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Olfactory reference syndrome: A case report

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Olfactory reference syndrome (ORS) is an interesting psychiatric condition which is characterized by a preoccupation that one emits body odor, which is not perceived by others. While anecdotally described as a discrete condition, its phenomenological overlap between anxiety and psychotic disorders poses a challenge in diagnostic classification. We present a case of a 19-year-old Chinese male who was referred through his gastroenterologist for having a fixed persistent belief of having an offensive body odor, which seemingly worsened after his mother had passed away. He was found to have significant anxiety and coped with safety behaviors which had become maladaptive with time. His excessive worries were also associated with psychotic symptoms of referential delusions and olfactory hallucinations related to flatulence. As in our case, the clinical picture of ORS may cross both anxiety and psychotic symptoms and warrants further review in the latest diagnostic classification manual.

The effectiveness of cognitive behavior therapy on loneliness, life satisfaction and depression of girl's veterans

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War as a psychological stressor has a wide-ranging personal, social, and cultural consequences that affect the relationships of members of a community in the range of generations to come. The harmful effects of any war are caused by psychological problems that are present for those directly or indirectly involved in the battlefield. Veterans' children are among the most important people who are exposed to these injuries. The aim of the present research was to investigate the effectiveness of cognitive behavior therapy (CBT) on loneliness, life satisfaction and depression of girl's veterans. Among 250 girls referred to the psychological services of veterans in Shiraz city, 30 people were chosen by using the random sampling method to take part in the study. The study is an experimental field study, with pre-test, post-test and a control group. The subjects were randomly distributed into two groups experimental and control. The experimental group received eight sessions of cognitive behavior therapy. All subjects were requested to fill in the details for loneliness, life satisfaction and depression scale. Results for multivariate analysis of covariance (MANCOVA) showed that CBT treatment had significant outcome on loneliness, life satisfaction and depression on the experimental group. Thus, CBT can significantly enhance the life satisfaction and decrease life satisfaction and deportation and girls' spouses.