

## **Pseudocyesis or Delusion of Pregnancy- A Case Report**

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### **ABSTRACT:**

Patients presenting with a firm belief of pregnancy require careful evaluation to differentiate between psychiatric and medical conditions. Pseudocyesis is a rare psychopathological condition in which a non-pregnant woman develops physical signs and symptoms mimicking pregnancy, whereas delusion of pregnancy is characterized by a fixed false belief without accompanying physical features. Accurate diagnosis is essential to avoid mismanagement and unnecessary interventions. We report a case of a 32-year-old married woman presenting with amenorrhea, breast enlargement with galactorrhea, morning sickness, and perception of fetal movements. Comprehensive gynecological evaluation and laboratory investigations revealed no evidence of pregnancy. The patient eventually accepted the absence of pregnancy, confirming the diagnosis of pseudocyesis. Psychosocial stressors, including marital discord and fear of divorce, appeared to exacerbate her psychological state. This case highlights the importance of detailed history taking, clinical examination, and multidisciplinary evaluation in distinguishing pseudocyesis from delusion of pregnancy.

**KEY WORDS:** Pseudocyesis, Delusion of pregnancy, Psychosomatic disorder, Marital stress, Diagnosis