

# Psychopharmacotherapy of Somatic Symptoms Disorders

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Management of somatic symptom disorders requires  
a **multifaceted approach**  
tailored to the individual patient

To choose the correct treatment plan, clinicians should keep in mind  
**psychological**  
**social**  
**cultural factors**  
that influence somatic symptoms

- I. scheduling regular, short-interval visits
- II. establishing a collaborative, therapeutic alliance
- III. acknowledging and legitimizing symptoms once the patient has been evaluated for other medical and psychiatric diseases
- IV. limiting diagnostic testing
- V. reassuring the patient that serious medical diseases have been ruled out
- VI. educating patients about coping with physical symptoms
- VII. setting a treatment goal of functional improvement rather than cure
- VIII. appropriately referring patients to subspecialists and mental health professional

**Cognitive behavior therapy**  
**Mindfulness-based therapy**  
and  
**Family therapy**

are more effective interventions for treatment of somatic  
symptom disorder

# **Psychopharmacotherapy**

In clinical practice all classes of psychotropics are used to treat somatic symptoms disorder

## **Five principal groups of drugs:**

Tricyclic antidepressants (TCA),  
Serotonin reuptake inhibitors (SSRI),  
Serotonin and noradrenalin reuptake inhibitors (SNRI),  
Atypical antipsychotics and  
Herbal medication

**are systematically studied**

The evidence indicates that all five groups are effective in a wide range of disorders

All classes of antidepressants seem to be effective against somatoform and related disorders



**SSRIs** are more effective against obsessional cluster of somatoform disorders (hypochondriasis and body dysmorphic disorder (BDD))

**SNRIs** appear to be more effective than other antidepressants when pain is the predominant symptom

**Amitriptyline** shows benefit for one or more of the following outcomes:

fatigue

functional symptoms

global improvement

morning stiffness

pain

Sleep

tender points

**Fluoxetine** shows benefit for:

Functional status

Global well-being

Morning stiffness

Pain

Sleep

Tender points

**Monoamine oxidase inhibitors**

**bupropion (Wellbutrin)**

**Antiepileptics**

showed no benefit

ممنون از توجهتون

