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## EXPLORING THE MUNCHAUSEN SYNDROME

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### Abstract

*Munchausen Syndrome is a rare psychiatric disorder characterized by intentionally feigning or inducing symptoms in themselves to assume the sick role. This is a mostly chronic disorder that is frequently observed among other mental and psychological disorders. This paper is divided into five sections that deal with various aspects of the syndrome and uses clinical trials and pre-existing research as its main source. The aetiology, diagnosis, treatment approaches and side-effects of the syndrome are detailed as well. The paper begins with a short overview of the syndrome and proceeds into factors that contribute to the development of the disorder as well as the reasoning behind why it develops. It is followed by the varying types, symptoms and causes of the Munchausen syndrome, which poses a problem in diagnosis for healthcare workers. It also reinforces the need for a multidisciplinary approach in treating the illness, requiring input from medical professionals spanning various areas of expertise for optimal results. In summary, this research paper presents the syndrome to the reader and emphasises how crucial it is to comprehend every aspect of this disorder. By doing so, medical personnel are better equipped to identify, diagnose, and manage the Syndrome. Further research and continued awareness are necessary to build our understanding of this disorder and promote better patient outcomes.*

**Keywords:** Munchausen Syndrome, etiology, management, diagnosis

### I. Introduction<sup>1</sup>

The Munchausen syndrome is a rare behavioural and psychological disorder where individuals fabricate or induce symptoms of illness. It derives its name from the fictional Baron Munchausen who was popular for his over-the-top claims of his own exploits. British physician Sir Richard Asher first coined this syndrome in 1951. He named it the way he did to capture the patients' behaviour of exaggerated medical recounts. It has since been renamed and is now popularly known as Factitious Disorder Imposed on Self (FDIS).

It occurs due to a plethora of social, cultural and psychological reasons. With the primary goal of presenting themselves as a sick or injured individual, they go to the extent of harming themselves or consuming dangerous substances. What pushes them to act this way depends from patient to patient. While one searches for attention, the other does it as a form of gaining power over their bodies. This syndrome is often chronic and is seen as a waste of resources. It requires unnecessary treatments, investigations by medical professionals and frequent visits and stays to hospitals.

Healthcare professionals display a lot of caution before diagnosing a patient with this syndrome. It is often required to bring on board a specialist who is able to provide appropriate opinion on

<sup>1</sup> <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/munchausens-syndrome#:~:text=Munchausen's%20syndrome%20is%20a%20rare,about%20his%20exploits%20and%20past.>

the case. Despite being a rare disorder, it has been the object of the medical field's attention for quite some time. Research about the root cause, mechanisms and contributing factors continue to be done. This research paper aims to explore Munchausen Syndrome and the challenges faced in the due process.

## II. Aetiology and Risk Factors <sup>2</sup>

Aetiology investigates the cause of a disease or illness. By understanding the causation doctors and healthcare professionals are able to find preventive measures and cures for the disease. With respect to the Munchausen syndrome, the aetiology is a complicated combination of psychological, environmental, socio-cultural factors. <sup>3</sup>

- Psychological Factors

Research on FDIS has shown that most people affected by this syndrome have a history of trauma, personality disorders and the intense desire for validation. Those with Munchausen syndrome either need complete control or have a deep-seated fear of abandonment. Hence, they fabricate symptoms to take up the role of a patient which allows them to be the recipient of sympathy and support from healthcare professionals and loved ones. A history of abuse and neglect in the formative year's leads to the child developing a warped self-value which is why they try to regain control by faking an illness.

- Environmental Factors

The way one behaves is also dependant on how one was raised. If they were raised in households where illness was valued and given a lot of attention to, they might develop similar behaviour. A dysfunctional family, on the other hand, would lead them to grow up without emotional support and be independent.

- Early Life Experiences

A history of childhood illness leads one to grow up and develop an identity as a sick person. This manifests later in life as Munchausen syndrome, where they replicate their past experiences to garner attention and validation. Childhood trauma has proved to increase the chances of a person developing the Munchausen syndrome. They induce or fabricate symptoms to regain control over their own body and make another care for them, which is in response to the lack of safety during their childhood.

