

Chapter 8

2. Both conversion and somatic symptom disorders are similar due to not being caused by a medical issue or disease. They are both hard to distinguish from medical problems, and it's not purposely caused by the person affected. Conversion disorder involves the dysfunction of the voluntary motor or sensory due to physical symptoms. People with this disorder will experience paralysis, loss of feeling, and blindness without medical or neurological issues. Somatic symptom disorder involves the person feeling very anxious and distressed about the physical symptoms they are experiencing. They are exaggerating the severity of their symptoms.

4. There are two patterns of somatic symptom disorder, somatization pattern, and predominant pain pattern. Somatization patterns involve people having long-lasting physical symptoms with no biological basis. They constantly look for relief for their symptoms by going to different doctors, which shows desperation and exaggeration. A predominant pain pattern is when the person's primary symptom is pain. The cause of this pain is unknown.

15. How are conversion and somatic symptom disorders treated?

Someone who may have conversion or somatic symptom disorder is first seen by a medical professional to rule out any systematic reason(s) for their symptoms. Once it is determined that the person has either disorder, they will seek psychotherapy as a last resort. The psychotherapist must first discover the disorder's cause to determine the treatment. They will use insight,

exposure, and drug therapy to treat the cause of the disorders. Another approach would be to treat the symptoms instead of focusing on the cause, which includes education, reinforcement, and cognitive reconstruction.

17. I believe Lisa comparing herself to someone "perfect" caused her to think she looked "deformed." I believe no one under the age of 18 should undergo plastic surgery that is not urgent, especially breast augmentation. Both males and females are still growing and developing, and it is completely normal to have one breast bigger than the other. People should wait until they have fully developed before making that decision. If a child is underage, their guardian should be responsible for making that decision. Family and friend support can influence a person's self-worth, but it is up to the person to accept and feel confident about their appearance.

Chapter 9

18. Bulimia nervosa is a type of eating disorder where the person is bingeing. The person would have binge episodes accompanied by forcing themselves to vomit or missing laxatives to avoid gaining weight. People who are bulimic try to weigh and remain within a normal range. These behaviors are labeled bulimic once the person surpasses three months. This disorder is also known as the Binge-Purge syndrome.

19. Both anorexia nervosa and bulimia nervosa are eating disorders. Bulimia nervosa can lead to anorexia nervosa since the goal is to become thin. So, both disorders involve unhealthy food intake, misuse of laxatives, and obsession with their appearance. Anorexia is different due to the restriction of intaking a large amount of food. They are strict about what they eat and would

purge if they believe they overeat. Someone with bulimia nervosa cares more about what others think about their appearance and have mood swings. They also tend to have more dental problems than someone who is anorexic due to the constant purging.

29. Since anorexia nervosa involves strict dieting and a low nutrient intake, someone who is anorexic would be malnourished. Women who are anorexic can develop amenorrhea, which means they do not have a menstrual cycle due to their low body weight. They are also hypovolemic, with low blood pressure and body temperature, which can lead to heart failure. Due to being malnourished, they can also develop lanugo, silky hair on their trunks, face, and extremities.

33. David is an intelligent and academically successful man; I feel like his desire to have a six-pack will make him appear “perfect.” Eating disorders have increased significantly due to social media. The people advertising usually have “perfect” fit bodies that would make a person feel more desirable and attractive. Women are more likely to have eating disorders due to the pressure of thinking that women should be thin. Women are also more emotional, which prevents women with these disorders from stopping.