

GENEL BİLGİLER

Hastalık kaygısı bozukluğu eski adı ile hipokondriasis; kişinin ciddi bir hastalığa sahip olduğu ya da olabileceği konusunda aşırı endişe ve korku duyması ile karakterizedir. Kişide herhangi bir fiziksel semptom olmayabileceği gibi kimi zaman normal bedensel duyular veya küçük belirtiler ağır bir hastalığın işareti olarak yorumlanır. Yapılan tıbbi değerlendirmelerde hastalığa dair bir bulgu saptanmasa da ciddi bir hastalığa sahip olduğu inancı ve kaygısı devam eder. Bu kişiler sağlıkla ilgili endişelerine aşırı zaman ve enerji harcarlar. Tıbbi güvence arayışı nedeniyle daha fazla doktora başvurup, daha fazla tetkik yaptırmakta ve daha fazla tıbbi operasyon geçirdikleri görülmektedir(1). Kişi fiziksel hastalığı olduğu inancı nedeniyle sorunun psikolojik olduğunu kabul etmekte zorlanır ve sık doktor başvurusu olsa da ruh sağlığı uzmanları genellikle bunlardan biri olmaz. Bu sebeple hastalık kaygısı bozukluğunun tüm hekimler tarafından tanınması hem hastanın tedavi sürecinin sağlıklı yürütülmesi için gereğinde psikiyatri hekimine yönlendirilmesi, hem gereksiz tıbbi işlemler nedeniyle hastanın zarar görmesinin önlenmesi, hem de tıbbi kaynakların gereksiz kullanımının azaltılması açısından önemlidir.

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