

Adult Somatic Symptom Disorder Screening and Management

Somatic symptom disorder is a mental health condition of physical symptoms that result in:

- **A criteria:** Major distress ± Impaired daily functioning

AND

- **B criteria:** Excessive thoughts, feelings, and/or behaviors related to physical symptoms

Assess general and psychiatric medical history, psychosocial stressors, and lab data

Somatic Symptom Screener (DSM Level 1)
 Positive if ≥ 2 for either question

- Strategies for Discussing Somatic Symptom Disorder**
- 1) Acknowledge and legitimize symptoms
"That must be very difficult. Your symptoms are real."
 - 2) Ask how they think and feel about their symptoms
"What bothers you most? How are you handling it?"
 - 3) Focus on improving function and/or coping with distress
"Your symptoms seem to be really interfering with your life. Let's talk about strategies to cope with your symptoms."
 - 4) Normalize condition and therapy
"A lot of people have somatic symptom disorder. Many find it helpful to work with a therapist to develop more skills for managing symptoms."
 - 5) Reassure and support
*"Your labs ruled out ***. Let's schedule visits every 4-8 weeks for the next 6 months to keep an eye on your symptoms."*

Screen for and treat comorbid conditions
 Anxiety (GAD-2/7),
 Depression (PHQ-2/9)

Assess A Criteria (SSS-8)
 AND
 Assess B Criteria (SSD-12)



Patient Education & Resources
 All available on [PC-BHIP website](#),
 *available in Epic

SSD: Somatic Symptom Disorder Overview, Emotional & Physical Health*

Therapy: How Therapy Works*, CBT Basics, Mindfulness Skills

Self-Care: Mental Health Apps*, Self-Care Activities

Stress: My Plan to Manage Stress*, Reactions to Stress*

Mild Somatic Symptom Disorder
 A Criteria: SSS-8 ≥ 5 AND
 B Criteria: SSD-12 ≥ 15

Patient education
 AND
Schedule visits every 4-8 weeks for at least the next 6 months

Moderate Somatic Symptom Disorder
 A Criteria: SSS-8 ≥ 10 AND
 B Criteria: SSD-12 ≥ 20

Patient education
 AND
Schedule visits every 4-8 weeks for at least the next 6 months
 AND
Therapy or BMed (DCAM)

Severe Somatic Symptom Disorder
 A Criteria: SSS-8 ≥ 15 AND
 B Criteria: SSD-12 ≥ 25

Patient education
 AND
Schedule visits every 4-8 weeks for at least the next 6 months
 AND
Therapy or BMed (DCAM)
 AND
Refer to Psychiatry