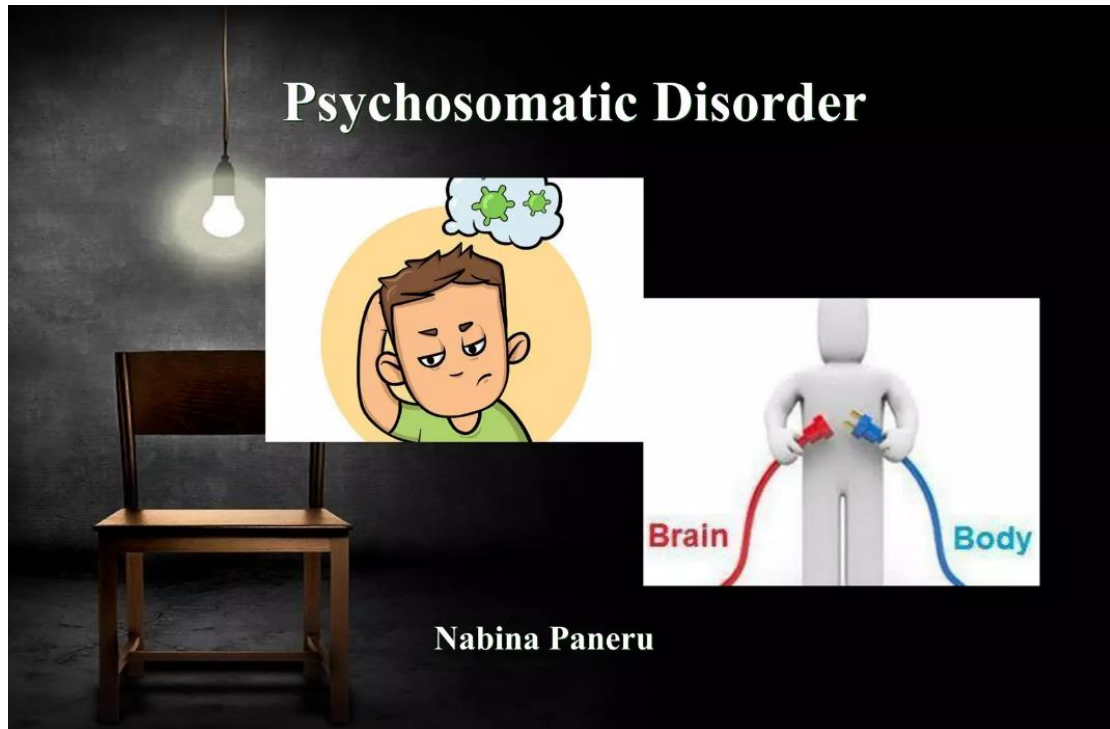


# Psychosomatic disorder

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## Introduction

- Psychosomatic means mind and body.
- A psychosomatic disorder is a disease involving both mind and body.
- Psychosomatic also called Psycho – physiologic disorder, condition in which psychological stresses adversely affect physiological (somatic) functioning to the point of distress.



## Definition

- A group of mental ailments in which emotional stress is a contributing factor to physical problems involving an organ system under involuntary control.

- Bimala Kapoor, 1994

- Disorders in which psychic elements are significant in initiating alteration in chemical, physiological or structure of the individual resulting in physical symptoms.

- Sreevani R



## Classification

Psychosomatic illnesses can be classified in three general forms:

- The first form includes those who experience both a mental illness and a medical one; these illnesses complicate the symptoms and management of each other.
- The second form includes those who experience a psychiatric issue that is a direct result of a medical illness or its treatment; having depression due to cancer and its treatment for example.
- The third form of psychosomatic illness is, 'somatoform,' disorders. Somatoform disorders are psychiatric ones that are displayed through physical issues.





## Somatoform disorder

Somatoform disorders are mental illness characterize by the presentation of physical symptoms with no medical explanations. The symptoms are severe enough to interfere with the patients ability to function in social or occupational activities.



## Types of Somatoform disorder

1. **Somatization disorder:** Multiple somatic symptoms in absence of any physical disorder. The symptoms are recurrent and chronic (at least 2 year duration is needed for diagnosis). It begins before age 30.
2. **Conversion Disorder:** An expression of psychological conflict or need that involves an alteration or loss of physical functioning that suggests a bodily cause in the absence of a medical reason.





