



## 28. THERAPEUTIC INTERVENTIONS IN HYPOCHONDRIA

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**Introduction.** The prevalence of hypochondria in the society isn't well elucidated. AMP data assumes between 0.8 - 4.5%, covers a percentage considerable for a study based on treatment of the poorly elucidated condition. Hypochondria: a concern of having a serious illness based on a misinterpretation of symptoms, which complicates diagnosis and treatment. Marked depression and anxiety, often present, justifies additional diagnoses.

**Aim of study.** Hypochondriasis, also sometimes referred to as health anxiety, is much more common in general health wards than previously accounted for. Thus, an efficient way of its management needs to be formulated and this review article helps to shed light on the current treatment protocol available for hypochondriasis and their efficacy for the same.

**Methods and materials.** The study was based on speciality literature review, articles from electronic sources recognized by the international medical society: PubMed, NEJM, NCBI, and manuals (OxfordMedicine, Kaplan), national guidelines (MSMPS) and WHO.

**Results.** Despite technical advances, physicians still rely on development of the most individual approach for patients. Psychological therapies, especially CBT, being more effective in alleviating symptoms. Psychoanalytic therapy, which touches underlying problems of object relations and individual drives, etiological aspects. Drugs' role is limited by symptomatic effect. Efforts to improve treatment outcomes, transform hypochondria from a pathology that therapists avoid into a challenging but treatable disorder.

**Conclusion.** During analysis of bibliographic sources, study confronted an obstacle of deviating visions of DSM V and ICD 10, regarding the presence of hypochondria as a single entity and not as a grouping of conditions: somatic symptom disorder and nosophobic disorder. The literature lacks variability in psychotherapeutic treatment, denying the effectiveness of other methods, like hypnosis, autogenic training, etc. Anglo-Saxon or French literature is based on psychoanalysis, duration of which for years is significant, and medicinal corrections, such as the inclusion of SSRIs/SNRIs, neuroleptics in the list of preparations.