

Study of Social anxiety disorder in medical students in an urban area

Clinical Research

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ABSTRACT

Aim and objectives: 1) To estimate prevalence of social anxiety disorder among MBBS students. 2) To study various types of SAD present in them.

Methodology: This cross sectional study was conducted on medical students of government medical college. All MBBS students of 1st, 2nd and 3rd year were included who were willing to participate. Total sample size was 150. On fixed day, after explaining about the purpose of the study, students were asked to fill pretested structured pro-forma, maintaining all the privacy. The Social Phobia Inventory (SPIN) questionnaire was used to diagnose SAD among students. Mild social anxiety is considered as normal.

Statistical Analysis: Analyses were done using the SPSS Version 20. Descriptive statistics were calculated. Moderate, Severe and Very Severe social anxiety disorder was clubbed together as significant Social anxiety disorder.

Results: There were total 150 medical students in our study, out of them, 64 (42.67%) were males and 86 (57.33%) were females. 86(57.33%) students were belonging to age group <21 years and 64 (42.67%) students were belonging to age group >21 years. The mean age of study subjects was 20.35±1.60 years. 41 (27.33%) students were belonging to rural area and remaining to urban area. Currently 113 (75.33%) students were living at hostel and remaining students were living outside the hostel. In present study, most of the students (54%) were not having any type of social anxiety disorder. Among 47% of students who were having SAD, 27% of students were having mild SAD and 19% of students were having significant SAD, among them, most common was moderate SAD, seen in 12.67% of students followed by severe SAD seen in 5.33% of students and the least common was very severe SAD seen only in 0.67% of the students.

Conclusion: There were total 150 medical students, mostly were females. 86(57.33%) students were belonging to age group <21 years. Majority of the students were belonging to urban area. Most of the students (54%) were not having any type of SAD. Mild, moderate, severe and very

KEYWORDS:

Social anxiety disorder (SAD), Social Phobia Inventory (SPIN), Prevalence, Urban and rural area

Introduction:

Social anxiety disorder (SAD) is characterized by the fear of being observed or evaluated by others¹. Social anxiety disorder includes fears involving other people or social situations such as performance anxiety or fears of embarrassment by scrutiny of others². Social phobia even though being a common psychiatric disorder, is under recognized and under treated³. There has been a recent increase in interest regarding Social anxiety disorder (SAD) because of higher-than-expected incidences; and SAD leads to disrupted relationship, severe depression and suicidal tendencies². SAD is associated with significant distress and functional impairment of work, social domains and also has deleterious academic effects⁴. Considerable degree of psychological morbidity has been reported among medical students ranging from stress, interpersonal problems and suicidal ideation to psychiatric disorders (2-7) and they tend to have greater psychological distress than the general population⁵. As Medical education can impose significant psychological stress on medical students, this study was conducted to assess prevalence of social anxiety disorder in medical students.

Aim and objectives:

1. To estimate prevalence of social anxiety disorder among MBBS students
2. To study various types of SAD present in them

Methodology:

This cross sectional study was done on medical students of government medical college, Chhattisgarh state.

Inclusion criteria- 1) All MBBS students of 1st, 2nd and 3rd year who were willing to participate

2) Both male and female students were included

Exclusion criteria- Students who were not willing to participate
All students were willing to participate in the study amounting to 150 undergraduate MBBS students. On fixed day, after explaining about the purpose of the study and obtaining informed consent, students were asked to fill pretested structured pro-forma in a lecture hall maintaining all the privacy. The Social Phobia Inventory (SPIN) questionnaire was used to diagnose SAD among students. It is easily administered self-

rating scale that captures the spectrum of fear, avoidance and physiological symptoms. It has a sensitivity of 73-85% and a specificity of 69-84% in regard to diagnosis of SAD. Mild social anxiety is considered as normal³.

Statistical Analysis:

Analyses were done using the SPSS Version 20. Descriptive statistics were calculated. Moderate, Severe and Very Severe social anxiety disorder was clubbed together as significant Social anxiety disorder.

Results:

Table.1 Distribution of study subjects according to demographic variables

Socio-Demographic variable			Total (n=150)
Gender	Male		64 (42.67%)
	Female		86 (57.33%)
Age	< 21 years		86 (57.33%)
	>21 years		64 (42.67%)
Residence	Rural		41 (27.33%)
	Urban		109 (72.67%)
Currently Living	At Hostel		113 (75.33%)
	Outside Hostel	With Friends	20 (13.33%)
		With Parents	10 (6.67%)
		Alone	7 (4.67%)
Total			150 (100.0%)

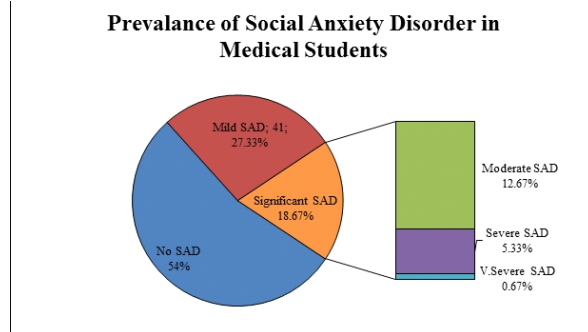
There were total 150 medical students in our study, out of them 64 (42.67%) were males and 86 (57.33%) were females. Out of total 150 students, 86 (57.33%) students were belonging to age group <21 years and 64 (42.67%) students were belonging to age group >21 years (Table:1).