- Relationship with Other Mental Disorders

More often than not, Munchausen syndrome is accompanied with other mental disorders and makes the one affected prone to developing personality disorders. Some of the traits displayed in Borderline Personality Disorder such as emotional instability, confusion in identity and fear of abandonment can contribute to underlying Munchausen syndrome. Those affected with Munchausen syndrome are also prone to morbid depression, substance abuse or anxiety disorders. Munchausen syndrome's relation with other disorders is complicated and multifaceted. It is complex to discern whether the syndrome developed itself uniquely or with contribution from other comorbid disorders.

Understanding these underlying causes is crucial to perceive the syndrome effectively to develop treatment strategies and preventive measures. It emphasises the importance of taking into consideration the person's psychological health, coping mechanisms and relationships before diagnosis.

## III. Diagnostic Criteria and Clinical Presentation <sup>4</sup>

According to the DSM-5, the diagnostic criteria for Munchausen Syndrome include: <sup>5</sup>

- Falsification of Physical or Psychological Signs and Symptoms - The individual

<sup>2</sup> <https://www.mayoclinic.org/diseases-conditions/factitious-disorder/symptoms-causes/syc-20356028>

<sup>3</sup> <https://www.nhs.uk/mental-health/conditions/munchausen-syndrome/overview/#:~:text=There's%20no%20standard%20treatment%20for.resolve%20unconscious%20beliefs%20and%20motivations.>

<sup>4</sup> <https://emedicine.medscape.com/article/291304-overview>

<sup>5</sup> <https://psychcentral.com/disorders/munchausen-syndrome-by-proxy#symptoms>

intentionally produces or feigns physical or psychological symptoms, whether through deceptive behaviour, self-harm, or administration of substances, with the primary purpose of assuming the sick role.

- Deceptive Behaviour - The individual exhibits deceptive behaviour, such as providing false medical histories, tampering with medical records, or presenting false or exaggerated accounts of symptoms.
- Prolonged Course - The falsification of symptoms and associated deceptive behaviours are persistent and enduring, often spanning several years.
- Absence of External Incentives - The motivation for the behaviour is not limited to external rewards, such as financial gain or avoiding legal responsibilities.

Individuals with Munchausen Syndrome are often adept at manipulating healthcare professionals and may display an impressive knowledge of medical terminology and procedures. Some common clinical presentation patterns include: <sup>6</sup>

- Frequent Hospitalizations <sup>7</sup>

Individuals with Munchausen Syndrome often have a history of numerous hospital admissions and emergency department visits, seeking medical attention for various fabricated symptoms or conditions. They may present with an array of complaints ranging from gastrointestinal issues, respiratory distress, neurological symptoms, to rare or exotic disorders.

- Elaborate Medical Histories

Patients may provide detailed and complex medical histories, often including past surgeries, treatments, and hospitalizations. These

narratives may contain inconsistencies, discrepancies, or improbable events.

- Poor Response to Treatment

Despite numerous treatments, individuals with Munchausen Syndrome tend to lack improvement or show poor response to therapy. Their symptoms may be unexplained, not reproducible, or fail to line up with medical findings.

- Seeking Treatment from Multiple Healthcare Providers

Individuals with Munchausen Syndrome may engage in "doctor shopping," seeking care from numerous healthcare professionals across different locations or specialties in an attempt to maintain their charade and avoid detection.

- Self-Inflicted Injuries or Induced Symptoms

Some individuals with Munchausen Syndrome resort to self-inflicted injuries or manipulation of bodily functions to produce desired symptoms. This may involve ingesting substances, contaminating samples, or inflicting wounds to simulate illness.

- Evasive and Defensive Behaviour

When confronted with inconsistencies or confronted about their deceptive behaviour, individuals with Munchausen Syndrome may become defensive, evasive, or seek to discredit healthcare providers involved in their care.

The clinical presentation of Munchausen Syndrome may overlap with other psychiatric disorders or genuine medical conditions. The condition requires a thorough assessment and consideration of multiple factors, including the individual's medical history, psychological evaluation, and the discussion of healthcare providers from various fields.

Accurate diagnosis and understanding of the clinical presentation are critical for providing appropriate care, addressing underlying psychological issues, and preventing unnecessary medical interventions that can potentially harm the individual. A

<sup>6</sup> <https://tidsskriftet.no/en/2017/05/commentary-and-debate/challenges-presented-munchausen-syndrome>

<sup>7</sup> <https://www.sandstonecare.com/blog/munchausen-syndrome-by-proxy/#:~:text=Munchausen%20by%20proxy%20abuse%20often,%2C%20seizures%2C%20and%20much%20more.>



multidisciplinary approach involving various medical professionals is essential in treating Munchausen Syndrome effectively.<sup>8</sup>

#### IV. Challenges in Diagnosis and Assessment<sup>9</sup>

Diagnosing Munchausen Syndrome poses significant challenges due to the deceptive nature of the disorder and the multitude of reasons influencing the individual's behaviour. Healthcare professionals must navigate a web of intentional deception and manipulation to accurately identify and differentiate Munchausen Syndrome from genuine medical conditions or other factitious disorders. This section explores the key challenges in diagnosing and assessing Munchausen Syndrome.

