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# Rare mental health conditions showing cultural concepts of distress

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## Source

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It is important to note that certain mental health disorders are classified as rare conditions, and they have their own 'cultural concepts of distress' as defined in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5). Cultural concepts of distress are a recent attempt to understand psychological distress influenced by culture, separate from biomedical diagnoses that 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.

## References

1.^ Mitchell, A.E.P., Galli, F., and Butterworth, S. (2023). Editorial: Equality, diversity and inclusive research for diverse rare disease communities. *Front. Psychol.* 14:1285774. doi: 10.3389/fpsyg.2023.1285774