

Somatoform Disorders

Dissociative Identity Disorder: This disorder, formerly known as multiple personality disorder, is characterized by "switching" to alternate identities. You may feel the presence of one or more other people talking or living inside your head, and you may feel as though you're possessed by other identities. Each of these identities may have a unique name, personal history and characteristics, including obvious differences in voice, gender, mannerisms and even such physical qualities as the need for eyeglasses. There also are differences in how familiar each identity is with the others. People with dissociative identity disorder typically also have dissociative amnesia and often have dissociative fugue.



Body Dysmorphic Disorder: Body dysmorphic disorder is a type of chronic mental illness in which you can't stop thinking about a flaw in your appearance — a flaw that is either minor or imagined. But to you, your appearance seems so shameful that you don't want to be seen by anyone. When you have body dysmorphic disorder, you intensely obsess over your appearance and body image, often for many hours a day. Your perceived flaw causes you significant distress, and your obsession impacts your ability to function in your daily life. You may seek out numerous cosmetic procedures or excessively exercise to try to "fix" your perceived flaw, but you're never satisfied. Body dysmorphic disorder is also known as dysmorphophobia, the fear of having a deformity.



