

## Case Report

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# Conversion Disorder

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## Abstract

Stress is prevalent or we may come across stress throughout our life span. There are certain stresses which may impact our physiological system in school aged children. When the psychological stress affects the physiological system it may have adverse effect later may result in going for doctor shopping. Conversion disorder is a mental health condition in which a person has blindness, paralysis, or other nervous system (neurological) symptoms that cannot be explained by medical evaluation.

- a. Physical symptoms that suggest absence of neurological or medical condition.
- b. The symptoms began or became worse around the time of a psychological stress.
- c. The person is not faking it.
- d. The symptoms cannot be explained by a physical condition.
- e. It causes distress or impairment.

**Keywords:** Psychological Stress; Adverse Neurological Abnormality

## Case Study

Raghu 11 years old boy on the way back to home from school while climbing the steps he slipped and fell down. He had impact on his thumb finger and started to feel the pain which made the parents to consult a general practice, then a neurologist and the consultation went on for doctor shopping since his symptoms worsened and he could not mobilize normally.

He did not attend school for 4 weeks and medication did not bring in any change. All the medical evaluation showed there was no medical condition or adverse neurological abnormality but the signs and symptoms that he had was real. Later he was referred to psychologist where the psychopathology revealed

that he had problem in school and had difficulty to cope with academics as well as with peer pressure in school. When he entered the consultation room he was walking in a abnormal way and required support to mobilize. Through mindfulness of CBT he was able to walk well and he became normal. In this approach he was helped to relax his mind and bod. The negative errors in the thought process were altered.

## Conclusion

Stress can overwhelm a person with adverse physiological effect. The major cause of stress is the inability of the people to discover their real nature psychological support helps them to discover their strength and follow them in a right way.