

P02-313 - **COGNITIVE-BEHAVIORAL TREATMENT OF HYPOCHONDRIA**

O. Markovic, K. Becir

Special Psychiatric Hospital, Kotor, Montenegro

Hypochondria belongs to a group of somatic-formed diseases. It is actively characterized by somatic difficulties for which no organic cause was found. This disease often appears between the twenties and thirties and can not be related to the race, socioeconomic status or the level of education.

The traditional approach to the hypochondria is based on the process of reassuring the patient, making him believe that there is nothing wrong with him. This often leads toward the opposite effect.

On the other side, KBT approach offers the treatment that includes few steps: behavioral evaluation, education, self-motivation, cognitive intervention, behavioral experiments, working with ruminations, working with the patients' continual need for being understood, their need to repeat medical researches, changing wrong assumptions, preventing relapse.

CBT approach also emphasises understanding of the difficulties, offers alternative solutions, helps patients become more correct.