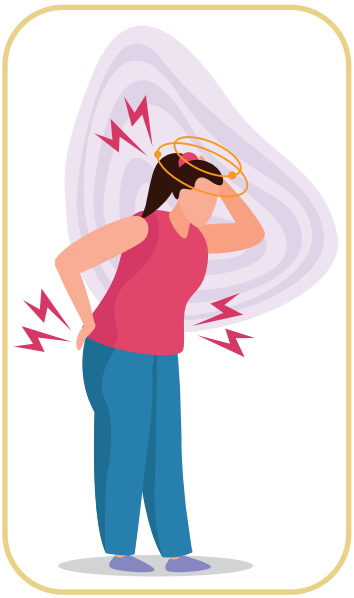
養和精神健康門診
HKSH Mental Health Clinic

# Psychosomatic Disorders



Psychosomatic disorders, also known as dysautonomia or neurosis, are characterised by frequent physical discomfort. Common symptoms include dizziness, headaches, chest pain, back pain, abdominal pain, nausea, vomiting, diarrhoea, limb numbness, and general weakness.

Despite significant physical suffering, medical tests may often show normal results. The cause may also remain unknown after repeated consultations, leaving patients in ever-greater anxiety about being mistaken for faking illness.

## Causes

Psychosomatic disorders are generally closely related to life stress and psychological status. They may be a maladaptive response to stress or physical manifestations of underlying depression and anxiety.

## Treatment

To escape from a vicious cycle, avoid excessive and repetitive medical tests. Medications can effectively relieve anxiety and depression. It is crucial to address the psychological factors, suppressed emotions or unmet needs that underlie the symptoms.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***Patient feedback is incorporated***



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