## Contd.

- 3. Body Dysmorphic Disorder:** An obsession or preoccupation with an imaginary or minor flaw such as wrinkles, small breasts, or the size or shape of another part of the person's body. Body dysmorphic disorder causes severe anxiety and might impact a person's ability to function as usual in their daily life.



## Iconic People Who Had BDD

- Hayden Panettiere- a Hollywood actress who believed she had cellulite.
- Marilyn Monroe- a late American actress and singer who incorrectly diagnosed herself for obesity
- Michael Jackson- Famous singer and dancer. He admitted to hating the way his face and features were placed and proportioned.
- Robert Pattinson- British actor who played roles in Harry Potter and the Twilight series. He thought his eyes and ears were not on level with each other.







## Contd.

- 4. Hypochondriasis:** Preoccupation with having or contracting a serious disease in the absence of medical reason



## Contd.

- 5. Pain disorder:** Preoccupation with pain in the absence of an adequate physical basis for it.

### Pain Unexplained

Up to two-thirds of all symptoms have no medical diagnosis, one study says. Some of the most common problems:



Headaches



Back Pain



Dizziness

Illustrations by Kyla T. Webster



## Etiology



1. Individual exhibit specific physiological responses to certain emotions. E.g. in person to the emotion of anger, person may experience peripheral vasoconstriction, resulting in an increase in blood pressure.



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2. **Personality Theory:** individuals with specific personality traits are predisposed to certain disease processes:

### Personality Characters

### Psychosomatic disorder

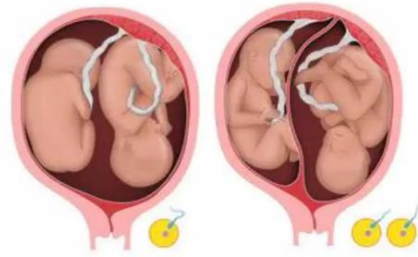
- |                                 |   |   |
|---------------------------------|---|---|
| 1. Dependence personality       | → | Asthma                                    |
| 2. Repressed, anger             | → | Peptic ulcer and HTN                      |
| 3. Aggressive, ambitious        | → | Coronary heart disease                    |
| 4. Compulsive and perfectionist | → | Migraine                                  |
| 5. Self sacrificing & inhibited | → | Rheumatoid arthritis & ulcerative colitis |



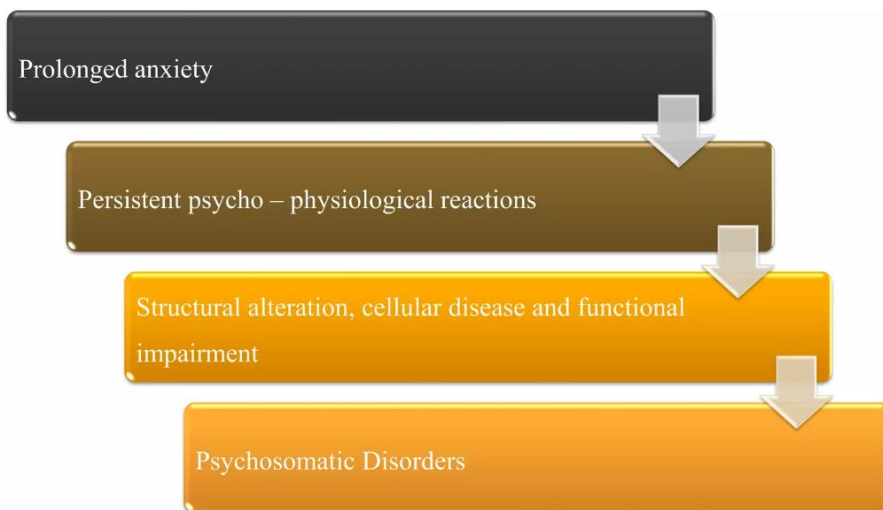


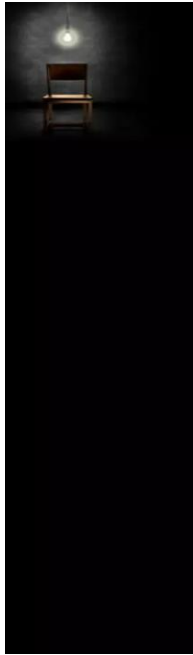
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- 3. Family Dynamic Theory:** Pathogenic family pattern in childhood, stressful and conflicting interpersonal relationship among family members.
- 4. Biological theory: (Genetic predisposition):** First degree relatives, monozygotic twins are prone to develop psychosomatic disorders.



