

Cyberchondria and Tendency of Repetitive Searching Nature on Exercise in Younger

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ABSTRACT

Background and need for research: Cyberchondria are a repeated internet search about health conditions / medical information. Today all young people have smartphones and good internet connection. So, they are searching for everything and want to know as well as health issues. So, we would like to find young adults are searching for medical information and exercise. So, the aim of study is to find cyberchondria and tendency of repetitive searching nature for exercise in young adults.

Methods: A cross-sectional survey conducted in Ahmedabad. 12-item cyberchondria severity scale (CSS) and exercise search questionnaire (ESQ) were filled from 113 young adults of both the gender between age group of 18 to 26 through online forms.

Result: The statistical analysis of this study shows that the CSS of the respondents has a mean & Sd ($37.65 \pm \text{sd}-8.71$), which is low-to-moderate form of cyberchondria. In exercise search questionnaire 40.8% respondents selecting component no. 3 (sometimes) that suggest frequent tendency to search exercise. when we assess the all questions mean, so we founded a higher mean of question no. 6 (mean=3.29) (After Searching, have you felt any misconception regarding exercise?).

Conclusion: The result suggests that low to moderate young people searching for medical information, exercise information provides misconception to younger people (which is available on internet).

Clinical implications: awareness about exercises searching on the internet.

Keywords: cyberchondria, Health anxiety, young adults, exercise, repetitive searching nature

INTRODUCTION

In today's world, every youngster has a smartphone in their hands at all times, which has led to a significantly higher utilization of the internet. Consequently, we gain access to every piece of information. As a result, we are able to access information at any time when we need it. As of December 31, 2020, there were 4.8 crore internet subscribers in Gujarat, from 4.4 crore a year before, and 6.5 crore subscribers as on January 31, 2023 according to figures from the Telecom Regulatory Authority of India (TRAI).⁸

After the Corona virus pandemic, people significantly increased searching for medical information on the internet. After this information searching, it gets recurring, consequently causes unnecessary concern or worry regarding health. It occurs because of misinterpretations of symptoms that are indicating several illnesses, a phenomenon called cyberchondria.¹ In recent years, it received greater interest.

This cyberchondria phrase emerged from "cyber" (associated to computers or the internet) and "hypochondria" (excessive

concern regarding health). Whoever utilized the phrase continues to face controversy.²

Cyberchondria is also a component of obsessive-compulsive disorder as well as hypochondriasis, which is often associated with excessive use of the internet. In general, people are concerned regarding their health, but in hypochondria, people are more concerned regarding their health when compared with other general people.³

The internet has played an essential part in the prevalence and incidence of cyberchondria simply because it is quick to access all information, such as health information.⁴ The study by Lauckner and Hsieh revealed that online binge searches regarding health information could lead to anxiety or depression.⁵

Cyberchondria is associated with some unfavorable impacts, such as impaired functioning, poor quality of life, and lower satisfaction with consultations with doctors.⁶

In recent years, increase the of maintain the physical fitness with increasing numbers of people engaging to doing exercise as well as yoga. So, that they join different parts or sector at which exercise might have taken place.

In COVID a period of time shout down all sectors so people are performing exercise at their homes so they could discover exercise on the internet. There is endless information about health as well as exercise accessible through the internet.

To figure out more regarding this exercise-related information, their misconceptions and confusion, whether this exercise causes to any harm or not, and the relationship between cyberchondria.

The Need for Study: In the day and age of the internet, the internet is utilized for searching for new information in addition to medical information. Therefore, the question was, "How many internet users are looking up exercises on the internet and this exercise is useful or not?" To discover the answer, investigate the prevalence of cyberchondria and exercise-related searches.

So, the aim of this study is to investigate cyberchondria and the tendency of repetitive searching on exercise in young adults.

MATERIALS & METHODS

This cross-sectional survey has been carried out in the Ahmedabad region following ethical approval. Convenience techniques have been used to collect the data. Medical field-related young adults and psychological disorder are excluded. Who is willing to participate? Which was taken. This study was carried out using an online form. Data was gathered from various classes. Selection was based on eligibility criteria, with ages ranging from 18 to 26 years, both genders, and knowledge of the English language.

