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# Rare conditions in mental health showing cultural concepts of distress

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## Source

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"It is also important to recognize that certain mental health disorders are classified as rare conditions and have their own cultural concepts of distress, as defined in the DSM-5 (American Psychiatric Association, 2013)" and require "equal attention and support for individuals and their families, both physically and emotionally". <sup>[1]</sup>

For example,

"Khyâl Cap syndrome is also known as 'wind attacks' and is found among Cambodian and East Asian populations.

Kufungisisa is the experience of overthinking commonly described in the Zimbabwe population.

Lycanthropy is a delusional belief in turning into a wolf or other nonhuman animal.

Capgras Syndrome is a delusion that an identical impostor has replaced someone the individual knows.

Ekbom's syndrome is a delusion that parasites or bugs have infested one's body" <sup>[2]</sup>

## References

- <sup>1</sup> ^ Andrew E. P. Mitchell, Federica Galli, Sondra Butterworth. (2023). *Editorial: Equality, diversity and inclusive research for diverse rare disease communities*. *Front. Psychol.*, vol. 14 . doi:10.3389/fpsyg.2023.1285774.
- <sup>2</sup> ^ Andrew E.P. Mitchell. (2023). *Rare mental health conditions showing cultural concepts of distress*. doi:10.32388/zsvd86.