

# Somatoform disorder

Somatoform disorder: The term somatoform derives from the Greek soma for body. The somatoform disorders are broad groups of illness have bodily signs and symptoms as a major components.

Or

Somatoform disorder is a mental disorder characterized by physical symptoms that suggest physical illness or injury. Patient with this disorder often become worried about their health because the doctors are unable to find a cause for their health problems.

Classification of somatoform disorder:-

1. Somatoform disorder (Briquets syndrome).
2. Hypochondriacal disorder.
3. Body dysmorphic disorder.
4. Somatoform autonomic dysfunction.
5. Somatoform pain disorder.
6. Chronic fatigue syndrome.
7. Dissociative (conversion) disorder.

## Causes of somatoform disorder:-

1. Gender:
  - Mainly female
2. Age:
  - Children and older adult.
3. Genetics.
4. History of sexual, emotional or physical abuse.
5. Anxiety.
6. Grief.
7. Trauma.
8. Stress.
9. Depression.
10. Anger or guilt.

## Clinical features of somatoform disorder:

1. Pain in the absence of organic pathology.
2. Changes in eating habits, such as over eating or loss of appetite.
3. Difficulty concentrating or remembering things.
4. Fatigue or lack of energy.
5. Feelings of hopelessness, guilt or worthlessness.
6. Irritability.
7. Insomnia.
8. Inability to speak.
9. Persistent feelings of sadness.
10. Avoiding mirrors.
11. Blindness or double vision.

## Management of somatoform disorder:-

1. The client should be assured.
2. Explanation about the symptoms of disease.
3. Advice to avoid stressful social problems.
4. Practicing relaxation therapy.
5. Providing health teaching. The nurse must help the client establish a daily routine that includes improve health behaviors.
6. Teach the client about medications and to avoid alcohol and other such drugs used to alleviated stress approximately.
7. Help client demonstration methods of stress management such as relaxation exercise, mental imagery.
8. Maintain non judgment attitude when providing assistance to the client.
9. Drug treatment: Coexisting depression should be treated with antidepressant drugs.
10. Psychological treatment: Cognitive behavioral therapy.

## Complication of somatoform disorder:-

- Risk to self and others.
- Dependency on addictive medications.
- Withdrawal symptoms related to discontinuation of sedatives, hypnotics, and narcotics.
- Poor health.
- Problems functioning in daily life, including physical disability.
- Problems at work or unemployment.
- Other mental health disorders, such as anxiety, depression, and personality disorders.
- Increased suicide risk related to depression.