

## What treatments are used for FCD?

Knowing the diagnosis is a good start for your treatment. It can help you understand the condition. The treatment you are offered depends on the symptoms you have.

Since physical and emotional stresses are often involved in FCD, psychological therapy can be helpful to address this. In therapy, you might also learn coping strategies to manage cognitive problems, such as techniques to help with memory difficulties.

You may also learn strategies to help reduce distress called grounding techniques.

## Additional resources

You are not alone in having FCD. There are organisations that can support and help you understand this better.

These include:

### FND Hope

International patient led charity.  
[www.fndhope.org](http://www.fndhope.org)



### NeuroSymptoms

FND Information for patients and professionals.  
Includes symptoms, treatment and frequently asked questions (FAQs).  
[www.neurosymptoms.org](http://www.neurosymptoms.org)



## Patient Information Leaflet

# Functional Cognitive Disorder (FCD)



**Please speak to a member of staff if  
you need this leaflet in large braille,  
audio or another language.**



## What is Functional Cognitive Disorder (FCD)?

Functional Cognitive Disorder (FCD) is a condition where you experience distressing problems with thinking skills that usually make doing everyday tasks harder. Symptoms may include trouble concentrating, forgetfulness, feeling mentally tired, and brain fog.

Functional Cognitive Disorders are a type of thinking problem that fall under Functional Neurological Disorders (FND). FND can appear in different ways, with some individuals experiencing cognitive problems, while others may have trouble with movement, vision, or seizures.

## Does this mean my brain is damaged?

No, the problem is **not** that your brain is damaged. Instead, it is about the way your brain and nervous system work together.

In FCD, the problems do not show up on brain scans or tests that measure brain activity, but it is still a very real disorder. What is actually happening is that the connections within the brain or between the brain and body are malfunctioning.

Doctors use neurological and neuropsychological tests to rule out other conditions that need different kinds of treatment.

## What causes FCD?

Research suggests that several factors can contribute to FCD, and this can be different for each person. These include physical (such as past illnesses, injuries, fatigue, and pain) and emotional (such as everyday worries, stress, difficult life experiences, and how we process emotions) factors. FCD symptoms can also show up suddenly without any obvious reason. There is still a lot of research to be done to understand more about the condition.

## Common symptoms of FCD

- **Memory problems:** Difficulty remembering recent events, the past, appointments, names, and faces.
- **Attention and concentration issues:** Hard to focus on tasks or conversations, easily distracted, fluctuations in concentration.
- **Brain fog:** Challenges in clear thinking, decision-making, and following complex instructions.
- **Word-finding difficulties:** Struggling to find the right words, pauses, hesitations, uncertain language.
- **Slow thinking:** Slowed thought processes, difficulty processing information quickly or keeping up with conversations.
- **Mood and emotional changes:** Increased irritability, frustration, or anxiety due to cognitive challenges.

## How is FCD diagnosed?

A team of professionals, including a Neurologist and Neuropsychologist, will do different tests to confirm if someone has FCD, depending on their symptoms.

Brain scans are important as they will come back normal. That does not mean the symptoms are not real—they are caused by a problem with how the body and nervous system work together.

In FCD, things like memory and concentration can work well sometimes but not always. This helps doctors figure out the diagnosis.