The deceitful behaviour displayed by patients of the syndrome is one of the main obstacles to an accurate diagnosis. They are skilled at fabricating symptoms, providing false medical histories, and manipulating healthcare professionals to maintain their charade. This intentional deception can lead to false or inconsistent information, making it difficult for healthcare providers to discern the truth. Individuals with the Syndrome may go to great lengths to avoid detection and present a continuous challenge for doctors to accurately assess their condition.<sup>10</sup>

Distinguishing Munchausen Syndrome from genuine medical conditions and other factitious disorders is a complex task. The fabricated symptoms and presentations can closely mimic legitimate illnesses, making it challenging for healthcare professionals to differentiate between feigned and real symptoms. Further complicating the diagnostic process is the possibility that people with Munchausen Syndrome have extensive understanding of medical terms, practises, and ailments. The

extensive medical evaluations and interventions that often accompany Munchausen Syndrome can create a fog of ambiguity, further hindering accurate diagnosis.

The assessment of Munchausen requires a multifaceted approach. Healthcare professionals must use their clinical judgement and a range of other assessment approaches to properly navigate the complexities of the disorder. Gathering comprehensive medical histories, including previous hospitalizations, treatments, and interventions, is crucial in identifying patterns of behaviour consistent with Munchausen Syndrome. Working together with mental health experts like psychiatrists or psychologists might give important insights into the psychological motivations behind the condition. Cognitive and emotional functioning as well as any co-occurring mental problems can be understood by using psychological evaluations, which include structured interviews and psychological exams. Using standardized assessment tools such as the Structured Clinical Interview can also help in drawing up a diagnosis. However, the deceptive nature of the disorder can lead to significant gaps in information, inconsistencies in symptom presentation, and resistance from the individual when confronted with suspicions.

It's critical to approach the evaluation of Munchausen Syndrome with professionalism and respect. The therapeutic tandem may break down as a result of the suspicion or charge of fabricating symptoms, which may jeopardise the patient's confidence in medical professionals. The challenges in diagnosing and assessing Munchausen Syndrome arise from the deceptive behaviour exhibited by individuals with the disorder, the difficulty in differentiating it from genuine medical conditions, and the necessity for comprehensive assessment tools and strategies. To overcome these obstacles and offer appropriate care to people with Munchausen Syndrome, healthcare practitioners must diagnose the patient with

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[http://www.merckmanuals.com/professional/psychiatric\\_disorders/somatic\\_symptom\\_and\\_related\\_disorders/factitious\\_disorder\\_imposed\\_on\\_self.html?qt=factitious%20disorder&alt=sh](http://www.merckmanuals.com/professional/psychiatric_disorders/somatic_symptom_and_related_disorders/factitious_disorder_imposed_on_self.html?qt=factitious%20disorder&alt=sh)

<sup>9</sup> <https://tidsskriftet.no/en/2017/05/commentary-and-debate/challenges-presented-munchausen-syndrome>

<sup>10</sup> <https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp-rj.2018.130903>

vigilance, empathy, and collaboration. To increase diagnostic precision and deepen our understanding of this complicated condition, further research and instruction are needed in this area.

## V. Management and Treatment Approaches<sup>11</sup>

A thorough and multidisciplinary strategy is necessary for managing and treating Munchausen Syndrome. The primary goals of treatment are to address the mental health concerns that are contributing factors of the issue, replace maladaptive behaviours, and enhance the patient's welfare. This section explores various management and treatment approaches for Munchausen Syndrome.

### 1. Multidisciplinary Approach

A multidisciplinary approach is essential in treating the Munchausen syndrome due to the condition's complexity and different factors that must be addressed. Firstly, Munchausen syndrome has psychological and medical components. Physical and psychological symptoms frequently coexist in Munchausen syndrome patients, and psychological reasons explain their dishonest behaviour. Involving professionals from different disciplines, such as psychiatrists, psychologists, and primary care physicians, can help ensure that all facets of the condition are taken into account. This makes it possible to develop a diagnosis that is more precise, helps identify any underlying psychological issues, and to comprehend the requirements of the person in question better.

