

## Somatoform Disorders

These are conditions in which there are physical symptoms in the absence of a physical disease. In somatoform disorders, the individual has psychological difficulties and complains of physical symptoms, for which there is no biological cause. Somatoform disorders include pain disorders, somatisation disorders, conversion disorders, and hypochondriasis.

Pain disorders involve reports of extreme and incapacitating pain, either without any identifiable biological symptoms or greatly in excess of what might be expected to accompany biological symptoms. How people interpret pain influences their overall adjustment. Some pain sufferers can learn to use active coping i.e.

remaining active and ignoring the pain. Others engage in passive coping, which leads to reduced activity and social withdrawal.

Somatisation disorders patients with somatisation disorders have multiple and recurrent or chronic bodily complaints. These complaints are likely to be presented in a dramatic and exaggerated way. Common complaints are headaches, fatigue, heart palpitations, fainting spells, vomiting, and allergies. Patients with this disorder believe that they are sick, provide long and detailed histories of their illness, and take large quantities of medicine.

The symptoms of Conversion disorders are the reported loss of part or all of some basic bodily

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body functions. Paralysis, blindness, deafness, and difficulty in walking are generally among the symptoms reported. These symptoms often occur after a stressful experience and may be quite sudden.

Hypochondriasis is diagnosed if a person has a persistent ~~belief~~ belief that s/he has a serious illness, despite medical reassurance, lack of physical findings, and failure to develop the disease. Hypochondriasis have an obsessive preoccupation and concern with the condition of their bodily organs, and they continually worry about their health.