

# Munchausen's Syndrome - Factitious Disorder imposed on self



## What Is Munchausen's Syndrome?

Munchausen's syndrome is when an individual pretends to be sick and consciously produces symptoms to match. This is done with the objective of having others "care" and pay attention to them. By proxy is when the individual pretends the symptoms exist in someone they are taking care of or responsible for.

## Characteristics of Munchausen's Syndrome

Actively and consciously making choices, behaving in a way to make themselves ill

Pretending to have psychological symptoms

Pretending to have physical symptoms that match the illness

By proxy - Pretending that someone they take care of has symptoms and is ill

## Triggers

### Biological

Prolonged illness during childhood, with attention and care given

### Psychological

Personality disorders, depression, and other existing mental health conditions

### Environmental

A desire to be cared for by medical professionals, and in facilities

### Transition

Emotional & Psychological trauma during childhood that influences their behaviour

## Common Signs

Erratic and complicated medical history, with frequent medical visits

Willingness to undergo medical procedures, even at their own risk

Appearance of new or additional symptoms following negative test results.

History of seeking treatment at numerous healthcare facilities

Reluctance to allow doctors to talk to family or friends or to other health care professionals

Presence of multiple surgical scars.

## Managing Munchausen's Syndrome

Psychotherapy

Cognitive behavioural therapy (CBT)

Family therapy

Group therapy, support

## Who Else Has Had Munchausen's Syndrome by Proxy? ☰



Lacey Speers



Dee Dee Blanchard



Blanca Montano



Hope Ybarra

## Stats



**30 to 70%**

of those who falsify illness in children also falsify illness in themselves

**85%**

of the cases identified the mother as the primary caretaker who was responsible

**6% to 10%**

is the mortality rate for victims of Munchausen's Syndrome by proxy

On average it takes about 3.25 years of treatment to identify Munchausen's Syndrome (by proxy)

In 42% of families with more than one child, a sibling had previously suffered some form of abuse

Munchausen is named for Baron Frieher von Munchausen, an 18th-century German cavalry officer

## References

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