



Handbook of Multicultural Mental Health: Chapter 2. Culture-Bound Syndromes, Cultural Variations, and Psychopathology

Freddy A. Paniagua

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An important step during the initial evaluation of clients from culturally diverse groups is the assessment of culture-specific disorders known as “culture-bound syndromes” (e.g., koro among some Asian clients, and ataques de nervios among some Hispanic clients). This chapter suggests that these culture-specific disorders should be distinguished from generic cultural variables (e.g., acculturation, religion rituals, and social unrest) that might also explain symptoms suggesting a given mental disorder. This distinction is accomplished with the identification of those generic cultural variables across most mental disorders in the DSM-IV-TR (APA, 2000).

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