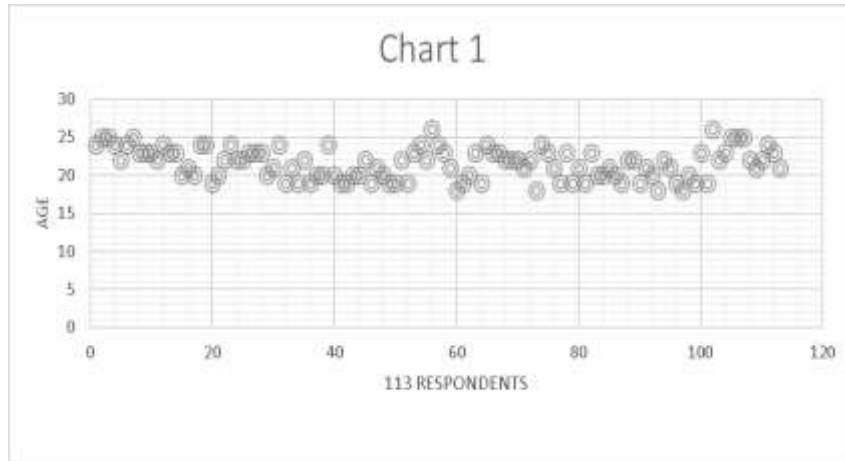
A 12-item cyberchondria severity scale (CSS) and exercise search questionnaire (ESQ) were filled out.

Eoin McElroy et al.⁷ developed the 12-item cyberchondria severity scale (CSS) from the origin 33-item cyberchondria severity scale in 2014. It contains various subscales like excessiveness (repeated nature of searching), distress (anxiety), reassurance, and compulsion (search interfering with life). The total score of the 12-item cyberchondria scale (CSS) is 0 to 60. The internal consistency of this scale is 0.87.⁴

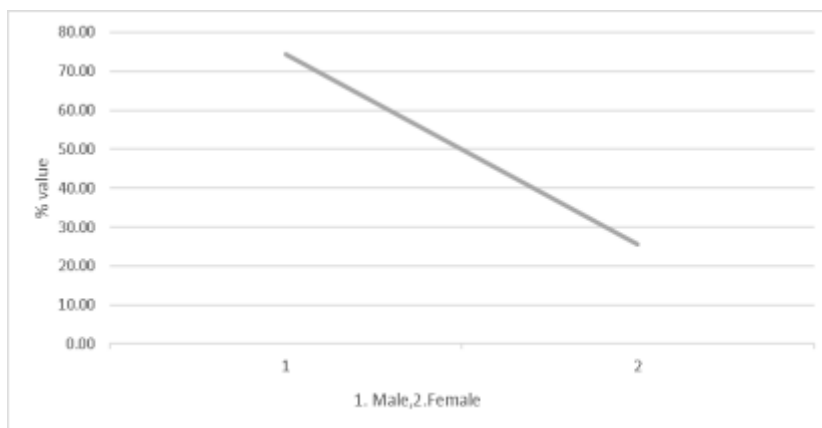
Exercise search questionnaire (ESQ) was developed. It contains eight questions regarding searches on the internet. This questionnaire was validated by an experienced physiotherapist. Following this, reliability was questioned in some age groups, except medical field people. The exercise search questionnaire (ESQ) has a Cronbach's alpha value of 0.734 for its internal consistency.

