PREVALENCE OF GENERALIZED ANXIETY DISORDER AMONG FEMALE UNDERGRADUATE MEDICAL STUDENTS HAVING EATING DISORDER.

ABSTRACT:

Back ground:

Eating disorders are psychological disorders characterized by abnormal eating habits that affect the person's physical or mental health or both. Disorders included in this classification are anorexia nervosa, bulimia nervosa, binge eating disorderand obesity.

Anxiety disorders, depressive disorders and substance abuse disorders are commonly associated with eating disorders. Approximately 2/3rds of eating disorder patients have co morbid anxiety disorders. Around 42 percent of individuals with eating disorders have developed anxiety disorderat childhood itself. Generalized anxiety disorder is prevalent in 11 to 14 % of patients with anorexia nervosa. Social phobia and post-traumatic stress disorder ranks top most in the anxiety disorders which are prevalent in eating disorder patients.

Aim of the study:

1. To assess the prevalence of anxiety disorder among students having eating disorders.
2. To compare the various socio demographic variables and the degree of severity of anxiety.

Methods used:

The study design which will be employed is descriptive cross sectional study. A sample of 200 female students doing MBBS at Thanjavur medical college will be selected by random sampling method.After obtaining permission from the Head of the institution, students will be approached to collect the data.

Inclusion criteria: Female students aged 18to 22 years of age will be included in the study.

Exclusion criteria: Subjects who refuse to participate in the study or if a student who is absent on the day of study or not be able to be contacted even after two visits.

Tools used:

a. Semi structured socio demographic Proforma
b. Eating Attitude test- 26.
c. Generalized Anxiety Disorder- 7 scale.
d. Hamilton Anxiety Rating Scale.

Eating Attitude Test 26 will be applied to screen for eating disorders. Following that Generalized anxiety Disorder -7 scale will be applied for screening Generalized Anxiety Disorder from the screened individuals. The degree of severity of anxiety in them will be assessed by Hamilton anxiety rating scale. Socio demographic variables will be assessed by a semi structured proforma.

Univariate Analysis will be performed and the Chi-square test was used to find the correlation between Anxiety and their associated socio-demographic variables .Data will be expressed in terms of proportion or percentage. Level of significance is set at $\rho<0.05$.

Results :

There was no significant correlation between the various socio demographic variables and the components of EAT - 26 and GAD -7.The prevalence of Generalized Anxiety Disorder among Undegraduate Female Medical students with eating disorder (abnormal Eating Attitude) is 6.25%

Conclusion :

This may be due to the under reporting of the symptoms of the students who were given the EAT 26 scale. Prevalence of increased generalized anxiety may be higher in these students due to academic and other pressures. This must be taken into consideration in the future and measures have to be made to alleviate these problems by the administrative personals.   Students with significant EAT 26 scoring must be approached discretely and they have to be confronted and

helped to come out of their problems after getting the permission from the parents or the guardians.