

# Index

## A

- Adjustment disorders, 274
- Alexithymia
  - assessment, 41
  - components, 45–46
  - LEAS and TAS-20, 44–45
  - depression, 42
  - doctor-patient relationship
    - (*see* Doctor-patient relationship)
  - interoceptive awareness, 43–44
  - personality, 43,
  - somatic symptoms, 42
- Anorexia nervosa, 291
- Anticonvulsants, 171
- Anxiety disorders, 303
  - generalized anxiety disorder, 284–285
  - obsessive-compulsive disorder, 285
  - panic disorder, 284
  - posttraumatic stress disorder, 285
  - social phobia/social anxiety disorder, 285–286
  - somatization, 100
  - somatoform disorders (*see* Somatoform disorders)
- Anxiolytics, 171

## B

- Benzodiazepines, 171, 291
- Binge eating disorder, 292
- Breast cancer
  - chemotherapy, 241
  - coping skills, 240
  - diagnosis, 239, 240
  - emotional discomfort, 239–240
  - group psychotherapy, 250–251
  - incidence and mortality, 226

- individual therapy
    - cognitive-behavioral therapy, 244–246
    - crisis-intervention approach, 243–244
    - psychopharmacotherapy, 246–247
    - specific treatment, 247–250
    - terminally ill patients, 247
  - loss, role of, 239
  - mastectomy, 240, 241
  - mutual support programs, 251
  - prevalence and disease mortality, 239
  - psychiatric disorders, 242–243
  - psychological interventions, 251–252
  - psychosocial interventions, 232
  - psychosocial problems, 227–228
  - recurrence, 242
  - self-help support networks, 251
  - side effects, 241
  - stressful life event, 239
  - time-intensive radiation therapy, 241
- Bulimia nervosa, 291–292
  - Bupropion, 288

## C

- Cancer
  - breast cancer (*see* Breast cancer)
  - complementary interventions, 234
  - prostate cancer (*see* Prostate cancer)
  - psychosocial support, needs, 229–230
  - rehabilitation programs, 233–234
- Cardiac diseases, 294
- Catecholamine
  - plasma catecholamines, 197
  - spillover and cardiovascular responses, 198
  - stress system, 198
- Cerebrovascular diseases, 295
- Chinese herbal medicine, 171

- Chronic fatigue syndrome (CFS), 168
- Chronic pain
- vs. acute pain, 152
  - animal studies, 178
  - basic science studies, 178–179
  - efficacy vs. addiction, 177–178
  - history, 176–177
  - hyperalgesia, 181–182
  - in medical settings, 153–154
  - methadone, 179
  - prescription drug abuse, 180–181
  - somatoform pain disorder, 182
  - treatment
    - detoxification, 183–184
    - healthy behaviors, 184
    - opioids and pain sensitivity, 183
    - pain-oriented history, 182
    - patient coordinate care, 184
- Clonazepam, 171
- Cognitive behavioral treatment (CBT), 306
- breast cancer, 244–246
  - fibromyalgia, 172
  - poststroke depression, 214
- Cognitive intelligence, 274–275
- Complex system theory, 147–148
- Coronary angiography, 195
- C-reactive protein (CRP), 193
- Crocetin, 68
- Crocin, 68
- Crocus sativus L.* (saffron), 68
- Crystalline intelligence, 274
- Cyclobenzaprine, 293
- Cytoplasmic polyadenylation element-binding protein (CPEB), 34
- D**
- Depression, 301–302
- Depressive disorders
- noradrenergic and specific serotonergic antidepressant, 288
  - norepinephrine and dopamine modulator, 288
  - selective noradrenaline reuptake inhibitor, 287
  - selective serotonin reuptake inhibitor, 287
  - serotonin and noradrenergic reuptake inhibitor, 287
  - somatization, 100
  - somatoform disorders (*see* Somatoform disorders)
- Diagnostic and Statistical Manual (DSM), 3
- Different Burdens in Life Scale (DBL Scale), 273
- Doctor-patient relationship
- emotional intelligence
    - emotional expressions, 90–91
    - individual differences, 92–93
    - physicians, 93–94
    - psychiatrists, 91
    - psychotherapy, 91
    - surgeons, 94
    - therapists' emotional skills, 94
  - patients' alexithymia, 94–95
- E**
- Eating disorders
- anorexia nervosa, 291
  - binge eating disorder, 292
  - bulimia nervosa, 291–292
- Electroconvulsive therapy, 215
- Emotional intelligence, 274–275. *See also* Doctor-patient relationship
- Endothelial nitric oxide synthase (eNOS), 199
- F**
- Family assessment
- data gathering, 132
  - family function
    - affective involvement, 133
    - affective responsiveness, 133
    - Beaver's interactional styles scale, 136
    - behavior control, 134
    - communication, 133
    - McMaster clinical rating scale, 136
    - problem-solving, 132
    - relational functioning, 136
    - roles, 133–134
  - orientation, 131–132
  - subjective family rating scales
    - dyadic adjustment scale, 135
    - family assessment device, 136
    - family environment scale, 135
- Family intervention, 137–138
- Fast Fourier transform (FFT), 62
- Fibromyalgia
- clinical manifestations, 167
  - cyclobenzaprine, 293
  - definition, 166
  - diagnosis, 166–167
  - $\alpha$ , $\delta$ -ligand anticonvulsants, 294
  - nonpharmacological therapy, 172
  - pathophysiology
    - factors, 167–168
    - physiological changes, 168–169
    - pharmacological treatment, 171

