

Psychology

PSYCHOSOMATIC DISORDERS



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Definition

The field of psychosomatics deals with disorders involving an interaction between the mind (psyche) and the body (somatic). This category includes all disorders in which mental influences cause or at least influence the genesis of the disease.

Suspected of psychosomatic disorder occur when physical symptoms for which there is no medical explanation. It is therefore psychological disorders manifested by physical symptoms.

One characteristic of these disorders is that

the person, looking for a physical explanation, goes to many doctors, takes many treatments, without notable success.

In the foreground are signs of general symptoms such as fatigue, exhaustion and pain. Cardiovascular and gastrointestinal problems are common such as insomnia and eating disorders.

Causes

The birth of psychosomatic disorders is resulting from the combination of several biological, psychological and social factors. Part of genetic predisposition is also under discussion in some cases.

The main psychosocial factors:

- A vicious cycle of physical symptoms is leading to fear and increased surveillance of these symptoms.
- Often unconscious psychic conflicts such as fear, anger, rage is manifesting as physical symptoms.
- People with psychosomatic disorders have often experienced painful events

in their lives (divorce, death of loved ones sexual abuse, traumas.)

- Symptoms
- The most common Symptoms that can affect different organs are:
- Pain in different body regions (head, back, chest, abdomen)
- Dizziness
- Feeling short of breath, felling of tension, stinging tightness in the chest, arrhythmias
- Stomach or intestinal irritation.

Diagnosis

Often, people with psychosomatic disorders end up being classified by physicians as "difficult": the frustrating search for a physical cause for their ailments often lead to disease. They do not understand why the doctor finds nothing, despite the symptoms they present. The doctor often frustrated, advise them to go to another specialist, and this starts the vicious circle.

If the doctor issues at one time or another, the idea that the disorder might be psychological in origin, many subjects

feel rejected, cataloged and feel that their physical symptoms are not taken seriously.

Consequently, the patient goes to a doctor after another. For this reason, many patients have a long journey of suffering and illness behind them before psychosomatic disorders are detected for the first time.

Treatment Psychotherapy

As a general rule, Psy-

chotherapy is the most effective treatment for somatoform disorders. Since these disorders usually involve underlying irrational thoughts and beliefs. Strategic Therapy – which focuses on helping people identify and change errors in their thinking and behavior - is believed to be one of the most effective types of therapy for these disorders.



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Analysis

TWO REASONS A REPUBLICAN WILL LIKELY WIN IN 2016

Reuters - Elections are not mysterious events subject to the whimsy of unpredictable candidates and voters. They're actually highly predictable, with a set of variables that influence outcomes in familiar ways.

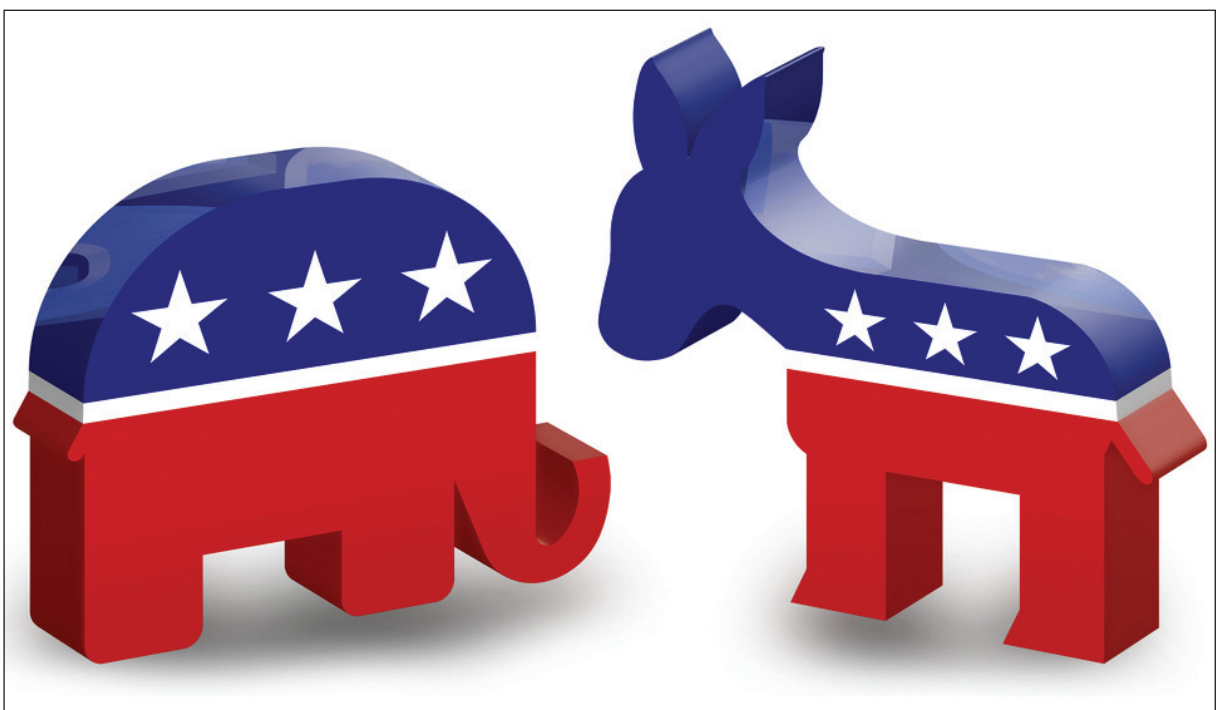
Because of that, we can say, with reasonable confidence, that a Republican will be moving into the White House in 2017.

