CLÍNICA VIVALDI · FREE SHEET · SOMATIC SYMPTOMS

Psychological factors that influence other medical conditions

When psychological factors (stress, anxiety, avoidance, failure to follow treatment) worsen a physical illness, such as diabetes, hypertension or irritable bowel syndrome.

COMMON SIGNS

- Stress makes the illness worse
- Difficulty following treatment
- Avoiding appointments or tests

TIPS FOR YOU

1. Coordination between the doctor and the psychologist
2. Stress management techniques
3. A realistic plan to stick to treatment

FOR FAMILY AND FRIENDS

1. Help organise treatment and appointments
2. Share activities that reduce stress

WHEN TO ASK FOR HELP

1. If you stop your medical treatment
2. If stress makes your illness worse

TO OBSERVE AND NOTE DOWN

☐ I have a diagnosed physical illness
☐ Stress makes my symptoms worse
☐ I find it hard to follow my treatment
☐ I avoid going to check-ups
☐ Anxiety makes me keep checking my symptoms
☐ My illness causes me a lot of worry
☐ I have given up activities for fear of getting worse
☐ I feel my mood affects my health

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/factores-psicologicos-que-influyen-en-otras-afecciones-medic
- Free guidance call with our team: clinicavivaldi.com/#orienta
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112