Classical, course, predictors and treatment of Medically Unexplained Physical Symptoms (MUPS)

In all health care settings patients present with physical symptoms for which no sufficient explanation can be found after proper medical examination. Such symptoms are called medically unexplained physical symptoms (MUPS). Persistent MUPS can be severe and disabling and are currently difficult to treat.

This thesis describes the PROSPECTS study, in which we assessed the course of MUPS by following 325 MUPS patients, using questionnaires and saliva tests. We used 2-year follow-up data to define several MUPS course types and to identify factors that predict the course of MUPS. Furthermore, classification systems and treatments of MUPS were studied.

The results presented in this thesis enlarge knowledge about MUPS. They contribute to better recognition of patients at risk for an adverse course and provide tools for future MUPS classification and management.