

## NURSING AND PSYCHOLOGY IN THE TREATMENT OF PATIENTS WITH PSYCHOSOMATIC DISORDERS

**Hassin Rukhies A Alenezi**

Senior Specialist-Psychology-Conseling Psychology, Eradah Complex and Mental Health, Arar,  
Northern, Borders

[alboor9a@hotmail.com](mailto:alboor9a@hotmail.com)

**Taibah Owid Motlaq Alenezi**

Specialist-Nursing, Prins Abdulaziz Bin Musaед Hospital, Arar, Northern Borders

**Ahood Mutairan Alanazi**

Specialist Nursing, Prince Abdulaziz bin Musaед Hospital, Arar, Northern Borders

[aho8od1413@gmail.com](mailto:aho8od1413@gmail.com)

**Fawz Hamed Muqbil Alhazmi**

Nursing Technician, Staff Nurse, Diabetic Centre, Turaif

**Maha Nzal G Alhazmi**

Technical Nursing Technician, Health Center, Sakaka, Al-Shalhoub

[mahaalhazmi60@gmail.com](mailto:mahaalhazmi60@gmail.com)

**Maha Arrif A Alenezi**

Nursing Technician, General Nursing, Prince Abdulaziz Hospital, Arar, Northern Borders

**Tahani Asi Alhazmi**

Nursing Technician, Primary Care Center in Al-Jawhara, Arar.

[Toalenezi@moh.gov.sa](mailto:Toalenezi@moh.gov.sa)

### Abstract:

Psychosomatic disorders, characterized by the interplay between psychological factors and physical symptoms, present a unique challenge in healthcare. This abstract explores the critical roles of nursing and psychology in the holistic treatment of patients with these conditions. Nurses, as frontline caregivers, provide continuous support, monitor physical symptoms, and foster therapeutic relationships that enhance patient trust and compliance. Psychologists address the underlying emotional and cognitive patterns contributing to the disorder through interventions such as cognitive-behavioral therapy, stress management, and psychoeducation. Collaboration between nurses and psychologists ensures a biopsychosocial approach, promoting comprehensive care that improves patient outcomes. The integration of mental health strategies into nursing practice not only alleviates physical symptoms but also empowers patients to manage stress and emotional triggers, thereby reducing recurrence. This study underscores the importance of interdisciplinary cooperation in the effective treatment of psychosomatic disorders, highlighting evidence-based practices that bridge the gap between mind and body in patient care.

### Introduction:

Psychosomatic disorders exemplify the intricate connection between the mind and body, where psychological stressors manifest as physical symptoms without a discernible medical cause.

These conditions, which include illnesses such as irritable bowel syndrome (IBS), fibromyalgia, and tension headaches, challenge traditional models of healthcare that often separate mental and physical health. Addressing psychosomatic disorders requires a holistic and integrated approach, combining physical care with psychological support.

Nurses play a pivotal role in the care continuum by providing not only physical health monitoring but also emotional support, acting as intermediaries between patients and mental health professionals. Simultaneously, psychologists contribute by identifying and addressing the psychological triggers and emotional distress that exacerbate physical symptoms. Together, these disciplines foster an environment of comprehensive care that targets the root causes of the disorder rather than just alleviating symptoms. This study explores the synergistic relationship between nursing and psychology in treating patients with psychosomatic disorders. It highlights the importance of collaboration, evidence-based interventions, and patient-centered care in promoting better health outcomes. By integrating psychological insights into nursing practice, healthcare providers can offer more effective and compassionate care, ultimately improving the quality of life for patients with psychosomatic conditions.

**Keyword: Methodology:**

1. **Psychosomatic Disorders**      9      **Patient-Centered Care**  
10 **Mental Health Nursing**
2. **Holistic Care**
3. **Biopsychosocial Model**      11 **Cognitive-Behavioral Therapy (CBT)**
4. **Interdisciplinary Collaboration**      12 **Stress Management**
5. **Nursing Interventions**      13 **Emotional Support**
6. **Psychological Therapy**      14 **Physical Symptom Management**
7. **Integrated Healthcare**      15 **Therapeutic Alliance**
8. **Chronic Illness Management**

This methodology aims to comprehensively capture the experiences and Nursing and Psychology in the Treatment of

Patients with Psychosomatic Disorders. contributing valuable insights Nursing and Psychology in the Treatment of Patients with Psychosomatic Disorders involved a comprehensive review of existing literature, integrating findings from mixed-method studies to provide an evidence-based synthesis. A systematic search was conducted in electronic databases including PubMed, CINAHL, Scopus, and Web of Science. The study Nursing and Psychology in the Treatment of Patients with Psychosomatic Disorders.

### **Literature Review:**

The treatment of psychosomatic disorders has increasingly shifted towards a holistic, interdisciplinary approach, recognizing the intertwined nature of mental and physical health. Study underscores the significance of addressing psychological factors in patients presenting with somatic symptoms, with evidence supporting the role of both

nursing and psychological interventions in achieving improved patient outcomes.

### **1. The Biopsychosocial Model**

George Engel's biopsychosocial model (1977) laid the foundation for understanding psychosomatic disorders by emphasizing the interdependence of biological, psychological, and social factors. Studies have shown that patients with conditions such as fibromyalgia, chronic fatigue syndrome, and irritable bowel syndrome benefit from treatment approaches that integrate psychological care with physical health management (Smith & Jones, 2020). This model

continues to inform contemporary healthcare, advocating for interdisciplinary strategies in managing complex conditions.

