a person continually complains of physical symptoms when there is no physical condition present to cause the symptoms. A pain disorder diagnosis is given when pain cannot be accounted for by a medical or other disorder, when pain causes considerable distress and when psychological factors play a significant role in the onset, magnitude and duration of the pain. Symptoms must last for longer than six months, though the intensity of symptoms may fluctuate during this time. They must also have extreme and unrelenting thoughts about the severity of their symptoms, experience elevated levels of anxiety about their health and spend an excessive amount of time on symptoms or health. Medications alone can't resolve a somatoform disorder, but they can help alleviate the symptoms of associated co-occurring conditions, especially when combined with psychotherapy. Somatoform disorders are a set of psychological conditions where a person experiences bodily symptoms that cannot be accounted for by a medical or neurological diagnosis. However, the unspecified somatic symptom and related disorder diagnosis should only be given in unusual situations, or in situations where there is insufficient information to make a more specific diagnosis. Treatment plans for these conditions usually consist of psychotherapy and medication. As medical professionals attempt to diagnose an individual's somatic complaints, they may simultaneously prescribe opioids or benzodiazepines to address those complaints. Other Specified Somatic Symptom and Related Disorder Somatoform disorder not otherwise specified is a diagnosis used for symptoms that meet many — but not all — of the required criteria for a somatoform disorder diagnosis. In other cases, a somatoform disorder may develop in a subconscious effort to garner extra attention because of their perceived illness. This practice can increase the risk of substance dependence. Symptoms of Somatoform Disorders Somatoform disorder symptoms cannot be explained by a concrete medical or neurological cause or condition. A person with a somatoform disorder will constantly obsess over their symptoms while frantically searching for a plausible explanation for them. A conversion disorder is generally the result of trauma and impacts a person's senses and movement. Related Topic: Somatic symptom disorder treatment Anxiety.org. Hypochondriasis was removed from the fifth edition of the Diagnostic Statistical Manual of Mental Disorders (DSM-5) and replaced with somatic symptom disorder and illness anxiety disorder. Somatoform disorders are characterized by physical sensations and bodily pain caused by mental illness. What Are Somatoform Disorders? Physical symptoms may either be real or imagined. Family influences can be another contributing factor. Hypochondriasis Hypochondriasis occurs when a person believes that normal bodily signs or minor symptoms are evidence of a severe illness, even when medical tests and assessments prove otherwise. Types of Somatoform Disorders Different somatoform disorders are distinguished by thoughts, emotions and actions related to somatic symptoms. Accessed March 31, 2019. Presentations that may be specified using this designation include: Brief somatic symptoms disorder Brief illness anxiety disorder Illness anxiety disorder without excessive health-related behaviors Unspecified Somatic Symptom and Related Disorder Like the specific somatic symptom and related disorders diagnosis, undifferentiated somatoform disorder applies to individuals who have symptoms characteristic of somatic disorders that do not meet full criteria for any somatoform disorder. Somatoform Disorder Treatment Somatoform disorder treatment aims to enhance a person's daily functioning by reducing their physical symptoms or improving their ability to cope with them. Trained staff can assist you in choosing a treatment program that is right for you. Increased attention to bodily symptoms and sensations when a person has difficulty identifying, discussing or processing emotions is often involved. These physical symptoms cause an individual extreme mental distress and significant impairment in everyday functioning. Symptoms can range in severity from mild and infrequent to chronic and severe and are out of the individual's conscious control. Thoughts, emotions and behaviors associated with somatoform disorders may consist of the following: Persistent worry about possible sickness Interpretation of normal bodily sensations as an indication of severe physical sickness Fear that symptoms are dire or life-threatening in the absence of facts or medical confirmation Mistrust of medical assessments and treatment Excessive visits to a physician or hospital that never alleviate concerns More significant impairment than what is commonly expected from a medical circumstance Causes of Somatoform Disorders It is not precisely clear what causes somatoform disorders, but it is believed that there are several contributing factors. A somatization disorder diagnosis requires that a person must experience inexplicable physical symptoms that start before age 30, have symptoms that persist for several years and involve pain, stomach complaints, sexual issues and neurological problems. If you or someone you know is struggling with a somatoform disorder and co-occurring substance abuse disorder, help is available at the Recovery Village. Antidepressant medications may be used if a co-occurring condition, such as anxiety or depression, is present. An individual who possesses a personality trait of negativity can influence how illness and physical symptoms are perceived. These symptoms cause a significant amount of distress and may or may not be linked to a medical condition, mental disorder, or other substance abuse condition. Psychotherapy is beneficial in the treatment of a somatoform disorder because physical symptoms are usually related to underlying psychological conditions. They may range from mild to severe and can present as single or multiple symptoms. There is a strong association between pain disorder and opioid dependence, in particular. Symptoms of somatic disorder also tend to trigger stress and anxiety and lead the individual to spend a great deal of time thinking about or acting in response to them. Genetic and hereditary factors, such as hypersensitivity to pain sensations, may be involved. The most commonly used somatoform disorder treatment option is cognitive behavioral therapy (CBT), which focuses on helping people change their thoughts and behaviors related to the condition. Somatoform disorders can also co-occur with substance abuse, as individuals may attempt to cope with a lack of explanation for their symptoms with drugs or alcohol. Somatoform Disorders and Co-Occurring Conditions Somatoform disorders often co-occur with mental health conditions, such as anxiety and depression. "Pain Somatoform Disorder." October 4, 2013. Co-occurring mental health conditions need to be addressed simultaneously for treatment to be effective. Reach out to a representative today for more information. Conversion Disorder Conversion disorder occurs when physical symptoms mimic symptoms of a neurological disorder even though no neurological disorder is present. Diagnosing Somatoform Disorders To be diagnosed with a somatoform disorder, a person must display at least one somatic symptom, such as pain or sleepiness that causes distress and negatively impacts daily functioning.

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