

CULTURALLY BOUND SYNDROMES

(Taken from DSM-4-TR)

CULTURAL IDENTITY: INDIVIDUAL'S ETHNIC OR CULTURAL REFERENCE

AMOK: (Laos, Philippines, Polynesia, New Guinea, Puerto Rico, Navajo) A dissociative episode characterized by a period of brooding followed by an outburst of anger

ATAQUE DE NERVIOS: (Latin American and Latin Mediterranean groups) Uncontrollable shouting, attacks of crying, trembling, heat in the chest raising to the head, verbal and physical aggression

BILIA and COLERA, MUINA: (Latino Groups) Underlying anger, viewed as a powerful emotion causing acute nervous tension, headaches, trembling, screaming, stomach disturbances and sometimes a loss of consciousness

BOUFEE DELIRANTE: (West Africa and Haiti, but a French term) A sudden outburst of agitated and aggressive behavior, marked confusion, and psychomotor excitement. Sometimes there are visual and/or auditory hallucinations or paranoid ideation

BRAIN FAG: (West Africa) Difficulties in concentrating, remembering, and thinking—brains feel fatigued

DHAT: (India and Sri Lanka and China) Severe anxiety and hypochondriac concerns associated with the discharge of semen, discoloration of the urine, and a feeling of weakness and fatigue

FALLING OUT or BLACKING OUT: (Southern USA and Caribbean) A sudden collapse, eyes are usually open but the individual claims to not see; they usually hear what is going on around them and understands

GHOST SICKNESS: American Indian Tribes) Preoccupation with death, bad dreams, weakness, feelings of danger, loss of appetite, fainting, dizziness, fear, anxiety, hallucinations, loss of consciousness, confusion, feelings of futility, and a sense of suffocation

HWA-BYUNG or WOOL-HWA-BYUNG: (Korean) An anger syndrome and attributed to the suppression of anger. Symptoms include insomnia, fatigue, panic, fear of impending death, indigestion, heart palpitations, aches and pains

KORO: (South and East Asia, Chinese, Thailand) Sudden and intense anxiety that the sexual organs will recede into the body and possibly cause death

LATAH: (Malaysian, Indonesian, Siberian, Thailand, Japan, Philippines) Hypersensitivity to sudden fright, often with command obedience, and has a trancelike and dissociative behavior

LOCURA: (Latinos in the US and in Latin America) A severe form of chronic psychosis due to multiple life difficulties. Person is incoherent, agitated, inability to follow social rules, unpredictable and possibly violent

MAL DE OJO: (Mediterranean cultures) Fitful sleep, crying without apparent cause, diarrhea, vomiting, and fever in a child or infant

NERVIOS: (Latinos in the US and in Latin America) A general state of vulnerability to stressful life experiences and to a syndrome brought on by difficult life circumstances

PIBLOKTOG: (Arctic and Sub-arctic Eskimo communities) An abrupt dissociative episode accompanied by extreme excitement, followed by convulsive seizures and a coma lasting up to 12 hours

QI-GONG PSYCHOTIC REACTION: (Chinese) Period of dissociative episodes, paranoia, and other psychotic symptoms that occur after participation in the Chinese folk health-enhancing practice of *qi-gong* (exercise of vital energy)

ROOTWORK: (Southern US, African Americans and European Americans, Caribbean and Latino societies) Ascribes illness to hexing, witchcraft, sorcery, evil influence, voodoo causing a variety of physical and psychological problems

SANGUE DORMIDO: (Portuguese Cape Verde Islanders) Means “sleeping blood”, causing pain, numbness, tremors, paralysis, convulsions, stroke, blindness, heart attack, infection, and miscarriage

SHENJING SHUAIKUO: (China) Physical and mental fatigue, dizziness, headaches, and other pains. Sleep disturbance, frequent dreams, and complaints of sexual dysfunction—attributed to excessive semen loss that represents the loss of one’s vital essence

SHEN-K’UEI (Taiwan) SHENKUI (China): Marked anxiety or panic symptoms, somatic complaints with no physical cause

SHIN-BYUNG: (Korean) Marked anxiety or panic symptoms, somatic complaints with no physical cause, with dissociation and possession by ancestral spirits

SPELL: (African Americans, European Americans, Southern US) A trance state in which individuals can communicate with deceased relatives

SUSTO: (Mexico citizens, Central Americans, Latinos, and South Americans) Means fright or “soul less”, Attributed to a frightening event that causes the soul to leave the body leaving the individual sick and unhappy

TAIJIN KYOFUSHO: (Japan) Resembles social phobia. Extreme fear that one’s body displeases, embarrasses, or is offensive to others

ZAR: (Ethiopia, Somalia, Egypt, Sudan, Iran, and other North African and Middle Eastern societies) Spirits possess an individual causing dissociative episodes that include shouting, laughing, hitting head against the wall, singing or weeping