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FICTIONAL BABY

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Introduction: Pseudocyesis have been crossing several centuries under different terms. Recently there has been an evolution around the factors involved, being recognized a complex relation between psychological mechanisms, neuroendocrine imbalances and sociocultural factors.
Objectives: To present a clinical case and revisit the literature about pseudocyesis. A reflection about the etiological factors potentially involved and the importance of the cooperation between Psychiatrist, Family Physician and Obstetrician on Somatoform Disorders.
Methods: Literary review for understanding the clinical case and diagnosis and treatment discussion.
Results: A woman, followed at Psychiatric appointments for history of drug addiction, presents a clinical chart compatible with pseudocyesis recurrent episode. Several questions are raised about the possible factors associated, considering pathophysiological, neuroendocrine and psychological models. It's also assessed the best therapeutic approach to motivate the patient towards therapeutic compliance, being crucial the coordination between the several health care professionals.
Conclusions: There aren't many case reports about pseudocyesis, and there is even less data related specifically to patients with an addictive disorder. Besides the psychological factors classically associated with this somatoform disorder, it is necessary to consider endocrine and neurophysiological factors in outlining the etiological mechanisms. It is also acknowledged the crucial importance of a multidisciplinary approach between the several health care professionals, that should be aware to these cases in order to promote the therapeutic compliance by the patients. Early detection and empathic communication with the patient are the most important factors to be valued on an approach which should be socio-familial, biomedical and psychotherapeutic.

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