

Somatic symptom and related disorders

Bringing Symptoms and Their Impact to Care

Adults | 10 to 15 minutes

Physical symptoms are real experiences, whether their cause is clear, uncertain, or involves several factors. Worry and disrupted routines may also need support. This page helps communicate both the symptoms and their impact without concluding that they are imagined or purely psychological.

Choose one symptom or concern already discussed or needing discussion with a clinician. Use a brief account rather than repeated checking.

Describe without deciding the cause

Note the symptom, relevant timing, and effect on ordinary activities. Include changes or new concerns that the healthcare team needs to assess.

Clarify the care plan

Ask what follow-up is appropriate, which changes require prompt contact, and how to address distress alongside physical care. A shared plan can be discussed without assuming certainty.

1. What physical experience do I want accurately understood?**2. What effect does it have on my activities or attention?****3. What uncertainty or worry needs support alongside medical care?****4. What follow-up and urgent-contact guidance should I clarify with my clinician?****Clinical use and adaptation**

Do not diagnose SSD from unexplained symptoms, high healthcare use, or distress. Continue appropriate evaluation for new or worsening symptoms. Avoid unnecessary reassurance cycles while following an individualized medical plan; psychological support must not invalidate physical illness.