



Unit Eleven: Somatoform Disorders

Directions: Answer each of these questions in the space provided.

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What is angina pectoris?  
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What are antibodies?  
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What are antigens?  
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What is asthma?  
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What is an aura?  
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What are baroreceptors?  
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What are B-cells?  
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What is behavioral medicine?  
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What is body dysmorphic disorder?  
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What is Briquet's syndrome?  
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What are chronic headaches?  
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What is a conversion disorder?  
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What are the coronary arteries?  
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What is coronary heart disease?  
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What is a coronary occlusion?  
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What are corticosteroids?  
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What is an Electra complex?  
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What is the significance of exposure and response prevention?  
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What is a factitious disorder?  
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What is general adaptation syndrome?  
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What are helper T-cells?  
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What is HIV?  
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What is hypertension?  
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What is hypochondriasis?  
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What is the hypothalamic-pituitary-adrenal axis?  
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What is a hysterical disorder?  
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What is the immune system?

What are lymphocytes?

What does malingering mean?

What are migraine headaches?

What is mind-body dualism?

What is Munchausen syndrome?

What is Munchausen syndrome by proxy?

What are muscle contraction headaches?

What is myocardial infarction?

What are natural killer T-cells?

When is a pain disorder associated with psychological factors?

What is a preoccupation disorder?

What is a preoccupation somatoform disorder?

What is primary gain?

What are prospective studies?

What does psychogenetic mean?

What is psychoneuroimmunology?

What are retrospective studies?

What is secondary gain?

What is a somatization disorder?

What is a somatoform disorder?

What is a Type A personality style?

What is a Type B personality style?

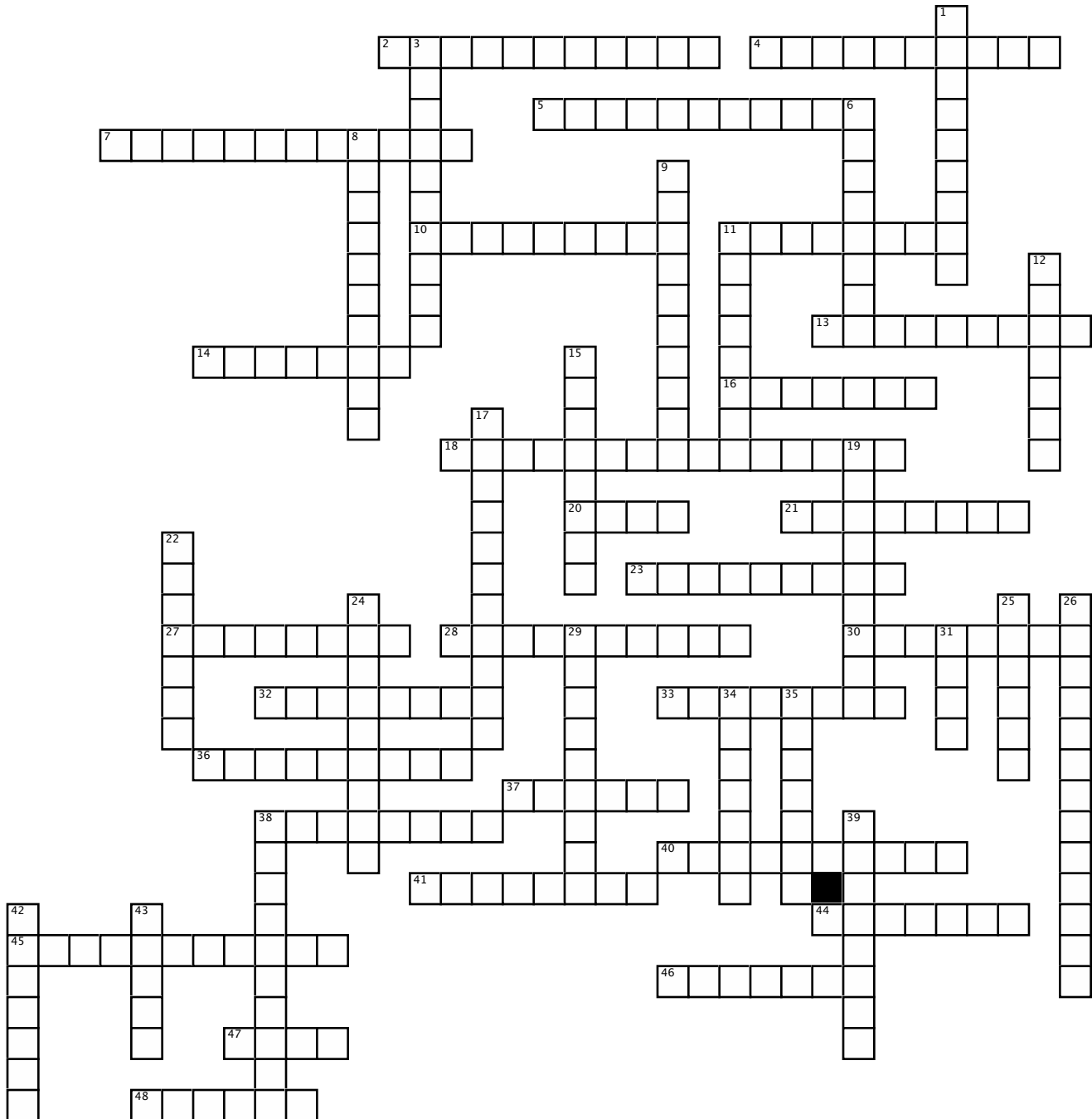
What are ulcers?

