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Ludilo u dvoje: prikaz slučaja anoreksičnog pacijenta sa specifičnim fobijama

/ Folie à Deux*: A Case Report of a Patient With Anorexia and Specific Phobias*

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KLJUČNE RIJEČI / *KEYWORDS*:
ludilo u dvoje / *shared psychotic disorder*
folie a deux / folie à deux
anoreksija / *anorexia*
suicidalnost / *suicidality*
osjećaj krivnje / *guilt feelings*

TO LINK TO THIS ARTICLE: https://doi.org/10.24869/spsih.2026.304

Folie a deux ili ludilo u dvoje rijetka je, no fascinantna pojava među psihijatrijskim dijagnozama. Najčešće se viđa među osobama koje su emocionalno povezane, bilo da se radi o supružnicima ili članovima primarne obitelji, kod kojih jedna osoba s deluzijima i sumanutostima inducira njihovu pojavu u druge osobe. Ovdje se prikazuje slučaj pedesetogodišnjaka koji se nakon rastave braka i godina života u inozemstvu vraća u Hrvatsku, gdje živi s roditeljima. Iako je tijekom COVID pandemije, zbog viška kilograma, odlučio izgubiti na tjelesnoj masi, ne poznajući „granice" dovodi se do kaheksije praćene opsežnim edemima zbog kojih se otežano kreće. Iako je tijekom endokrinološke obrade upućivan na pregled psihijatru, kada doseže najnižu tjelesnu

Folie à deux, or shared psychotic disorder, is a rare yet fascinating phenomenon among psychiatric diagnoses. It is most often seen in people who are emotionally connected, whether spouses or members of the primary family, in whom one person with delusions induces their occurrence in another person. This case presents a 50-year-old man who, after a divorce and years of living abroad, returns to Croatia, where he lives with his parents. Although during the COVID pandemic he decided to lose weight because of excess body weight, not knowing his "limits", he progressed to cachexia accompanied by extensive edema that made movement difficult. Although during endocrinological work-up he was referred for a psychiatric evaluation, it is only when he reaches his lowest body weight that he presents to the

masu, javlja se u Hitnu psihijatrijsku ambulantu zbog suicidalnih misli. Prilikom prijema opserviraju se ideje krivnje koje dosežu sumanutu razinu, pri čemu pacijent, iako dobrostojeće financijske situacije, navodi kako ne jede zbog štedljivosti i majčina straha od siromaštva. Tijekom hospitalizacije u individualnim razgovorima a pacijentom doznaje se kako izbjegava jesti meso budući da je njegova majka uvjerenja da u mesu postoje kukci i insekti koji ih mogu otrovati. Majka nije u tretmanu. Uvođenjem antipsihotika u terapiju uz benzodiazepine kod pacijenta se opservira poboljšanje psihičkog stanja. Nakon hospitalizacije tretman se nastavlja u Dnevnoj bolnici, gdje aktivno sudjeluje u grupnoterapijskom radu, a nakon individualnih razgovora s vremenom obogaćuje svoju prehranu te u nju uvrštava sve važne nutrijente, uključujući i mesne proizvode. Pokazuje inicijativu u kućanskim poslovima i pripremanju obroka, bilježi se porast tjelesne mase, no ono što sve iznenađuje jest adherentnost pri uzimanju terapije, dolascima na grupnu terapiju i kontrolne preglede.

Emergency Psychiatric Outpatient Clinic because of suicidal thoughts. On admission, ideas of guilt are observed that reach a delusional level, with the patient, despite being in a financially stable situation, stating that he does not eat out of frugality and because of his mother's fear of poverty. During hospitalization, in individual interviews with the patient, it is learned that he avoids eating meat because his mother is convinced that meat contains bugs and insects that can poison them. The mother is not in treatment. After introducing an antipsychotic into therapy, along with benzodiazepines, an improvement in the patient's mental state is observed. After hospitalization, treatment continues in the Day Hospital, where he actively participates in group therapy work, and after individual sessions he gradually enriches his diet, adding all important nutrients, including meat products. He shows initiative in household chores and meal preparation, and an increase in body weight is recorded. What surprises everyone is his adherence to taking medication and to attending group therapy and follow-up appointments.