

**SOMATIC EXPRESSION OF EMOTIONAL DISTRESS - PATIENT'S PERSPECTIVE  
VISITING MEDICAL OPD'S IN KARACHI: A QUALITATIVE STUDY**



**By**

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*A. Ehrlich*

## ACKNOWLEDGEMENT

I dedicate this work to my beloved parents, teachers, and siblings who always supported me and helped me in progressing in my studies.



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## ABSTRACT

The present study was conducted to explore the views of people experiencing somatic symptoms, their possible explanations, stressors and understanding of treatment. For this phenomenological study, qualitative interviews were done till the point of saturation with male and female of age 18 or above who scored 9 or above on PHQ 15(patient health questionnaire). Before interview screening was done in which demographic form and PHQ 15 was used, from those who screened positive on PHQ 15 in medical opds consent was taken for the qualitative interview for approximately 45 to 1 hour session. Interviews were conducted in local language of participants. The obtained results were analyzed by using the thematic framework analysis which comprises of 5 steps. 1) Familiarization, 2) identifying a thematic framework, 3) indexing, 4) charting, 5) mapping and interpretation. The reported result of this study has shown physical symptoms of participants, feelings experienced by participants, coping strategies, triggering factors to physical symptoms, impact of medically unexplained symptoms on participant's life and perception of participants regarding others. Above mentioned factors are helpful and provide guidelines in developing culturally adapted intervention for people suffering from medically unexplained symptoms.