- prevalence, 166
  - psychosomatic aspects, 169–170
  - SNRI, 293
  - tramadol, 294
  - tricyclic antidepressants, 293
  - Fluid intelligence, 274
  - Fluorine-18 fluorodeoxyglucose positron emission tomography (<sup>18</sup>F-FDG PET), 196
- G**
- Gabapentin, 171, 294
  - Gastrointestinal diseases, 295
  - Gene, 36–38
- H**
- Health-related quality of life (HRQOL), 228–229
  - Hepatic diseases, 295
  - Human immunodeficiency virus (HIV)-1 infection, 305
  - Hwa-byung*
    - case of, 103
    - Korea (*see* Korea)
  - 5-Hydroxyindoleacetic acid (5HIAA), 168
  - Hyperalgesia, 181–182
  - Hypothalamic-pituitary-adrenal (HPA) axis, 198, 303
- I**
- Immunity
    - coping strategies, 304
    - emotion
      - anxiety, 303
      - depression, 301–302
    - immune-suppressed subgroup, 307–308
    - stress
      - inflammatory response, 300
      - proinflammatory cytokine, 300–301
      - reduction interventions, 304–306
      - therapeutic interventions, 306–307
  - <sup>123</sup>Iodine-metaiodobenzylguanidine (MIBG), 196
- K**
- Kampo medicine, 171
  - Korea
    - Korean culture-related syndrome, *Hwa-byung*
      - clinical correlates, 53–55
      - symptoms of, 55–56

- psychiatric illnesses, 51
  - somatic symptoms vs. Korean culture shamanism, 57
    - traditional affect, haan, 58–59
    - traditional Asian medicine, 57
    - traditional social system, 57–58
  - somatization in Koreans
    - biology and culture, 52
    - international comparative studies, 52–53
    - tendency of, 52
- L**
- Late gadolinium enhancement (LGE), 196
  - Left ventricular outflow tract (LVOT) obstruction, 194–195
  - Left ventriculogram, 195, 196
  - α<sub>2</sub>δ-Ligand anticonvulsants, 294
- M**
- Mastectomy, 240, 241
  - Memes
    - evolution of, 33–34
    - memeplexes, development, and psychopathology, 35–36
    - neural memes and natural selection, 34–35
    - stress-related disorders
      - epigenetic cascade, 37
      - 5HTTLPR, 37
      - psychosomatic memes, 38
      - PTSD, 38
      - SERT, 36–37
    - treatment approaches, 38–39
  - Methodone, 179
  - 3-Methoxy-4-hydroxyphenylglycol (MHPG), 168
  - Migraine, 292–293
  - Mindfulness-based stress reduction (MBSR) program, 306
  - Mirtazapine, 291
  - Motivational interviewing (MI)
    - client and clinician relations, 261
    - client's motivation and empowerment, 266
    - clinician's listening, 266
    - cooperative and collaborative partnership, 263–264
    - definition, 261
    - discrepancy and resistance, 265, 270
    - empathy, 264–265, 269–270
    - fundamental skills
      - direct affirmation, 266
      - open-ended questions, 266