Examining the causes of the person's dishonest behaviour, assisting them in understanding their psychological needs, and assisting them in creating healthier coping mechanisms are all important tasks of psychiatrists and psychologists. To address the underlying psychological issues causing the person's behaviour, these specialists can conduct individual treatment sessions or provide

evidence-based interventions, such as cognitive-behavioural therapy.

### 2. Therapeutic Interventions

Cognitive-behavioural therapy and similar forms of psychotherapy are used by medical health professionals to treat Munchausen Syndrome. It helps identify maladaptive behaviours, replace them, and help patients develop healthier coping strategies. The therapeutic process involves exploring underlying psychological factors, enhancing insight into the motivations behind the deceptive behaviour, and developing alternative methods of seeking validation and support. Munchausen Syndrome sufferers may also benefit from group therapy or support groups. Interacting with others who experienced similar challenges can make one feel validated and supported. Additionally, support groups provide a venue for people to exchange experiences, develop new views, and pick up adaptive coping mechanisms from others.

### 3. Supportive Care and Long-Term Management

To effectively manage their disease, people with Munchausen syndrome frequently require constant care. Regular monitoring and follow-up consultations with medical experts are necessary to evaluate their physical and psychological well-being. It is essential to build a trusting therapeutic relationship with the patient since this enables honest communication, lessens defensiveness, and fosters collaboration throughout their treatment process. It is crucial to provide the individual and their family members with education and psychoeducation. They will be more understanding and involved in the healing process if they are informed about the nature of the syndrome, its possible repercussions, and the various treatment choices. Family therapy can also be beneficial in addressing dysfunctional dynamics, enhancing support systems, and promoting healthier family interactions.

<sup>11</sup> <https://my.clevelandclinic.org/health/diseases/9833-munchausen-syndrome-factitious-disorder-imposed-on-self>

#### 4. Addressing Underlying Psychological Issues

It is critical to address these issues in treatment given the link between Munchausen Syndrome and underlying psychiatric problems. It is also a common observation for Munchausen syndrome patients to have other co-occurring psychiatric problems such as depression and substance abuse. Treating these comorbid conditions can contribute to overall symptom reduction and improved functioning. If a coexisting mental health issue warrants pharmaceutical intervention, psychiatric medicine, such as antidepressants or anti-anxiety meds, may be provided. An individual's personal needs, dangers, and benefits should be taken into account before deciding whether to start taking medication, after consulting with a psychiatrist or prescribing physician.

#### 5. Ethical Considerations<sup>12</sup>

Treatment of Munchausen Syndrome raises ethical considerations for healthcare professionals. It is tough accomplishing to strike a balance between an individual's rights and autonomy and their safety. Interventions may be required to ensure the person's safety in situations where their dishonest behaviour poses serious risks or endangers them or others. This can involve engaging legal and ethical frameworks to protect the individual's best interests while respecting their autonomy.

### VI. Prognosis and Long-Term Outcomes

Munchausen Syndrome sufferers may have a wide range of prognoses, depending on a number of variables like their unique qualities, their availability to adequate care, and any underlying psychological problems. The indicators, potential dangers and consequences, and long-term effects of Munchausen Syndrome are all examined in this section.

- Factors Influencing Prognosis:<sup>13</sup>

1. Awareness and Acceptance: The person's awareness and acceptance of their disease play a critical role in the prognosis of Munchausen Syndrome. Recognition of the problem and willingness to engage in treatment significantly improve the prognosis. Acceptance allows for a collaborative therapeutic relationship and the development of healthier coping strategies.

2. Underlying Psychological Factors: The prognosis can be strengthened by addressing underlying psychological problems, such as trauma or personality disorders. Treating co-occurring psychiatric conditions and providing appropriate psychotherapy helps individuals develop healthier ways of seeking validation and support.

3. Treatment Engagement: The prognosis is improved by active participation in treatment, which includes frequent therapy sessions, consistency to drugs, if necessary, and involvement in support groups. Continued monitoring, support, and follow-up care contribute to sustained improvement and prevention of relapse.

