

HYPOCHONDRIASIS

Meaning: Hypochondriasis is a psychological condition characterized by an excessive preoccupation with having a serious illness, despite a lack of medical evidence.

1. Hypochondriasis can lead individuals to constantly seek reassurance from healthcare professionals.
2. Despite numerous tests confirming her health, his hypochondriasis made him believe he had a serious illness.
3. The therapist suggested cognitive behavioral therapy as a treatment for her hypochondriasis.
4. People suffering from hypochondriasis often experience significant anxiety about their perceived health issues.
5. Education about health and wellness can sometimes alleviate the symptoms of hypochondriasis.

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