

Somatization and Psychosomatic Symptoms

Kyung Bong Koh
Editor

Somatization and Psychosomatic Symptoms

 Springer

Editor

Kyung Bong Koh
Department of Psychiatry
Yonsei University College of Medicine
Seodaemun-gu, Seoul, Korea

ISBN 978-1-4614-7118-9 ISBN 978-1-4614-7119-6 (eBook)
DOI 10.1007/978-1-4614-7119-6
Springer New York Heidelberg Dordrecht London

Library of Congress Control Number: 2013939727

© Springer Science+Business Media New York 2013

This work is subject to copyright. All rights are reserved by the Publisher, whether the whole or part of the material is concerned, specifically the rights of translation, reprinting, reuse of illustrations, recitation, broadcasting, reproduction on microfilms or in any other physical way, and transmission or information storage and retrieval, electronic adaptation, computer software, or by similar or dissimilar methodology now known or hereafter developed. Exempted from this legal reservation are brief excerpts in connection with reviews or scholarly analysis or material supplied specifically for the purpose of being entered and executed on a computer system, for exclusive use by the purchaser of the work. Duplication of this publication or parts thereof is permitted only under the provisions of the Copyright Law of the Publisher's location, in its current version, and permission for use must always be obtained from Springer. Permissions for use may be obtained through RightsLink at the Copyright Clearance Center. Violations are liable to prosecution under the respective Copyright Law.

The use of general descriptive names, registered names, trademarks, service marks, etc. in this publication does not imply, even in the absence of a specific statement, that such names are exempt from the relevant protective laws and regulations and therefore free for general use.

While the advice and information in this book are believed to be true and accurate at the date of publication, neither the authors nor the editors nor the publisher can accept any legal responsibility for any errors or omissions that may be made. The publisher makes no warranty, express or implied, with respect to the material contained herein.

Printed on acid-free paper

Springer is part of Springer Science+Business Media (www.springer.com)

Preface

After working successfully as chairperson of the Organizing Committee at the 21st World Congress on Psychosomatic Medicine held in Seoul in August 2011, I planned to write a book entitled *Somatization and Psychosomatic Symptoms* with my distinguished colleagues from all around the world. Most of them who have been interested in the field of psychosomatic medicine and actively involved in the academic as well as clinical activities for a long time accepted my proposal for publishing this book. Over a period of one and a half years, our efforts finally bore fruit in the form of this book. I am very proud of this book because it is not only a collection of up-to-date knowledge by many international professionals as the product of our collaboration, but it reveals the vision for the future of psychosomatic medicine. Furthermore, this book deals with a variety of interesting and controversial issues relevant to psychosomatic medicine.

Psychosomatic medicine has tried to integrate biopsychosocial factors in assessment and treatment of illnesses or diseases and played a central role in leading medicine to “personhood.” This field has also provided a theoretical framework for effective and desirable clinical practice and helped physicians to overcome obstacles to the development of medicine, such as dualism and reductionism.

Currently, there are many patients distressed by a variety of somatic symptoms along with psychosocial problems. In particular, although the number of patients with medically unexplained somatic symptoms is increasing, a considerable number of patients are still wandering without seeking appropriate management. In addition, a number of patients with serious diseases, such as cancer, are surviving longer than before with the development of cutting-edge therapeutic modalities. Thus, they are struggling to live with chronic poor quality of life.

Somatization is a process in which there is inappropriate focus on physical symptoms which are medically unexplained. Somatization is highly prevalent in primary care. Somatoform disorders are representative of somatization. These disorders tend to be chronic and can cause significant personal suffering and social problems as well as financial burden. Treatment of somatoform disorders is challenging because they cannot be effectively treated according to the existing biomedical model. Psychosomatic symptoms refer to physical symptoms of physical

diseases affected by psychosocial factors. Both patients with somatization and those with psychosomatic symptoms tend to show resistance to psychiatric or psychological assessment and treatment in common. These patients are good models for medical students and health-care professionals, such as physicians, nurses, psychologists, and social workers, to learn about the biopsychosocial approach to patient-centered care because their symptoms cannot be biomedically explained. Therefore, the professionals need to learn specific assessment skills and treatment techniques in order to deal with these patients more effectively. This book deals with a variety of issues relevant to mechanisms, education, assessment, and treatment of such disorders in terms of biopsychosociocultural perspectives. The book consists of 22 chapters. Twenty-three distinguished experts from different countries participate in this project as contributors.