Unit Eleven: Somatoform Disorders  
The World of Abnormal Behavior - Psychological Factors and Physical Illness

Directions: Answer each of these questions in the space provided.

1. Identify several physiological changes that are known to result from stress. Create one scenario in which such changes would be beneficial and another in which these would be detrimental. Explain the different results.
2. Which risk factors for coronary heart disease are controllable and which are not?
3. Describe specific behaviors Dr. Pink exhibited that suggest he has a Type A personality.
4. What were the goals of the stress management program Dr. Pink attended?
5. What alternatives to psychological treatments had been tried with Dillon and with what effect?
6. Describe what is thought to be the connection between action of the sympathetic division of the autonomic nervous system and the onset of migraine headaches.
7. How has biofeedback worked to reduce the frequency with which Dillon has headaches?
8. What is known about stress and the onset of cancer?
9. Describe the relationship between the limbic system and immune system.
10. Discuss the goals psychological therapy in the treatment of Kathleen Morell.

Unit Review Number Eleven  
Somatoform Disorders



**Across**

2. The word \_\_\_\_\_ means related to the mind and is used to describe factors which contribute to other factors like family stress, worry, and unconscious needs.  
4. When a person's \_\_\_\_\_ symptoms keeps his or her internal conflicts out of awareness we call it primary gains.  
5. Myocardial \_\_\_\_\_ are heart attacks.

**Down**

1. Preoccupation \_\_\_\_\_ are forms of somatoform disorder in which people who are relatively healthy become preoccupied with the notion that something is wrong with them physically.

## Across

7. Psychoneuroimmunology is the area of study that examines the links between \_\_\_\_\_ stress, the immune system and health.
10. The form of Munchausen syndrome in which parents \_\_\_\_\_ or induce physical illnesses in their children, leading in some cases to numerous painful diagnostic tests, medication, and surgery is called Munchausen Syndrome by Proxy.
11. Hysterical \_\_\_\_\_ is a form of somatoform disorder involving an actual loss or alteration of physical functioning.
13. Muscle contraction \_\_\_\_\_ are the form of chronic headaches that bring pain to the back or front of the head or at the back of the neck.
14. Ulcers are \_\_\_\_\_, or holes, that form in the wall of the stomach or of the duodenum, resulting in burning sensations or pain in the stomach, occasional vomiting, and stomach bleeding.
16. Mind Body \_\_\_\_\_ is the claim by René Descartes that the mind, or soul, is separated from the body and the idea that dominated medical theory for the next 200 years.
18. When a person unrealistically interprets bodily symptoms as signs of serious illness, even when his or her symptoms are normal bodily changes, such as occasional coughing, sores, or sweating we say that they suffer from \_\_\_\_\_.
20. The chain of events leading from the brain's hypothalamus to the production of corticosteroids. is called the hypothalamic pituitary adrenal \_\_\_\_\_.
21. Natural killer T-cells are a group of lymphocytes that seek out and destroy body cells that have already been \_\_\_\_\_ by viruses, thus helping to stop the spread of a viral infection.
23. Asthma is the condition where the body's airways \_\_\_\_\_ periodically, so that it is hard for air to pass to and from the lungs, resulting in shortness of breath, wheezing, coughing, and a terrible choking sensation.
27. Conversion \_\_\_\_\_ is one in which a psychosocial conflict or need is converted into dramatic physical symptoms affecting voluntary motor or sensory functioning.
28. When a person becomes preoccupied with some imagined or minor defect in his or her appearance, such as wrinkles, spots on the skin, excessive facial hair, swelling of the face, or misshapen nose, mouth, jaw, or eyebrow, we would say that they suffer from \_\_\_\_\_.
30. Antigens are foreign \_\_\_\_\_ of the body such as bacteria, viruses, fungi, and parasites.
32. Briquet's \_\_\_\_\_ is a form of somatization disorder in which a person's multiple ailments must include pain symptoms at four sites of the body, two gastrointestinal symptoms, a sexual symptom, and a pseudoneurologic symptom.

