CLÍNICA VIVALDI · FREE SHEET · SOMATIC SYMPTOMS

Factitious disorder

Inventing, causing or exaggerating physical or psychological symptoms in oneself or another person, without obvious external benefit.

COMMON SIGNS

- Inconsistent medical histories
- Many hospital admissions
- Symptoms that don't fit the test results

TIPS FOR YOU

1. A professional approach without confrontation
2. Long-term psychological treatment
3. If a child is affected, inform child protection services

FOR FAMILY AND FRIENDS

1. Talk to their doctor about your suspicions
2. Avoid direct confrontation

WHEN TO ASK FOR HELP

1. If a child is affected, inform child protection services or call 112
2. If there is a risk to life

CHECKLIST OF WARNING SIGNS

☐ Reports symptoms that don't match what is observed

☐ Has had many hospital admissions or tests

☐ Changes doctor or hospital often

☐ Symptoms get worse when they are about to be discharged

☐ Has a lot of medical knowledge

☐ Tampered tests or non-prescribed medication have been found

☐ If it's a child: they only get ill when with one particular caregiver

☐ The explanations don't add up

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-facticio
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112

Educational information, not a diagnosis. Clínica Vivaldi · Calle Chiva 25, door 5, 46018 Valencia, Spain · +34 611 07 74 69 · clinicavivaldi.com