The book is composed of seven parts: I. Basic understanding of somatization, II. Theoretical approaches to mind and body, III. Biopsychosociocultural mechanisms in psychosomatic medicine, IV. Practical approaches to patients and family, V. Specific psychosomatic symptoms, VI. Specific psychosomatic disorders, VII. Specific therapeutic interventions and biological effects of interventions. The first part deals with the identity of somatoform disorders because, currently, there is an identity crisis related to the survival of the terms of some subgroups as well as “somatoform disorders.” In the second part, evolution of philosophy underpinning personhood in medicine is reviewed. Moreover, the recent trend of reductionism in medicine calls for such philosophy. The third part deals with genes, memes, alexithymia, culture, and the molecular mechanism of sleep-wake regulation. In particular, the relationship between memes, stress, and psychosomatic disorders is explored and meme-oriented therapies are introduced in treatment of stress-related disorders. On the other hand, our understanding of molecular aspects of sleep-wake regulation will help expand areas of traditional psychosomatic medicine.

In the fourth part, the need for psychosomatic assessment and approach to clinical practice is emphasized in terms of cost-benefit, especially in chronic diseases. The effect of assessment of alexithymia and emotional intelligence on the quality of the doctor-patient relationship is reviewed. How to integrate cognitive therapy into medical care and how to refer medically unexplained patients are presented. Differences between Western medicine and Oriental medicine and the role of complementary and alternative medicine in psychosomatic medicine are discussed. In addition, a variety of family assessment tools are introduced and problem-centered systems therapy of the family is described in detail.

The fifth part includes psychosomatic symptoms, especially pain: “pain as a common language of human suffering,” “fibromyalgia,” and “a psychosomatic approach to difficult chronic pain patients.” In the sixth part, specific psychosomatic disorders such as “stress-induced cardiomyopathy”; “cancer,” especially “breast cancer”; and “poststroke depression” are reviewed. In the past, the mechanism of stress-induced cardiomyopathy was not addressed in books related to psychosomatic medicine. This topic will help medical students to understand the relationship between stress and heart problems. In the chapter related to breast cancer, a variety of therapeutic modalities, including cognitive behavioral therapy

and psychopharmacotherapy, are presented. Poststroke depression can be a good candidate for an integrative or biopsychosocial approach. Herein, mechanisms and management of poststroke depression are mainly addressed, focusing on biological and psychological therapies (including cognitive behavioral therapy).

The last part deals with “motivational interviewing,” “wisdom and wisdom psychotherapy,” and “advanced psychopharmacology” as therapeutic interventions in psychosomatic medicine. Motivational interviewing is reviewed as a cost-effective and culturally sensitive intervention for domestic violence victims. The usefulness of wisdom therapy in coping with stress is addressed as a way of strengthening resilience. In addition, the effects of interventions, such as relaxation, mindfulness-based stress reduction, and cognitive behavioral therapy, on immunity are reviewed. These results will provide a rationale for clinical applications of these interventions to improve immunity in patients with immune-related disorders.

I believe this book will be a good guide for medical students, nurses, psychologists, social workers, as well as psychiatrists and physicians who want to learn about psychosomatic medicine or an integrative approach to medicine.

First and foremost, I wish to thank my contributors for sharing their clinical experience, research, and insights. I am truly grateful to Ms. Janice Stern, senior editor, and Ms. *Christina Tuballes*, editorial assistant, for their assistance throughout the process of editing and publication of this book. In addition, I thank my wife, Sungsook Cho, for her constant encouragement and emotional support. I also thank God for enabling me to finish this hard work without giving up.

Seoul, Korea

Kyung Bong Koh

Contents

Part I Basic Understanding of Somatization

- 1 Identity of Somatoform Disorders: Comparison with Depressive Disorders and Anxiety Disorders.....** 3
Kyung Bong Koh

Part II Theoretical Approaches to Mind and Body

- 2 Toward a Philosophy of Life to Underpin Personhood in Medicine** 19
Osborne P. Wiggins and Michael Alan Schwartz

Part III Biopsychosociocultural Mechanisms in Psychosomatic Medicine

- 3 Genes, Memes, Culture, and Psychosomatic Medicine: An Integrative Model.....** 33
Hoyle Leigh
- 4 Alexithymia and Somatic Symptoms** 41
Gen Komaki
- 5 Culture and Somatic Symptoms: *Hwa-byung*, a Culture-Related Anger Syndrome.....** 51
Sung Kil Min
- 6 Molecular Mechanism of Sleep–Wake Regulation: From Basic to Translational Research** 61
Yoshihiro Urade

Part IV Practical Approaches to Patients and Family

7 Psychosomatic Approach to Clinical Practice	75
Eliana Tossani and Giovanni Andrea Fava	
8 Emotional Intelligence, Alexithymia, and the Doctor-Patient Relationship	91
Arnstein Finset	
9 An Effective Approach to Somatization Assessment and Management	99
Kyung Bong Koh	
10 Role of Complementary and Alternative Medicine in Psychosomatic Medicine	113
Sae-il Chun	
11 Family Assessment and Intervention for Physicians	129
Gabor I. Keitner	

Part V Specific Psychosomatic Symptoms

12 Pain, Depression, and Anxiety: A Common Language of Human Suffering	147
Tatjana Sivik and Matteo Bruscoli	
13 Psychosomatic Aspects of Fibromyalgia	165
Masato Murakami and Woesook Kim	
14 A Psychosomatic Approach to the Treatment of the Difficult Chronic Pain Patient	175
Jon Streltzer	