## Down

3. Preoccupation \_\_\_\_\_ disorder is diagnosed when the patient misinterprets and overreacts to bodily symptoms or features no matter what friends, relatives, and physicians may say.
6. Munchausen \_\_\_\_\_ is the extreme and chronic form of fictitious disorder in which people with this syndrome travel from hospital to hospital reciting their supposed medical histories in great detail.
8. Somatoform disorders are patterns of physical \_\_\_\_\_ with predominantly psychosocial causes.
9. Exposure and response \_\_\_\_\_ are behavioral approaches that often help persons with obsessive compulsive disorder.
11. Factitious \_\_\_\_\_ is the intentional production or feigning of physical symptoms simply because a person wishes to be a patient.
12. Studies that \_\_\_\_\_ future health changes on the basis of current life events are often called prospective studies.
15. Angina Pectoris is extreme chest pain caused by a partial \_\_\_\_\_ of the coronary artery of the heart muscle.
17. B-cells are the group of \_\_\_\_\_ that produce antibodies.
19. Antibodies are protein molecules that recognize and bind to a specific antigen, mark it for destruction, and prevent it from causing \_\_\_\_\_.
22. Retrospective studies are \_\_\_\_\_ in which subjects are asked to think back over the past year and remember their life events and illnesses.
24. Chronic \_\_\_\_\_ are frequent intense aches of the head or neck that are not caused exclusively by a physical disorder.
25. Baroreceptors are sensitive \_\_\_\_\_ in the blood vessels responsible for signaling the brain that blood pressure is becoming too high.
26. We say that there is a \_\_\_\_\_ factor associated with pain when psychosocial factors play a dominant role in the onset, severity, exacerbation, or maintenance of pain.
29. A coronary \_\_\_\_\_ is the complete blockage of a coronary artery that halts the flow of blood to various parts of the heart muscle.
31. An \_\_\_\_\_ is a warning sensation that occurs when a migraine headache is about to take place.
34. Coronary heart \_\_\_\_\_ is the blocking of the coronary arteries that refers to any of several specific problems such as angina pectoris, coronary occlusion, and myocardial infarction.
35. The Electra \_\_\_\_\_ is the Freudian theory about a strong sexual feeling that a daughter has for her father and the recognition that the mother must be competed with for his affections.

## Across

33. Behavioral \_\_\_\_\_ is the field of treatment that combines psychological and physical interventions to treat or prevent medical problems.
36. Migraine \_\_\_\_\_ are extremely severe and often immobilizing aches located on one side of the head, often preceded by an aura and accompanied by dizziness, nausea, or vomiting.
37. The immune \_\_\_\_\_ is a complex network of cells that helps protect people from antigens and from cancer cells and is located in the bone marrow, thymus, lymph nodes, spleen, tonsils, appendix, and small intestine.
38. Coronary \_\_\_\_\_ are the blood vessels that surrounds the heart and are responsible for providing oxygen to the heart muscle.
40. When a person's \_\_\_\_\_ symptoms enable him or her to avoid unpleasant activities or to receive kindness or sympathy from others, we call it secondary gain.
41. Corticosteroids are the group of stress \_\_\_\_\_ such as cortisone.
44. Type A people are those who are consistently \_\_\_\_\_, cynical, driven, impatient, competitive, ambitious, and interact with the world in a way that produces continual stress and often leads to coronary heart disease.
45. T-cells are a group of \_\_\_\_\_ that identify antigens and then multiply and trigger the production of other kinds of immune cells.
46. Type B people are those who are more \_\_\_\_\_, less aggressive, less concerned about time, and are less likely to experience cardiovascular deterioration.
47. Hypertension is the state of chronic \_\_\_\_\_ blood pressure.
48. HIV is a parasite that infects T-4 helper lymphocytes, which transport the virus deeper into the immune system, which destroys much of the \_\_\_\_\_ system.

## Down

38. The general \_\_\_\_\_ syndrome is when, in the presence of a threat, the sympathetic nervous system increases its activity and arouses responses throughout the body.
39. Somatization \_\_\_\_\_ is diagnosed when a person experiences numerous long-lasting physical ailments that have little or no organic basis.
42. Malingering is intentionally feigning an \_\_\_\_\_ to achieve some external gains, such as financial compensation or military deferment.
43. Lymphocytes are \_\_\_\_\_ blood cells that are manufactured in the lymph system and circulate throughout the blood stream.