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PSY 342

Unit 4 Essay

3/21/23

- 1) Munchausen syndrome is when parents or caretakers make up or cause physical illnesses in their kids which in some cases can cause testing, medication and or surgery. When the children are removed from this caretaker their symptoms disappear. This can also happen to a person causing it themselves. Women are more prone to this. The population that is more likely to do it is people who have received extensive treatment for medical problems when they were children. Another group is people who have carried grudges against the medical professionals.
- 2) Conversion Disorder is when people display physical symptoms that affect voluntary motor or sensory functionings. The symptoms are inconsistent with known medical diseases. These people have neurological-like symptoms that have no neurological basis. Somatic symptoms, people become distressed, concerned and anxious about bodily symptoms. These symptoms last longer but are less dramatic than those found in conversion disorder. In some cases there is no known cause and in others the cause can be identified. Both of these disorders can happen out of nowhere and not know what was the cause of it or what is going on and experts can miss it sometimes and mistake them for other things.
- 3) 3 most common psychophysiological disorders were:

Ulcers: These are lesions that form in the wall of the stomach or of the duodenum, resulting in burning sensations or pain in the stomach, causing vomiting and stomach bleeding.

Asthma: Causes the body's airways to narrow periodically making it hard for air to pass to and from the lungs which can cause shortness of breath, wheezing, cough etc.

Insomnia: which is difficulty falling asleep or maintaining sleep

- 4) Relaxation training is when people are taught to relax their muscles at will. It is believed that relaxation training can help prevent or treat many medical illnesses that are related to stress. It is also believed to effectively help treat headaches, insomnia, asthma etc.
- 5) People who have bulimia nervosa go through episodes of uncontrollable overeating. They will eat way more than a person would in that time span. Their behaviors consist of forcing themselves to vomit, misuse of laxatives, diuretics, fasting or exercising excessively.
- 6) Anorexia and Bulimia are almost the same but anorexia is someone who is influenced by their weight. They fear becoming overweight so they slowly start to cut things out of their diet so they can stay a lower weight. They force themselves to throw up after eating and abuse laxatives. People who experience bulimia tend to eat uncontrollably and make themselves vomit and as well abuse laxatives but people with bulimia weight usually stays within normal range.
- 7) Medical problems that can be associated with anorexia caused by starvation. Women develop amenorrhea which is the absence of their period. Other medical related issues are lowered body temperature, low blood pressure, and body swelling. Metabolic and electrolyte imbalances can happen and can lead to death by heart failure. The poor nutrition of people can also cause skin to be rough and crack.
- 8) David's underlying cause of his disorder is his negative self perception of his own body. I believe it has increased in the past 50 years because of society and how they expect people to look. I believe it is seen more in women because there is a pressure again from society and social media or women on the cover of magazines and models. We are told we are supposed to be skinny, we shouldn't be over 120 pounds or that's fat. We are

told we should be a size 0 even though we are well past our 20s. Society has young girls thinking if they are not skinny they are not beautiful.