A review on psychological interventions in adolescents with conversion disorder

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ABSTRACT

Background: Dissociative conversion disorder is a common and potentially disabling psychiatric condition. It has a history that may reach back into antiquity. Despite that the researchers failed to establish etiology of conversion disorder. Over the years gap between incidents of dissociative (conversion) disorder and minimal clinical efforts for intervening with this disorder has increased many folds. The body of research on intervention in dissociative (conversion) disorder among adolescents is very diverse and scanty. Methodology and Results: On Pubmed and Psychinfo literature review of last 15 years, it was seen that, all the researches have been done on a very small sample size with poor methodological designs or case study methods. None of the study has been able to establish gold standard protocol for treatment of dissociative (conversion) disorder. However, literature did suggest effectiveness of psycho-education, behavioral, psychodynamic and cognitive techniques and multidisciplinary treatment. But all these areas need to be extensively researched to show promise in treating the condition. Discussion: The existing mode of intervention is in its conceptual stage and there is an urgent need for a study to address the gaps by developing a methodologically sound therapeutic measure to enhance the understanding of the standard treatment protocol with adolescents.
Keywords: Dissociative (Conversion) Disorder, therapeutic, intervention,