**Video Title:** Dr. Freda Lewis-Hall Discusses “Cyberchondria” – Dr. Phil

**Video URL:** <https://www.youtube.com/watch?v=Fcc0YjOFdRg>

**Run Time:** 11:34

**Source:** Dr. Phil Show/YouTube

**Close Caption Available:** Yes

Summary of Video:

The internet is full of information regarding thousands of illnesses, disorders, and diseases. Brettania is a young woman suffering from “Cyberchondria” who uses her phone and computer to find answers for any symptoms she has. She joins Dr. Freda Lewis-Hall on the Dr. Phil show and seeks guidance to help relieve some of her anxieties. As you watch the video, please answer the following questions:

1. What symptom did Brettania experienced that caused her to think she had throat cancer?

2. What was Brettania diagnosed with when she was 8 years old?

3. What websites did Dr. Freda suggest Brettania to use?

4. What did Dr. Phil suggest Brettania to write down before she searches for a diagnosis on the internet?

5. According to the DSM-5, what disorder does Brettania have?