The mean age of study subjects was 20.35±1.60 years. (Range: 18.75 to 21.95 years) The mean age of male students was 20.77±1.80 years and mean age of female 20.05±1.35 years.

Out of total 150 students, only 41 (27.33%) were belonging to rural area and 109 (72.67%) were belonging to urban area. Currently 113 (75.33%) students were living at hostel, 20 (13.33%) students were

living outside the hostel with friends, 10 (6.67%) students were living outside the hostel with parents and remaining 7 (4.67%) were living alone outside the hostel.

Graph:1. Prevalence of Social anxiety Disorder in Medical Students



In present study, most of the students (54%) were not having any type of social anxiety disorder. Among 47% of students who were having SAD, 27% of students were having mild SAD and 19% of students were having significant SAD. Mild social anxiety is considered as normal (Graph:1).

Among students who were having significant SAD, most common was moderate SAD, seen in 12.67% of students followed by severe SAD seen in 5.33% of students and the least common was very Severe SAD seen only in 0.67% of the students (Graph:1).

Discussion

There were total 150 medical students in our study, out of them 64 (42.67%) were males and 86 (57.33%) were females. These findings are comparable with the study conducted by Iqbal S. et al, about stress, anxiety & depression among medical undergraduate students where there were 41.1% males and 58.9% were females⁵.

Out of total 150 students 86 (57.33%) students were belonging to age group < 21 years and 64 (42.67%) students were belonging to age group >21 years (Table:1). A study conducted by Naveen S et al showed that range of ages of medical and engineering students was from 18 to 22 years⁶. This is in line with the study conducted by Ahmet Koyuncu et al, found that usual age of onset of SAD is before age 18⁷. This confers the validity of age group of students included in our study. The mean age of study subjects was 20.35±1.60 years. (Range: 18.75 to 21.95 years) The mean age of male students was 20.77±1.80 years and mean age of female students was 20.05±1.35 years. These findings are consistent with the study conducted by Iqbal S. on medical students about stress, anxiety & depression shown that mean age of males was 21.38 ± 1.71 yr and that of females was 20.43 ± 1.37 yr⁵.

Out of total 150 students, only 41 (27.33%) were belonging to rural area. In a study conducted by Upadhyaya S.K et al on social anxiety among medical students, it was found that 20.7% students were belonging to rural areas and 79.3% students were belonging to urban areas⁴.

Currently 113 (75.33%) students were living at hostel and remaining students were living outside the hostel. It is in contrast to study conducted by Zan H.M. on nursing collegians about social phobia shows that more than half of the study sample (54%) live with their family, whereas (44%) of them live in their campus⁸.

In present study, most of the students (54%) were not having any type of social anxiety disorder and 27% of students were having mild SAD (Graph:1). These findings are consistent with the study conducted by Iqbal S. on medical students about stress, anxiety & depression shown that 33.1% students were normal⁵.

Only 19% of students were having significant SAD (Graph:1). Among students who were having significant SAD, most common was moderate SAD, seen in 12.67% of students followed by severe SAD seen in 5.33% of students and the least common was very Severe SAD seen only in 0.67% of the students (Graph:1). These findings are consistent with the study conducted by Iqbal S. on medical students about stress, anxiety & depression showing that 10.5% students were having mild anxiety, 22.9% students were having moderate anxiety,

19.8% students were having severe anxiety and 13.6% students were having extremely severe anxiety⁵.

Above findings are in contrast to a study conducted by Chhabra V. et al on social phobia in school-going adolescents shows that total 89.7% students were below the cutoff/normal, and moderate, marked, severe and very severe social anxiety was seen in 5.0%, 4.3%, 0.7 % and 0.3% of students respectively⁹.

Conclusions: Out total 150 medical students, mostly were (57.33%) females. 86 (57.33%) students were belonging to age group <21 years and 64 (42.67%) students were from age group >21 years. The mean age of study subjects was 20.35±1.60 years. Most of the students (72.67%) were belonging to urban area. Currently Majority (75.33%) of the students were living at hostel. Most of the students (54%) were not having any type of social anxiety disorder. Among 47% of students who were having SAD, 27% of students were having mild SAD and 19% of students were having significant SAD. Among students who were having significant SAD, most common was moderate SAD, seen in 12.67% of students followed by severe SAD in 5.33% of students and severe SAD seen only in 0.67% of the students.

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