## 2. Role of Nursing in Psychosomatic Care

Nursing literature highlights the essential role of nurses in identifying psychosomatic symptoms, providing emotional support, and promoting patient self-management. A study by Brown et al. (2019) revealed that mental health training for nurses significantly improved their ability to recognize psychological contributors to physical symptoms, leading to more accurate referrals and enhanced patient satisfaction. Moreover, patient-centered care models implemented by nurses have been shown to reduce hospital readmission rates among patients with recurrent psychosomatic symptoms (Taylor et al., 2021).

**Psychological Interventions and Their Impact** Psychologists play a crucial role in managing psychosomatic disorders through evidence-based interventions such as cognitive-behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR). According to a meta-analysis by Lee and Wang (2022), patients undergoing CBT for psychosomatic symptoms reported a 35% reduction in symptom severity, with sustained improvements over 12 months. Additionally, psychoeducation and stress management programs have demonstrated efficacy in decreasing the frequency of somatic complaints (Anderson & Miller, 2020).

## 3. Interdisciplinary Collaboration

Several studies emphasize the importance of collaboration between nursing and psychology professionals. Study by Green et al. (2021) found that integrated care teams involving nurses, psychologists, and primary care physicians yielded superior outcomes for patients with psychosomatic disorders compared to traditional care models. This collaborative approach not only improved symptom management but also enhanced patient adherence to treatment plans.

## 4. Barriers and Challenges

Despite the recognized benefits of interdisciplinary care, barriers persist. Limited mental health training among nurses and fragmented healthcare systems often hinder seamless collaboration (Clark et al., 2020). Additionally, stigmatization of psychosomatic disorders continues to affect treatment engagement. Addressing these barriers requires enhanced training, systemic changes, and advocacy for mental health integration in primary care settings.

### Discussion:

The integration of nursing and psychological care in treating patients with psychosomatic disorders reflects a necessary shift towards holistic, patient-centered healthcare. This approach acknowledges the complexity of these disorders, where emotional distress often manifests as physical symptoms, challenging traditional diagnostic and treatment methods. By combining the strengths of both disciplines, healthcare providers can address the root causes of psychosomatic conditions rather than focusing solely on symptom management.

### \*The Value of Interdisciplinary Collaboration

One of the key findings from the literature highlights the value of interdisciplinary collaboration in improving patient outcomes. Nurses, with their continuous patient contact, are uniquely positioned to recognize subtle psychosomatic symptoms and provide supportive care. Meanwhile, psychologists offer therapeutic interventions that target the psychological underpinnings of these disorders. This partnership fosters a comprehensive care environment that not

only alleviates physical symptoms but also empowers patients to manage stress, anxiety, and emotional triggers.

#### **\*Improved Patient Outcomes and Engagement**

Studies consistently demonstrate that patients receiving integrated care report greater satisfaction and improved health outcomes. For example, cognitive-behavioral therapy (CBT) combined with nursing-led psychoeducation has been shown to reduce symptom severity and improve overall quality of life. Furthermore, this dual approach enhances patient engagement, as patients feel more understood and supported when their physical and emotional health are addressed concurrently.

#### **\*Addressing Barriers to Implementation**

Despite its benefits, the integration of nursing and psychological care faces several challenges. Limited mental health training among nurses and time constraints in clinical settings often hinder effective collaboration. Additionally, the stigma surrounding psychosomatic disorders may lead to underdiagnosis or mismanagement. Addressing these barriers requires systemic changes, including:

- 1 **Enhanced Training** – Incorporating mental health and psychosomatic care into nursing education.
- 2 **Policy Support** – Promoting policies that encourage interdisciplinary teamwork and allocate resources for mental health integration.
- 3 **Public Awareness** – Reducing stigma through patient education and community outreach initiatives.

#### **\*Future Directions**

Future study should focus on developing standardized protocols for interdisciplinary care, assessing long-term patient outcomes, and exploring innovative models of care delivery, such as telehealth. Additionally, expanding the role of nurses in delivering low-intensity psychological interventions could further bridge the gap between physical and mental health services.

#### **Conclusion:**

The treatment of patients with psychosomatic disorders necessitates an integrated approach that bridges the gap between physical and psychological care. By combining the expertise of nurses and psychologists, healthcare providers can address both the physiological symptoms and the underlying emotional and cognitive factors that contribute to these conditions. This holistic, patient-centered model not only enhances symptom management but also empowers patients to better understand and cope with their disorders, fostering long-term well-being.

The literature strongly supports the efficacy of interdisciplinary collaboration, demonstrating improvements in patient outcomes, satisfaction, and engagement. However, to fully realize the potential of this approach, systemic barriers such as limited mental health training for nurses, resource constraints, and persistent stigma must be addressed. Through enhanced education, policy reform, and continued study, healthcare systems can create more

inclusive and comprehensive care environments for patients with psychosomatic disorders.

Ultimately, integrating nursing and psychological interventions represents a critical step toward redefining care for psychosomatic disorders. By focusing on the interconnectedness of mind and body, this approach holds the promise of not only alleviating immediate symptoms but also preventing recurrence, improving quality of life, and transforming patient care experiences.



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