

## Module 9: Somatoform, Sleep, Dissociative, and Sexual Disorders

### Introduction

Module 9 provides an overview of the somatoform, sleep, dissociative, and sexual disorders. This module reviews the precipitating factors, symptomatology, diagnosis, and treatment of these disorders.

Somatoform disorders are characterized by physical symptoms that suggest a mental condition as the cause. It is well documented that a large proportion of patients in general medical outpatient clinics and private medical offices do not have organic disease requiring medical treatment. It is likely that many of them have somatoform disorders. Disordered sleep is a problem for many individuals. For some, the problem may be a temporary one related to stress or anxiety; for others, the cause could be physiological.

Dissociative syndromes are statistically quite rare, but when they do occur they may present very dramatic clinical pictures of severe disturbances in normal personality functioning. Sexuality is a basic human need and an innate part of the total personality. Nurses may be called upon to intervene in the sexual concerns of patients while providing when providing holistic care.

### Topics

- Somatoform and Factitious Disorders
  - Somatoform Disorder
  - Conversion Disorder
  - Hypochondriasis Disorder
  - Body Dysmorphic Disorder
  - Pain Disorder
  - Factitious Disorder
- Sleep Disorders
  - Normal Sleep
  - Sleep Stages
  - Primary Insomnia
  - Primary Hypersomnia
  - Narcolepsy
  - Obstructive Sleep Apnea
  - Circadian Rhythm Disorders
  - Restless Leg Syndrome
  - Sleep Hygiene
- Self-Concept Responses and Dissociative Disorders
  - Dissociation Definition
  - Role of Self Concept
  - Behaviors Associated with Low Self Esteem
  - Behaviors Associated with Identity Diffusion
  - Behaviors Associated with Depersonalization
  - Types of Dissociative Disorders
    - Depersonalization Disorder
    - Dissociative Amnesia
    - Dissociative Fugue
    - Dissociative Identity Disorder
- Sexual Responses and Sexual Disorders
  - Sexual Dysfunctions
  - Paraphilias
  - Gender Identity Disorders
  - Models of Sex Therapy
  - Sexual Behaviors
  - Homophobia

- Heterosexism
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## Learning Objectives

Upon completion of this module, participants should be able to:

1. Identify behaviors associated with psychophysiological responses.
  2. Describe various types of somatoform disorders and treatment interventions.
  3. Identify expected outcomes related to the somatoform disorders.
  4. Identify and discuss types of sleep disorders.
  5. Discuss a sleep hygiene plan related to sleep disorders.
  6. Describe the continuum of adaptive and maladaptive sexual responses.
  7. Identify behaviors associated with sexual responses.
  8. Analyze nursing interventions related to sexual responses.
  9. Discuss the continuum of dissociative responses.
  10. Describe the proposed types of dissociative disorders and treatment interventions.
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## Required Content and Readings

Please follow the suggested order outlined for the selected materials.

### 1. Somatoform and Factitious Disorders

- View the Tegrity lecture [Somatoform and Factitious Disorders](#) to become familiar with the types of somatoform disorders and factitious disorders and their treatment.
- Read chapter 16 of Stuart's *Principles and Practices of Psychiatric Nursing* for an overview of assessment, etiology, diagnosis, and treatment of somatoform disorders.
- Watch the video [Somatization Disorder](#) by Dr. Donald Fidler at West Virginia University to observe an interview with a man with somatization disorder.

### 2. Sleep Disorders

- Review the PowerPoint slides on Sleep Disorders to gain knowledge of the sleep disorder diagnoses and their treatment modalities.
- Read chapter 16 of Stuart's *Principles and Practices of Psychiatric Nursing* to learn about the assessment, precipitating factors, diagnosis, and treatment of the sleep disorders.
- Watch the video [Sleep: The Forgotten Key to Health and Wellness](#). In this lecture from UCSF Medical School, Dr. Ellen Hughes discusses common sleep disorders and what constitutes normal sleep.

### 3. Self-Concept Responses and Dissociative Disorders

- View the Tegrity lecture [Dissociative Disorders](#) to become familiar with the continuum of self-concept responses as well as the categories of dissociative disorders and their treatment.
- Read chapter 17 of Stuart's *Principles and Practices of Psychiatric Nursing* for an overview of the self-concept responses and dissociative disorders.
- Self-Concept Responses and Dissociative Disorders– In Their Own Words – Access the Textbook Resources link on the Blackboard course menu. Select the Consumer Video: In Their Own Words section, then select the [Self-Concept Responses](#) video link. Watch an interview with a woman who describes her experience of childhood sexual abuse, and how this has impacted her life. She also discusses her process of recovery.

### 4. Sexual Responses and Sexual Disorders

- View the Tegrity lecture [Sexual Disorders](#) to understand the types of sexual disorders, as well as nursing interventions and treatment modalities.

- Read chapter 25 of Stuart's *Principles and Practices of Psychiatric Nursing* for an overview of the sexual responses and sexual disorders.
  - Sexual Responses and Sexual Disorders– In Their Own Words – Access the Textbook Resources link on the Blackboard course menu. Select the Consumer Video: In Their Own Words section, then select the [Sexual Responses](#) video link. Watch an interview with a gay man as he discusses the impact of his sexual orientation on the health care that he receives.
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### **Additional Resources (Optional)**

- [AllPsych Online](#) – The virtual psychology web site includes information on the somatoform disorders.
  - [National Alliance of Mental Illness \(NAMI\)](#) – This web page provides information on the dissociative disorders.
  - [National Sleep Foundation \(NSF\)](#) – NSF is an organization dedicated to waking up America about the importance of sleep to personal well being. NSF supports sleep-related research, education, and advocacy.
  - [Sexuality Information and Education Council of the United States \(SIECUS\)](#) – This non-profit organization that is dedicated to assuring that all people have access to information about sexuality. SIECUS is at the forefront of efforts to promote sexuality education for people of all ages, protect sexual rights, expand access to sexual health services, and advocate for sound public policies related to sexuality.
  - [Sleep.net](#) – This web site dedicated to providing information about sleep disorders including signs, symptoms and treatment sources. Information on how to get a good night's sleep and sleep myths is also provided.
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