Part VI Specific Psychosomatic Disorders

15 Stress-Induced Cardiomyopathy: Mechanism and Clinical Aspects	191
Jun-Won Lee and Byung-il William Choi	
16 Poststroke Depression: Mechanisms and Management	207
Kyung Bong Koh	
17 Cancer in a Psychosomatic Perspective	225
Adriaan Visser	
18 Psychosocial Aspects of Breast Cancer: Focus on Interventions	239
Kyung Bong Koh	

**Part VII Specific Therapeutic Interventions
and Biological Effects of Interventions**

19 Motivational Interviewing in Psychosomatic Medicine..... 261
Sung Hee Cho

20 Wisdom and Wisdom Psychotherapy in Coping with Stress..... 273
Michael Linden

**21 Current Advances in the Psychopharmacology
of Psychosomatic Medicine** 283
Amarendra N. Singh

22 Emotion, Interventions, and Immunity 299
Kyung Bong Koh

Index..... 317

Contributors

Matteo Bruscoli, M.D. Societa Italiana Medicina Psichosomatica, Italy, Affiliated to Institute of Psychosomatic Medicine, Sweden

Sung Hee Cho, Ph.D. Christian Studies Division, Baekseok University, Cheonan, Chungnam Province, Korea

Byung-il William Choi, M.D. Division of Cardiology, Medical College of Wisconsin, Milwaukee, WI, USA

Sae-il Chun, M.D. Department of Integrative Medicine, The Graduate School of Integrative Medicine, CHA University, Sungnam City, Gyeonggi Province, Korea

Giovanni Andrea Fava, M.D. Laboratory of Psychosomatics and Clinimetrics, Department of Psychology, University of Bologna, Bologna, Italy

Department of Psychiatry, State University of New York at Buffalo, Buffalo, NY, USA

Arnstein Finset, Ph.D. Department of Behavioural Sciences in Medicine, Institute of Basic Medical Sciences, Faculty of Medicine, University of Oslo, Blindern, Oslo, Norway

Gabor I. Keitner, M.D. Department of Psychiatry, Rhode Island and Miriam Hospitals, Brown University, Providence, RI, USA

Woesook Kim, Ph.D. Clinical Psychology, College of Nursing Art and Science, University of Hyogo, Akashi, Hyogo, Japan

Kyung Bong Koh, M.D., Ph.D. Department of Psychiatry, Yonsei University College of Medicine, Seodaemun-gu, Seoul, Korea

Gen Komaki, M.D., Ph.D. School of Health Sciences at Fukuoka, International University of Health and Welfare, Ohkawa, Fukuoka, Japan

Jun-Won Lee, M.D. Division of Cardiology, Department of Internal Medicine, Yonsei University Wonju College of Medicine, Gangwon Province, Korea

Hoyle Leigh, M.D. Department of Psychiatry, University of California, San Francisco, USA

UCSF Fresno, Fresno, CA, USA

Michael Linden, M.D. Research Group Psychosomatic Rehabilitation at der Charité University Medicine Berlin

Department of Behavioral and Psychosomatic Medicine at the Rehabilitation Center Seehof, Lichterfelder Allee 55, Teltow/Berlin, Germany

Sung Kil Min, M.D., Ph.D. Yonsei University College of Medicine, Seoul Metropolitan Eunpyeong Hospital, Eunpyeong-gu, Seoul, Korea

Masato Murakami, M.D., Ph.D. Department of Psychosomatic Internal Medicine, Nihon University Hospital, Itabashi-ku, Tokyo, Japan

Michael Alan Schwartz, M.D. Departments of Humanities in Medicine and Psychiatry, Texas A&M Health Science Center College of Medicine, Round Rock, TX, USA

Amarendra N. Singh, M.D. Psychopharmacology, Department of Psychiatry, Pharmacology and Neurosciences, Queen's Univeristy, Kingston, ON, Canada

Tatjana Sivik, M.D., Ph.D. Department of General Medicine, Institute of Psychosomatic Medicine, University of Göteborg, Fridkullagatan, Göteborg, Sweden

Jon Streltzer, M.D. Department of Psychiatry, University of Hawaii at Manoa, John A. Burns School of Medicine, Honolulu, HI, USA

Eliana Tossani, Ph.D. Department of Psychology, University of Bologna, Bologna, Italy

Yoshihiro Urade, Ph.D. Department of Molecular Behavioral Biology, Osaka Bioscience Institute, Osaka, Japan

Adriaan Visser, Ph.D. Knowledge Center Innovations in Care, Rotterdam University of Applied Sciences, Rotterdam, The Netherlands

Osborne P. Wiggins, Ph.D. Philosophy Department, University of Louisville, Louisville, KY, USA