That conclusion is based on the results of a data model we created, and is primarily the result of two factors, both related to the challenges faced by "successor" candidates — candidates from the same party as the incumbent. First, a Republican will win because voters typically shy away from the party currently in power when an incumbent isn't running. In fact, a successor candidate is three times less likely to win. Second, President Barack Obama's approval ratings are too low to suggest a successor candidate will take the White House.

Why are we so confident, especially when opinion poll data now gives Hillary Clinton the edge over most Republican opponents? The simple answer is that we're relying on models, not polls.

At this point in the election cycle, poll data asking the "horserace" question ("Who will you vote for in November 2016?") can be very misleading. This far from Election Day, published poll data is off by an average of 8 percentage points compared with the true election outcome. That's an enormous number when we're used to elections where candidates win by two to three points.

Modeling results is a simple concept: look at



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past data, identify patterns, and use those patterns to make predictions. So we begin by aggregating data from past U.S. presidential elections, but are immediately hampered by the fact that there aren't very many elections to work from — 25 if we go back 100 years.

So we created a much larger database of elections by looking beyond the United States to hundreds of presidential and parliamentary elections in democratic countries around the world. This exercise gave us far more data to work with: a sample size of more than 450 elections from 35 countries.

The most important finding from our model is the power of incumbency: if you already hold the office you seek, you are far more likely than not to retain it. Our model showed that incumbents have a threefold greater chance of beating their opponent. When no incumbent is running, successor candidates (in this case, Democrats) are three times less likely to win.

From our database of

global elections we also learned about the importance of knowing where the public stands on the direction their country and leadership are going. Are they generally happy or unhappy with the government? There are a few ways to measure this, but the most universal (and therefore the one we use) is approval ratings of the sitting leader or president.

Our model proves the power of presidential approval ratings. It determines that in order for a successor candidate to have better than even chances of winning, the sitting president must have an approval rating of above 55 percent. Because Barack Obama's average approval rating is now at 45 percent, a successor candidate (i.e. Democrat) is unlikely to win.

Our model works on the basis of probabilities, and is focused at the party level rather than the candidate level. It seeks only to predict the likelihood of a change to the party in power. It has an 85 percent predictive ability, so it's right most — but not all — of the

time. Things that could confound the model include rapid changes to Obama's approval rating, or unusually high or low turnout (which can be driven by "wild card" candidates or other factors).

In the coming months, Obama's approval ratings may tick up. But they would have to pass the 55 point mark to give the Democrats even odds of keeping the White House. This is extremely unlikely, given the fact that presidential approval typically declines over time, and Obama's ratings are no exception.

Some will argue that Hillary Clinton is special; that her chances are significantly better because, given her popularity and status as a "legacy" candidate, she seems more like an incumbent. But if we go along with that hypothesis and run it through our model, at Obama's current approval ratings, Clinton's chances of winning the general election are still less than half.

The Democrats have quite a mountain to summit to retain power past 2016.

Technology

CISCO to highlight its Digitization Strategy during EGOV3



Mohamed Bakry

CISCO, announced today their participation in the 3rd E-Government Forum (EGOV3) to be held from 15 – 17 November 2015 at Araya Ballroom of Courtyard Marriott hotel. "It is our pleasure to participate in this technology event, especially as it convenes under the patronage of His Highness the Prime Minister Sheikh Jaber Mubarak Al-Hamad AL-Sabah. EGOV3 is not only enjoying Kuwaiti leadership attention, but is also attracting most industry leaders. CISCO, with its leading global position, has a lot to show and share. We are pleased to work with NoufEXPO and CAIT who are serving Kuwait's IT industry with this annual technology gathering."

