Somatic & Dissociative Disorders

Somatic Symptom & Related Disorders

- Prominent physical or bodily symptoms associated with significant impairment or distress
  - Actual physical illnesses may or may not be present
- Types...
  - Somatic symptom disorder (SSD)
  - Illness anxiety disorder
  - Conversion disorder (functional neurological symptom disorder)
  - Factitious disorder
  - Psychophysiological disorders (Ch. 6)

Diagnosis, Prevalence, and Course of Somatic Symptom and Related Disorders

<table>
<thead>
<tr>
<th>Disorder</th>
<th>DSM-5 Criteria</th>
<th>Prevalence</th>
<th>Course</th>
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<tbody>
<tr>
<td>Somatic symptom disorder</td>
<td>At least one distressing somatic symptom &amp; one of the following: persistent thoughts, high anxiety, or excessive time devoted to symptoms</td>
<td>Symptoms in up to 7% of general population</td>
<td>Tends to be chronic &amp; comorbid with depression</td>
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<td>Illness anxiety disorder</td>
<td>Preoccupation with health &amp; excessive worry about serious illness; no somatic symptoms or very mild symptoms; excessive health anxiety; repeatedly checks for signs of illness or avoids medical contact if illness will be confirmed</td>
<td>Up to 6%; similar prevalence in men &amp; women</td>
<td>Begins in adulthood; considered chronic</td>
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<td>Conversion disorder</td>
<td>Motor or sensory disturbances; symptoms incompatible with medical findings</td>
<td>2-3% of new referrals to neurologists</td>
<td>Substantial minority stay the same or get worse; prognosis better for children</td>
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<td>Factitious disorder, imposed on self or others</td>
<td>Physical or mental symptoms fabricated or induced in oneself or others; presents self or other as ill or injured; absence of external rewards for illness</td>
<td>About 1% in hospital settings; diagnosed more often in women</td>
<td>Varies from single episode to persistent or chronic</td>
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Somatic Symptom Disorder (SSD)

- Pattern of reporting and reacting to pain or other distressing symptoms
  - Pattern occurs for at least 6 months
  - Involves persistent thought or high anxiety about the symptoms
- Person remains convinced they have a serious disease even when tests rule out illness
  - In about 10% of cases, symptoms are early indication of a medical condition