

## Cultural Bound Syndromes

<i>Name</i>	<i>Group</i>	<i>Description</i>
<i>Ataque de Nervios</i>	Hispanics	Out-of-consciousness state resulting from evil spirits. Symptoms include attacks of crying, trembling, uncontrollable shouting, physical or verbal aggression, and intense heat in the chest moving to the head. These ataques are often associated with stressful events (e.g., death of a loved one, divorce or separation, or witnessing an accident including a family member).
<i>Amok, Mal de Pelea</i>	Malaysians, Laotians, Filipinos, Polynesians, Papua New Guineans, Puerto Ricans	A dissociative disorder involving outburst of violence and aggression or homicidal behavior at people and objects. A minor insult would precipitate this condition. Amnesia, exhaustion, and persecutory ideas are often associated with this syndrome.
<i>Brain Fog</i>	African Americans	Problems with concentration and thinking among high school and university students experiencing the challenges of schooling. Symptoms include head and neck pain, blurring of vision, burning and heat resembling Somatoform, Depressive, and Anxiety Disorder
<i>Boufee Delirante</i>	Haitians	Sudden outburst of aggression, agitation associated with confusion, psychomotor excitement, and symptoms resembling Brief Psychotic Disorder (including visual and auditory hallucinations, paranoid ideation).
<i>Colera</i>	Hispanics	Anger and rage disturbing body balances leading to headache, screaming, stomach pain, loss of consciousness, and fatigue.
<i>Dhat</i>	East Indians, Chinese, Sri Lankans	Extreme anxiety associated with sense of weakness, exhaustion, and the discharge of semen.
<i>Dissociative Identity Disorder</i> <sup>(1)</sup>	Anglo-Americans	This disorder is considered a culture-specific syndrome because it primarily occurs in persons holding a "modern" set of cultural schemas. It involves the presence of two or more identities where at least two recurrently take control of the person's behavior.
<i>Falling Out</i>	African Americans	Seizurelike symptoms resulting from traumatic events, such as robberies.
<i>Ghost Sickness</i>	American Indians	Weakness, dizziness, fainting, anxiety, hallucinations, confusion, and loss of appetite resulting from the action of witches and evil forces.
<i>Hwa-byung</i>	Asians	Pain in the upper abdomen, fear of death, tiredness resulting from the imbalance between reality and anger.
<i>Koro</i>	Asians	A man's desire to grasp his penis (in a woman, the vulva and nipples) resulting from fear that it will retract into the body and cause death.

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<i>Latah</i>	Asians	A sudden fright resulting in imitative behaviors that appear beyond control, including imitation of movements and speech; the individual often follows commands to do things outside his or her wish (e.g., verbal repetition of obscenities).
<i>Mal de ojo</i>	Hispanics	Medical problems, such as vomiting, fever, diarrhea, and mental problems (e.g., anxiety, depression), could result from the mal de ojo (evil eye) the individual experienced from another person. The condition is common among infants and children; adults might also experience similar symptoms resulting from this mal de ojo.
<i>Mal puesto, hex, root work, voodoo death</i>	African Americans, Hispanics	Unnatural diseases and death resulting from the power of people who use evil spirits.
<i>Ode-ori</i>	Nigerians	Sensation of parasites crawling in the head, feelings of heat in the head, paranoid fears of malevolent attacks by evil spirits.
<i>Pibloktog</i>	Arctic and subarctic Inuit	Excitement, coma, and convulsive seizures resembling an abrupt dissociative episode, often associated with amnesia, withdrawal, irritability, and irrational behaviors, such as breaking furniture, eating feces, and verbalization of obscenities.
<i>Susto, Miedo, espanto, pasmo</i>	Hispanics	Tiredness and weakness resulting from frightening and startling experiences.
<i>Taijin kyofusho</i>	Asians	Guilt about embarrassing others, timidity resulting from the feeling that the appearance, odor, facial expressions are offensive to other people.
<i>Wacinko</i>	American Indians	Feeling of anger, withdrawal, mutism, suicide from reaction to disappointment and interpersonal problems.
<i>Wind or Cold Illness</i>	Hispanics, Asians	A fear of cold and the wind; feeling weakness and susceptibility to illness resulting from the belief that natural and supernatural elements are not balanced.

(1) Dissociative Identity Disorder is not recognized as a cultural-bound syndrome in DSM-IV although it was suggested that it might be a cultural syndrome due to the "recent relatively high rates of the disorder reported in the United States." (DSM-IV, 1994, p. 485)

Modified from Paniagua, F.A. (2000). Culture-bound syndromes, cultural variations, and psychopathology, in I. Cuéllar & F.A. Paniagua, Eds., *Handbook of multicultural mental health: Assessment and treatment of diverse populations* (pp. 140-141). New York: Academic Press.