

# Hypochondriasis VS Somatization Disorder

Comparison Table

Characteristics	Hypochondriasis	Somatization Disorder
<b>Definition</b>	A mental illness characterized by an excessive irrational concern for one's health and conviction in the presence of a disease for which there is no objective evidence.	A presence of physical complaints over a period longer than 6 months that cannot be explained by a particular disease.
<b>Occurrence</b>	Distributed equally between both sexes. Occurs most often in elderly people.	Occurs more common in women, in elderly people, and in individuals with low socio-economic status.
<b>Symptoms</b>	Preoccupation with fears of having, or the conviction of having one or more progressive disorders, based on a misinterpretation of symptoms.	Pain, fatigue, loss of appetite, and other gastrointestinal problems with no specific medical reason for their occurrence.
<b>Causes</b>	Depression, panic disorder, misunderstanding of the physical feelings and the way the body works, hereditary factors, severe health problems in the past, etc.	Chronic stress.
<b>Treatment</b>	Cognitive therapy, helping patients to rationalize their fears, and medications, reducing anxiety.	Medications and/or psychotherapy, based on the severity and type of the symptoms and the age of the patient.

# Somatization And Hypochondriasis

**Jonathan S Abramowitz, Autumn  
Braddock**



## **Somatization And Hypochondriasis:**

## Decoding **Somatization And Hypochondriasis**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Somatization And Hypochondriasis**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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