8.131: Somatoform Disorder Not Otherwise Specified (300.81)

DSM-IV-TR Criteria

This category includes disorders with somatoform symptoms that do not meet the criteria for any specific Somatoform Disorder. Examples include:

- Pseudocyesis: a false belief of being pregnant that is associated with objective signs of pregnancy, which may include abdominal enlargement (although the umbilicus does not become everted), reduced menstrual flow, amenorrhea, subjective sensation of fetal movement, nausea, breast engorgement and secretions, and labor pains at the expected date of delivery. Endocrine changes may be present, but the syndrome cannot be explained by a general medical condition that causes endocrine changes (e.g., a hormone-secreting tumor)

- A disorder involving nonpsychotic hypochondriacal symptoms of less than 6 months’ duration.

- A disorder involving unexplained physical complaints (e.g., fatigue or body weakness) of less than 6 months’ duration that are not due to another mental disorder.

DSM-V recommended revisions [www.dsm5.org](http://www.dsm5.org)

Major changes:

#1: Name change of disorder to Somatic Symptom Disorder Not Elsewhere Classified.

#2: Adding Simple Somatic Symptom Disorder.

#3: Changing qualifications in Pseudocyesis category.
#4: Adding Isolated Health Anxiety category.

The group is recommending changing the disorder name to Somatic Symptom Disorder Not Elsewhere Classified.