- Motivational interviewing (MI) (*cont.*)  
 reflective listening, 267  
 summarizing, 267  
 health-care settings, 261  
 psychological problem  
 ambivalence, 268–269  
 treatment engagement, 268  
 psychosomatic symptoms,  
 262–263  
 righting reflex, 266  
 self-efficacy, 265, 271
- N**  
 NAc. *See* Nucleus accumbens (NAc)  
 Neurotrophin, 171  
 Night eating syndrome, 292  
 N-methyl-d-aspartic acid (NMDA), 38  
 Non-benzodiazepine hypnotics  
 zaleplon, 290  
 zolpidem, 290  
 zopiclone, 289  
 Noradrenergic and specific serotonergic  
 antidepressant (NaSSA), 288  
 Nucleus accumbens (NAc), 66
- O**  
 Ornithine, 68
- P**  
 Pain-anxiety-depression complex  
 biopsychological and psychophysiological  
 memories, 148–150  
 chaos and complex adaptive system, 155  
 chronic pain  
 vs. acute pain, 152  
 in medical settings, 153–154  
 and health, 148–149  
 life cube, 149  
 living and perceiving body concept, 151  
 misconception, 158  
 pain prediction  
 certainty vs. uncertainty,  
 152–153  
 fear vs. anxiety responses, 153  
 and pleasure, 150  
 PNEI, 150–151  
 psychosomatology and psychosomatic  
 medicine, 158–160  
 reductionism vs. holism, 156–158  
 PCSTF. *See* Problem-centered systems therapy  
 of the family (PCSTF)
- Personhood, medicine  
 conditions for life  
 cell's boundaries, 27  
 change and sameness, 27–28  
 higher life forms, 29  
 immune system, 27  
 organism's teleology, 28  
 self-preservation, 26  
 Darwin's theory, 23–25  
 medical practice, 19  
 modern hierarchy, sciences and reductionism  
 folk psychology, 21  
 naturalism, 21  
 principles, 20–21  
 nature and mind/body dualism, 22–23  
 Physical exercise, 214–215  
 Physical therapy, 172, 215  
 Physicians  
 family assessment  
 affective involvement, 133  
 affective responsiveness, 133  
 Beaver's interactional styles scale, 136  
 behavior control, 134  
 communication, 133  
 data gathering, 132  
 dyadic adjustment scale, 135  
 family assessment device, 136  
 family environment scale, 135  
 McMaster clinical rating scale, 136  
 orientation, 131–132  
 problem-solving, 132  
 relational functioning, 136  
 roles, 133–134  
 family intervention, 137–138  
 issues, 137  
 PCSTF  
 assessment, 139–140  
 closure, 141–142  
 treatment, 140–141  
 problem clarification, 135  
 problem description, 134–135  
 Poststroke depression  
 clinical manifestations, 210  
 diagnosis, 211  
 future studies, 218  
 mechanisms of, 209–210  
 nonpsychopharmacological management  
 care management, 215  
 cognitive behavioral therapy, 214  
 electroconvulsive therapy, 215  
 integrated care pathway, 215  
 physical exercise, 214  
 physical therapy and speech therapy, 215  
 prevalence of, 208

- prevention, 217–218
  - psychopharmacotherapy
    - antidepressants, 212–213
    - psychostimulants, 213
    - screening and evaluation, 210–211
  - Posttraumatic stress disorders (PTSDs), 38, 273
  - Pregabalin, 294
  - Primary insomnia, 289–290
  - Problem-centered systems therapy of the family (PCSTF)
    - assessment, 139–140
    - closure, 141–142
  - Problem-solving skills, 274
  - Proinflammatory cytokines, 307
  - Prophylactic management, 293
  - Prostaglandin (PG) D<sub>2</sub> and adenosine
    - DP<sub>1</sub> antagonist, 64
    - paracrine sleep-promoting molecule
      - caffeine, 65
      - NAc, 66
    - sleep bioassay system EMG, 62, 63
    - sleep research, 61
  - Prostate cancer
    - incidence and mortality, 226
    - psychosocial interventions, 233
    - psychosocial problems, 228–229
  - Psychiatric disorders, 242–243
  - Psycho-neuro-endocrino-immunology (PNEI)
    - complex system theory, 147–148
    - pain, 150–151
  - Psychopharmacotherapy, 246–247
    - antidepressants, 212–213
    - cardiac diseases, 294
    - cerebrovascular diseases, 295
    - gastrointestinal diseases, 295
    - hepatic diseases, 295
    - psychostimulants, 213
    - renal diseases, 294–295
    - respiratory diseases, 296
    - seizure disorders, 295
  - Psychosomatic approach
    - clinical implications
      - abnormal illness behavior,
        - treatment of, 85
      - lifestyle modification, 84
      - psychiatric comorbidity, treatment of, 84
      - psychological variables, 84
      - psychosocial interventions, 85
    - clinimetric approach
      - hypochondriasis, 82
      - macroanalysis, 80–82
      - therapeutic approaches, 81, 82
      - transfer stations, 81
    - early life events, 76
    - health attitudes and behavior, 77
    - mechanisms and pathophysiological implications, 83
    - personality factors, 77–78
    - psychiatric disorders, 78
    - psychological symptoms, 78–79
    - psychological well-being, 77
    - recent life events, 76
    - social support, 77
    - stress and allostatic load, 76–77
  - Psychosomatic medicine
    - complementary and alternative medicine, 114–122
      - Oriental medicine, 126
      - oriental-western mixture, 127
      - Western medicine, 126
    - traditional Korean medicine, 114
    - western medicine vs. oriental medicine
      - measurement, 123–124
      - mechanism, 124
      - observation, 123
      - orientation, 124–125
      - perception, 122
      - rapport formation, 124
      - study, 124
      - system of knowledge, 122
      - treatment, 123
      - understanding, 123
  - PTSD. *See* Posttraumatic stress disorder (PTSD)
- R**
- Renal diseases, 294–295
  - Respiratory diseases, 296
- S**
- Safranal, 68
  - Seizure disorders, 295
  - Selective noradrenaline reuptake inhibitor (NARI), 287
  - Selective serotonin reuptake inhibitors (SSRIs), 287, 307
  - Sense of coherence model, 275
  - Serotonin and noradrenergic reuptake inhibitor (SNRI), 287, 293
  - Single-photon emission computed tomography (SPECT), 196
  - Sleep–wake regulation
    - prostaglandin (PG) D<sub>2</sub> and adenosine
      - DP<sub>1</sub> antagonist, 64
      - paracrine sleep-promoting molecule, 64–66