## Possible progression of psychosomatic disorders

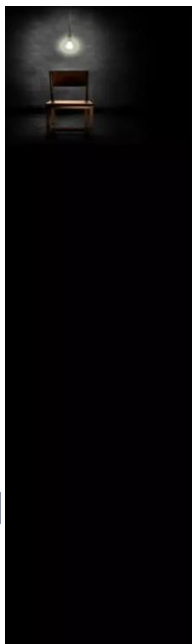
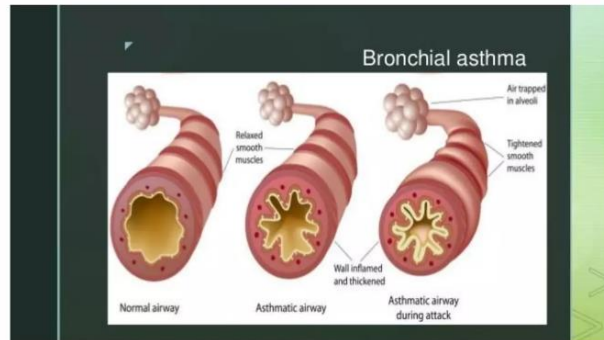




## Some Important Psychosomatic Disorders

### 1. Bronchial Asthma

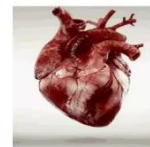
Asthmatic symptoms are induced by emotional stress. Bronchial asthma is common in fear, rejection, and mourning or pent up emotion, upset in dependency need.



### Contd.

### 2. Cardiovascular Disorders

- Hypertension, coronary heart disease (CHD). The most deadly and well-known form of coronary heart disease is myocardial infarction (MI).
- Hypertension increases the risk for CHD, as well as other serious disorders such as stroke.
- Type "A" personality is found to be linked with coronary heart disease (CHD). Type "A" personality includes excessive ambition, high performance standards, persistent urgency, competitiveness, aggressiveness and hostility.



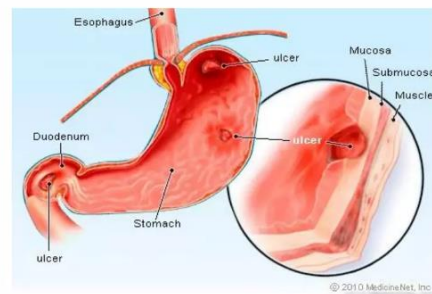




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### 3. Peptic ulcer

Stress and emotional disturbances → adreno – cortical secretion → increased acidity → progressive erosion of the mucosal wall in esophagus, stomach, duodenum or jejunum → increased inflammation and severe laceration → ulcer



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### 4. Irritable Bowel Syndrome (IBS)

- Stress and anxiety may make the mind more aware of spasms in the colon.
- IBS may be triggered by the immune system which is affected by stress.





## Contd.

### 5. Ulcerative colitis

- Patients with a predominance of compulsive personality traits, and narcissistic personality traits, and are neat orderly and clean, punctual, hyper intellectual and inhibited in expressing their anger are associated with individuals who have ulcerative colitis.
- Disturbed personal relationship resulting in feeling off helplessness and hopelessness
- Stress → Grief, anxiety, disappointment, guilt, frustration, emotion suppression → triggers hypothalamic pituitary thyroid and adrenal axis → Lower immunity.



## Contd.

### 6. Migraine and tension typed headache

A severe recurring headache, usually affecting only one side of the head, that is characterized by sharp, throbbing pain and is often accompanied by nausea, vomiting, sensitivity to light and visual disturbances. Vasodilation in the brain causes inflammation that results in pain, but the exact cause is unknown.



## Contd.

7. **Pain disorders:** A pain disorder is characterized by the presence of, and focus on, pain in one or more body sites and is sufficiently severe to come to clinical attention.
- Patients experiencing bodily pain without identifiable and adequate physical causes may be symbolically expressing and intra – psychic conflict through the body.
  - Pain behaviors are reinforced when rewarded and are inhibited when ignored or punished.
  - Means for manipulating and gaining advantage in interpersonal relationships. Such secondary gain is most important to patients with pain disorder.
  - Serotonin and endorphins play a role in pain disorders.

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