

Chapter 14

**Psychological
Stress and
Physical
Disorders**

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**Psychophysiology: Defining
Psychological Stress**

- Case vignettes
- Cognitive appraisal
- Categorizing stressors
 - Life events
 - Chronic stress
 - Daily hassles
 - Catastrophic events

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**Psychophysiological
Disorders**

- Definition: physical illnesses influenced by psychological factors
- Explanations
 - Stress and unhealthy behaviors
 - Stress and adverse physiological reactions
 - Stress, personality traits, and health

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Treating Psychophysiological Disorders

- Relaxation techniques
- Biofeedback
- Cognitive retraining
- Social support

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Defining the Somatoform Disorders

- Somatoform disorders: physical symptoms entirely caused by psychological factors
- Factitious disorders: intentionally faked physical symptoms

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The DSM-IV-TR Somatoform Disorders

- Conversion disorder: motor or sensory symptoms
- Somatization disorder: multiple, chronic symptoms
- Pain disorder: pain symptoms

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Somatoform Disorders, continued

- Hypochondriasis: preoccupation with fear of illness
- Body dysmorphic disorder: preoccupation with imagined physical defects

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Classification Issues

- The advantages and limitations of the DSM-IV-TR somatoform diagnoses
- Cultural and historical relativism
- Classification in demographic context
 - Gender
 - Age
 - Class

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Explaining and Treating the Somatoform Disorders

- Psychodynamic components
- Cognitive-behavioral components
- Sociocultural components
- Biological components

- The connection between mind and body in somatoform disorders

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Related Issues

- Focus on Psychology in Society:
John Henryism (Box 14.1)
- Writing to Heal (Box 14.2)

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Case Vignettes: Treatment

- Robert: Treatment of coronary heart diseases
- David: Treatment of somatization disorder

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