- Sleep–wake regulation (*cont.*)  
 sleep bioassay system EMG, 62, 63  
 sleep research, 61  
 sleepless modern society  
 Chinese herb houpu (*Magnolia officinalis*), 69  
*Crocus sativus* L. (saffron), 68  
 herbal tea *Verbena officinalis*, 67  
 L-stepholidine, 68  
 ornithine, 68  
 portable 1-channel EEG device, 69–70  
 sleep condition of, 66–67
- Somatization  
 attitude and communication skills, 105–106  
 empathic listening and patience, 102  
 integrating cognitive therapy, 104–105  
 patient's illness experience, 103–104  
 patient's suffering, 103  
 psychiatric/psychological assessment, 106  
 depressive disorders and anxiety disorders, 100  
 educational programs, 101  
 education organizations, 107–108  
 family therapy and behavior therapy, 290  
 management, 107  
 medical orphans, 99  
 patient-doctor relationship, 154–155  
 pharmacotherapy, 290  
 psychiatric disorder, 101  
 psychiatrists, 101–102  
 psychological skills, 101  
 SSRIs, 291  
 training primary care physicians, 107
- Somatoform disorders  
 biological features  
 brain imaging, 9, 10  
 genetic findings, 9, 10  
 immunological findings, 10–11  
 classification, 11  
 diagnosis, 3–4  
 psychosociocultural and behavioral features  
 alexithymia, 6, 7  
 anger and anger management style, 6, 7  
 attribution, 6  
 cognitive factors, 8  
 culture, 8  
 depression and illness anxiety, 5–6  
 health anxiety/illness worry, 6  
 illness behavior, 8  
 somatosensory amplification, 8  
 symptoms, 5–6  
 subcategories, 4–5
- Somatoform pain disorder, 182
- Speech therapy, 215
- L-Stepholidine, 68
- Stress  
 immunity  
 inflammatory response, 300  
 proinflammatory cytokine, 300–301  
 reduction interventions, 304–306  
 wisdom psychology (*see* Wisdom psychology)
- Stress-induced cardiomyopathy (SICM)  
 catecholamine (*see* Catecholamine)  
 definition, 191  
 demographics and clinical features  
 age and sex predominance, 192  
 clinical presentation, 192  
 laboratory findings, 193  
 physical stressors, 192  
 electrocardiogram, 190, 193  
 estrogen effects, 199  
 history, 191  
 imaging findings  
 CMR imaging, 195–196  
 coronary angiography, 195  
<sup>18</sup>F-FDG PET, 196  
 left ventriculogram, 195, 196  
 LVOT obstruction, 194–195  
 MIBG, 196  
 SPECT, 196  
 treatment and prognosis, 197
- Stress-related disorders  
 epigenetic cascade, 37  
 5HTTLPR, 37  
 psychosomatic memes, 38  
 PTSD, 38  
 SERT, 36–37
- Supportive Care Needs Survey (SCNS), 229
- Symptom severity (SS) index, 166
- T**  
 Tramadol, 171, 294  
 Transactional stress model, 275  
 Trans-theoretical model (TTM), 268  
 Tricyclic antidepressants, 291, 293  
 Tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ), 302
- W**  
 Wide-spread pain index (WPI), 166  
 Wisdom psychology  
 definition, 276, 277  
 moral, 275–276

## psychotherapy

- fictitious life problems, 277, 278
- learning process, 278
- negative and positive emotions, 278

**Z**

- Zaleplon, 290
- Zolpidem, 290
- Zopiclone, 289