- Risks and Complications:

1. Medical Consequences: Medical consequences brought on by unneeded treatments, operations, or self-inflicted damage is one of the serious hazards connected to Munchausen syndrome. When intrusive procedures and treatments are repeatedly exposed to, it can result in physical injury, infections, scars, and long-term health effects.

2. Deterioration of Relationships: Patients diagnosed with Munchausen face strains in personal relationships, such as those with family, friends and healthcare professionals. The deceptive behaviours and ongoing medical crises can erode trust, leading to strained or severed relationships. Social support systems are crucial for long-term recovery, making the deterioration of relationships a significant concern.

<sup>12</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2990557/>

<sup>13</sup> <https://www.ncbi.nlm.nih.gov/books/NBK518999/>



3. Legal and Ethical Implications: In some cases, the deceptive behaviour associated with Munchausen Syndrome may lead to legal and ethical complications. Legal repercussions may follow due to fraudulent behaviour by patients, such as fabricating medical records or buying drugs under false pretences. When there is a notable risk to the person's wellbeing, ethical issues arise in attempting to strike a balance between personal liberty, safety, and intervention.<sup>14</sup>

o Long-Term Outcomes:<sup>15</sup>

1. Symptom Reduction: Individuals can improve their coping skills through treatment and psychological problem-solving, which reduces the symptom presentation. The individual's motivation to fabricate or induce symptoms may diminish over time as alternative methods of seeking validation and support are developed.

2. Improved Functioning: Treatment interventions that target maladaptive behaviours and enhance emotional regulation can improve overall functioning. Individuals may experience increased social and occupational stability, allowing for improved quality of life.

3. Enhanced Self-Awareness and Insight: Therapy facilitates self-reflection and promotes insight into the motivations behind the deceptive behaviour. Individuals can better comprehend their emotional needs, triggers, and underlying psychological problems by raising their self-awareness. It empowers them to make healthier choices and seek appropriate support when faced with stressors.

It is essential to remember that obstacles and relapses may appear during the healing process. The person's dedication to continued therapy, relapse prevention techniques, and the presence of a supportive network are all necessary for long-term success. To maintain

positive results and avoid a return of the disease, ongoing monitoring and follow-up care are crucial.

## VII. Conclusion

To conclude, this research paper sheds light on the Munchausen Syndrome that has been the object of intrigue among the medical field. By describing its causes, effects and prevention methods, this paper informs the reader about the syndrome in great detail. Munchausen Syndrome poses significant challenges for healthcare professionals due to the difficulty in diagnosing it correctly and not getting deviated or misled by the presence of any other psychological and physical disorders. Persons with Munchausen Syndrome can, however, get the assistance they need to boost their general well-being. This can be accomplished by taking a group-based approach and utilising interventions like CBT and support groups.<sup>16</sup>

The patient's knowledge, resolution of any underlying mental issues, and participation in therapy are a few methods adopted by health officials to change the long-term effects of Munchausen Syndrome on a patient. Individuals may experience symptom reduction, improved functioning, and more self-awareness with the right interventions and continuous support. However, to encourage long-term recovery and prevent relapse, extensive care, regular surveillance, and support are required.

Healthcare providers must approach the Munchausen Syndrome diagnosis and management with empathy, tenderness and a complete comprehension of the challenges involved. An environment of harmony among mental health specialists, support services and medical professionals would prove to be beneficial in identifying, diagnosing and treating a patient with Munchausen Syndrome. For the greater good of patients as well as advancement in the medicinal field, it is

<sup>14</sup> [https://assets.cureus.com/uploads/case\\_report/pdf/120281/20221215-2987-hz1650.pdf](https://assets.cureus.com/uploads/case_report/pdf/120281/20221215-2987-hz1650.pdf)

<sup>15</sup> <https://www.sciencedirect.com/science/article/abs/pii/S014521349500073H>

<sup>16</sup> <https://www.nhs.uk/mental-health/conditions/munchausen-syndrome/overview/#:~:text=There's%20no%20standard%20treatment%20for,resolve%20unconscious%20beliefs%20and%20motivations.>

important that we continue to research and build our knowledge in this regard.

As a final point, becoming aware of Munchausen Syndrome provides a reminder of the intricacy of human behaviour and the challenges associated with balancing our physical and psychological health. Medical practitioners can also observe a positive change in the lives of Munchausen Syndrome patients by raising awareness, encouraging early discovery, and adopting the appropriate treatment choices. This will help them on their path to recovery and a healthier, more genuine existence.

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