RESULT

Microsoft Excel was utilized for analyzing the data. The two questionnaires were filled out by 113 young adults, with 74.34% of the male respondents and 25.66% female respondents. The mean age groups



AGE RANGE*



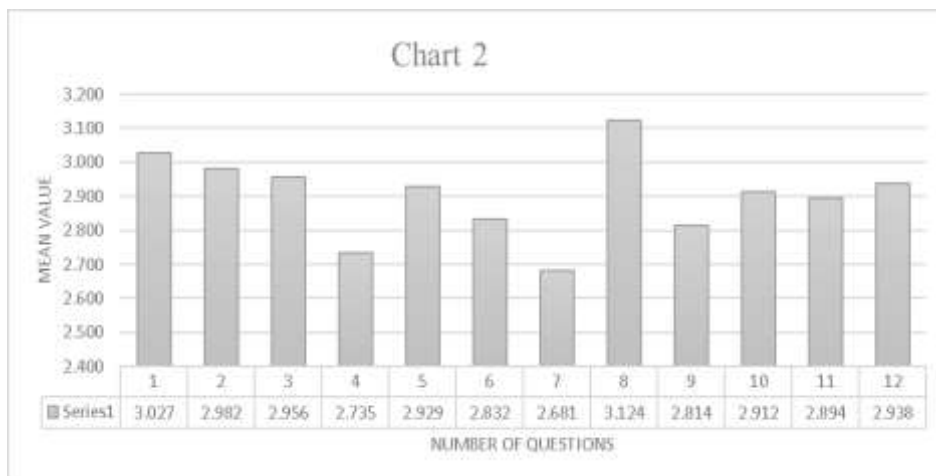
Male /female % value*

of the respondent was 21.57(SD-2.05). chat 1 describes the age range. And describes the male and female % value in chart.

To calculate the prevalence of cyberchondria, we calculated the mean value of CCS respondents, which was 37.65(SD-8.71).

(*CSS: 1–20 = mild; 21–40 = moderate; 41–60 = severe)⁴

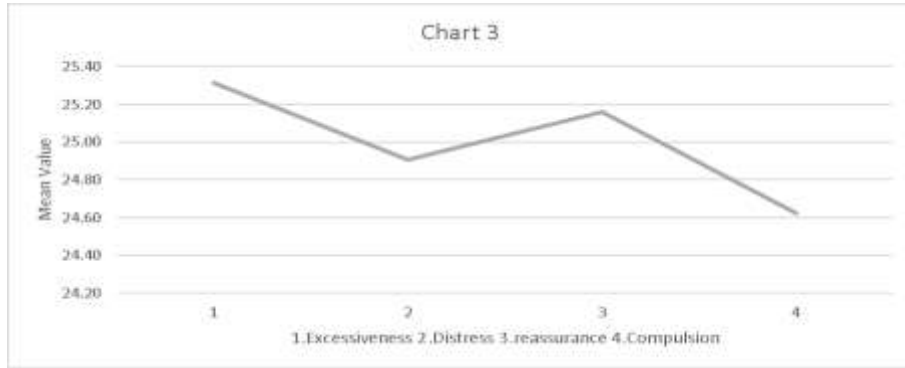
The individual mean value of the 12-point short form of the cyberchondria severity scale is shown in Chart 2.



Mean value of 12- item CSS scale *

To calculate the subscale value of the 12-item cyberchondria severity scale to assess the mean value and percentage value, for excessiveness (1, 3, 6), distress (4, 8, 9), reassurance (5, 11, 12), and compulsion (2,

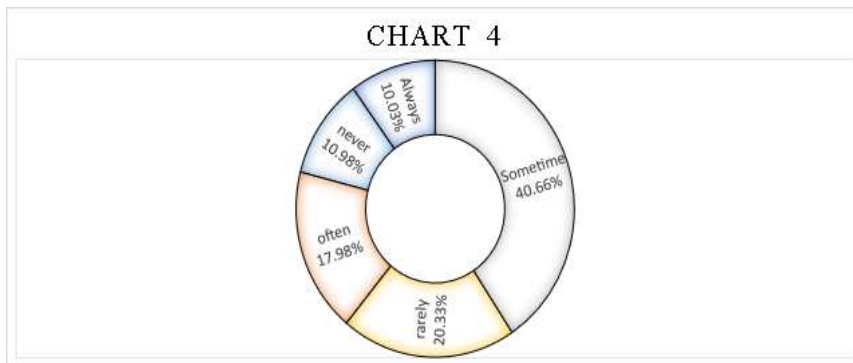
7, 10), respectively, the mean value is 2.94 (SD 1.09), 2.89 (SD 1.24), 2.96 (SD 1.16), 2.86 (1.15), and the percentage value is described in chart 3.