"Technology trends shape our lives today and will continue to do so in the future. We realize the role that key business architectures and solutions will play in digital transformation including Security, Cloud, Data Center and Analytics, Mobility, Application Centric Infrastructure, and Collaboration. CISCO also realizes how these technologies are and will play an increasingly important role in improving the quality of life, not just for upcoming generations, but for everyone today. We believe that CISCO is in an excellent position to partner with E-Government programs that aim to shape the progress of societies and people."

The Internet of Things (IoT), the networked connection of devices where we are today, is the foundation for next wave of the internet which we are already witnessing today, The Internet of Everything (IoE), which will connect people, processes, data and things, creating unprecedented opportunities. When people, process, data, and things are brought together seamlessly through intelligent networked connections – institutions are transformed. They can then offer new customer and citizen experiences, improved operational efficiencies, breakthrough innovations and entirely new economic models for services and growth. Over the next decade, the IoE will deliver \$19T of value to individuals, businesses and countries and Cisco is helping its customers to take advantage of the next wave of the internet.

"In order for Middle East cities to embrace the IoE, each institution must become fully digitized.

Becoming a digital business requires an agile IT model, and the ability to rethink core processes for the digital era. Embracing new security, cloud, mobile, social and analytics technologies required to fully digitize takes imagination, investment and expertise. As the networked connection of people, process, data and things, the Internet of Everything has the potential to further accelerate the Middle East region's pace of change. Energy can be saved by equipping street lights with intelligent sensors, so they can be dimmed or brightened based on motion. Healthcare can be improved by connecting rural patients with chronic diseases to doctors, without ever having to leave their homes. These are just a few of the many outcomes that the Internet of Everything can make possible for the Middle East", said Mohamed Bakry, Head of Technology, CISCO Kuwait and Bahrain.

Commenting on the Internet of Things World Forum (IoTWF) coming up on the 6-8 December 2015 in Dubai, Bakry said, "CISCO will be hosting this IoT exclusive industry event. The IoTWF is widely recognized as the premier thought leadership forum in this rapidly growing industry, a must-attend event for key stakeholders and innovators in business, government, and academia who are driving adoption of the IoT worldwide. The 2015 IoTWF will showcase dramatic transformations now gaining momentum across every global sector, a new world of opportunities made possible by the Internet of Things."

Bakry concluded his statement by calling upon IT industry leaders, specialists, and professionals in Kuwait to attend EGOV3 and its accompanying exhibition. We will showcase CISCO's strategy, products, and services that can boost Kuwait's E-Government program and Kuwait's digital transformation. Though Kuwait's Information Network (KIN) is built with CISCO's networking technologies, and we maintain a market share leadership, we believe that CISCO's technology trends and IoT strategy can boost this program and Kuwait's businesses into unprecedented frontiers. We are determined to maintain and enhance our leadership by being more committed to, and involved in Kuwait's transformation into a knowledge-based society."

Research

Hangovers cost U.S. economy \$249 billion in 2010

UPI -- Those last few rounds at the bar and the resulting hangover costs more than the price of some Advil. The U.S. Centers for Disease Control and Prevention reported excessive drinking cost the U.S. economy \$249 billion in 2010, largely from reduced workplace productivity and resulting health problems.

Binge drinking -- five or more drinks on one occasion for men or four or more drinks on one occasion for women -- was responsible for 77 percent of the financial toll on the economy. Two of every \$5 of costs -- more than \$100 billion -- were paid by governments, the CDC said. The 2010 data, the most recent available, is a marked increase from \$223.5 billion in 2006. The economic toll from excessive drinking extends

to workplace absenteeism, loss of productivity, car crashes, fires, property damage and death.

"The increase in the costs of excessive drinking from 2006 to 2010 is concerning, particularly given the severe economic recession that occurred during these years," said Dr. Robert Brewer, head of CDC's Alcohol Program and one of the study's authors. "Effective prevention strategies can reduce excessive drinking and related costs in states and commu-

nities, but they are under used."

The CDC said drinking to excess is also responsible for an average of 88,000 deaths each year. Washington, D.C., had the highest cost per person (\$1,526 compared to an \$807 national average) and New Mexico had the highest cost per drink (\$2.77 compared to an \$2.05 national average).

