

# Hypochondriasis

---

A somatoform disorder in which a person interprets normal physical sensations as symptoms of a disease

## 1 | Symptoms

Long term and intense fear of having a serious disease (paranoia)

Worry that minor symptoms indicate something more serious

Suffer from anxiety, nervousness and/or depression

## 2 | Causes

- Major life stress
- History of child abuse
- Living with a person who suffers from the same disorder may cause you to question your health as well
- Difficulty expressing emotions

## 3 | Video

- <https://m.youtube.com/watch?v=V-Jr7ewKHY4>
- <https://m.youtube.com/watch?v=8UxK1rcU2gk>