percentage value*

To find exercise search questionnaire (ESQ), we have calculated a separate % value for each individual question. As a result, the majority of respondents (40.66%)

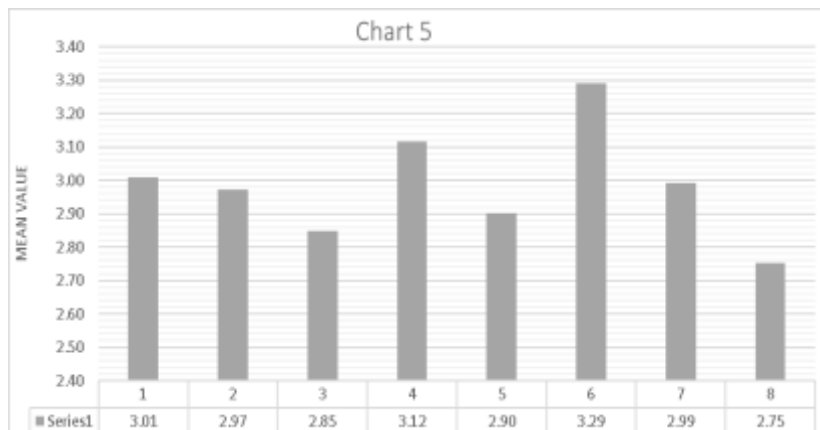
chose the option “Sometimes”. That indicating a frequent tendency to search for exercise -related information online. chart 4 describes selected options by respondents.



selected options by respondents*

we calculated the mean of each individual question, with question number six having the highest mean (mean = 3.29). (After

searching, have you felt any misconceptions regarding exercise?) Individual mean values of ESQ are shown in chart 5



Mean value of ESQ *

DISCUSSION

The results indicate that younger respondents had a mild form of cyberchondria, which was 37.65 (SD 8.71). Based on the result When looking at each question mean value of the 12-item cyberchondria severity scale (CSS), question number eight has a higher mean value, the first question has a second higher mean value when compared to the other questions, and question number seven has the lowest mean value. These values can be seen in Result Chart 2.

Question number one suggests that when the respondents notice unexplained body sensations, they search for them on the internet, so they turn to the internet to assess their symptoms or other medical information. Question number eight suggests that they are okay until they read about the serious illness. Question number seven suggests that the searching medical information online have no interruptions in their work.

To discover the subscale of the 12-item cyberchondria severity scale (SSC), we do not find the greater mean value or percentage value differences. A larger sample size will be required to obtain subscale values. even so to assess Chart 3, respondents search for repeated medical information and seek out medical professional guidance following distress.

Reynold Padagas, Butch Stephen Duay: Their finding revealed moderate levels of cyberchondria among Filipino teacher education students. In this study, the outcome has been the same.⁴

The exercise search questionnaire (ESQ), percentage value, and mean value were evaluated. This value shown into result.

According to the % value they selected, Sometimes the option was selected most that mean they are repeated searching tendency of exercise on the internet. Question Five had a higher 14% value that selected the "always" option than the other question, so by searching for exercise, they had been motivated to do more exercise. For this question, 5.6% selected the "Never"

option, which was the lowest among all questions. According to the mean value, the six-number question has the highest mean value, indicating that respondents felt misconceptions regarding exercise when they searched. Question number four has the second highest mean value, indicating that the information provided on the web may be confusing to respondents. So, which suggest that which exercise information are available on internet it's not trustable. Question number eight has the lowest mean value, indicating that respondents are unaware of physiotherapy.

CONCLUSION

Young people had a moderate form of cyberchondria and searched for medical information on internet, then took professional guidelines, and they searched for exercise on the web Sometimes with confusion, but after watching exercise videos, they are motivated to do workouts, but they feel misconceptions regarding exercise.

Declaration by Authors

Ethical Approval: Approved

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