



Awareness of Fibromyalgia Syndrome Among Undergraduate Students of University

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ABSTRACT

Background and Introduction: Fibromyalgia is a most prevalent disease. The characteristics of fibromyalgia are persistent pain which spreads over a wide area of the body. Physical burden, emotional triggers, climatic changes and sustained postures are considered to be the most common factors that lead to the elevation of pain. **Objectives:** To assess the awareness of fibromyalgia among undergraduate students of university. **Methods:** A standardized questionnaire was used to determine the awareness in students of University of Lahore. The subjects were preferred according to the inclusion and exclusion criteria and purpose of the study. All data was analyzed using SPSS version 21. Numerical data was described in mean $\pm$ standard deviation. For the significance, Chi square test was applied for qualitative data whereas one sample T-test for quantitative data. All results were calculated at 95% confidence level. P value ≤ 0.05 was considered as a significant value. **Results:** Results show that out of 385 participants 60% were aware of the fibromyalgia syndrome while 40% were unaware.



Conclusion: The study was conducted to determine the awareness of fibromyalgia among undergraduate students of university. It concluded that most of the participants were aware of fibromyalgia.

Keywords: *Fibromyalgia, pain, tender points*

1. INTRODUCTION

Around 10 million people are affected by fibromyalgia in the United States (US), it is a painful disease which is chronic in nature. (Hsu et al., 2010). The characteristics of fibromyalgia are persistent pain which spreads over a wide area of the body.(Arshad & Ooi, 2007)

The most important feature is the tender point count. Stiffness is also one of the symptoms of fibromyalgia.(Sanz-Baños et al., 2016) The most incapacitated symptom is pain. Most often the patients complain that every part of their body hurts, and few of them also mention fluctuations in the patterns of pain, with the pain that worsens in the morning time or at the beginning of the day and gets improved as the day advances, then again worsens at the end of the day.(Pérez-de-Heredia-Torres, Huertas Hoyas, Sánchez-Camarero, Pérez-Corrales, & Fernández de-las-Peñas, 2016) Many aspects of daily life are being affected by fibromyalgia syndrome and has serious effects on the personal and social lives. Women with FM also report limitations in performing activities of daily life including the ability to work.(Palstam, 2015)

2. LITERATURE REVIEW

A study was conducted in India the aims of the study, to assess knowledge and attitude of professionals and medical students towards Fibromyalgia Syndrome. Undergraduate students will be able to diagnose and understand the patients suffering from fibromyalgia syndrome if they would be sensitized to fibromyalgia (Vasanthi & Parameswaran Nair, 2018) A study was conducted at UMIT Austria to investigate the interceptive awareness in fibromyalgia. An awareness was seen in the patients suffering from fibromyalgia syndrome, moreover, a linear association was observed between the severity of symptoms of fibromyalgia syndrome awareness.(Duschek, Montoro, & Reyes del Paso, 2017) A study conducted in Turkey to assess the awareness of fibromyalgia among the women aged between 18 and 75 years. It concluded that majority of the participants were aware that it is more common in females and its pain is widespread(Koca, Tugan, Koçyiğit, & Nacitarhan, 2019)

3. METHODS

A cross sectional survey was conducted on 385 participants. A standard questionnaire was distributed among the students of University of Lahore, Gujrat campus. The subjects belong to physical therapy department were excluded from the study. The data was collected through non-probability convenient sampling with consecutive selecting. All data was analyzed using SPSS version 21. Numerical data was described in mean $\pm$ standard deviation. Frequencies and percentages were used to display the qualitative data. For the significance, Chi square test was applied for qualitative data whereas one sample T-test for quantitative data. All results were calculated at 95% confidence level. P value $\leq$ 0.05 was considered as a significant value.

4. RESULTS AND FINDING

Out of 385 participants, 146(38%) were male and 239(62%) were female. The average age of students was 20.54 ± 1.58 years. Results show that out of 385 participants 60% were aware of the fibromyalgia syndrome

Table 1. Awareness of fibromyalgia in different department

Variables		n(%)
Age in Years, Mean $\pm$ S.D	20.54 $\pm$ 1.58	
Gender	Male	146 (37.90)
	Female	239(62.10)
Department	Engineering (BSCS, IT, CT, SE)	42(10.90)
	BS Math	28(7.30)
	Aviation	13(3.40)
	BBA	30(7.80)
	Pharm-D	165(42.90)
	MID	30(7.80)
	BS Physics	28(7.30)
	BS English	24(6.20)
	DDNS	25(6.50)
Total		385(100)

Being more specific 10.9% of the participants who had the awareness were from engineering department, 7.3% were from BS Mathematics department, 3.4% were from aviation department, 42.9% were from Pharm-D (Doctor of pharmacy) department, 7.8% were from MID(Medical imaging department) department, 7.3% were from BS physics, 7.8% were from LBS (Lahore business school), 6.2% were from BS English department and 6.5% of the participants were from DDNS (Doctor of diet and nutrition sciences) department in Table 1

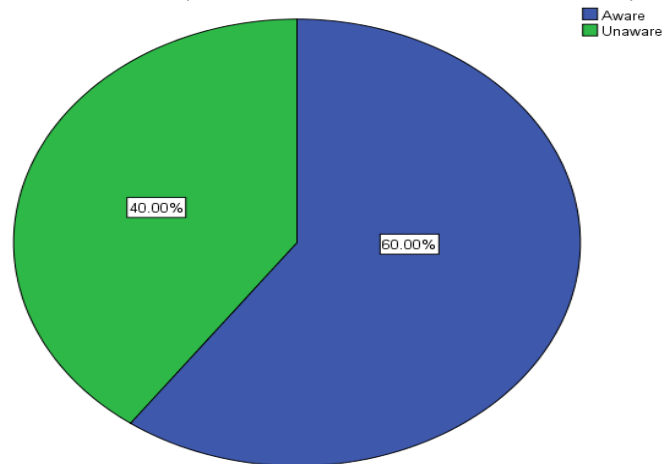


Figure 1. Awareness of fibromyalgia among undergraduate students

Out of 100% participants 60% of the participants who had the awareness of fibromyalgia syndrome were medical students while 40% of the participants were non-medical students that are presented in Figure-1.

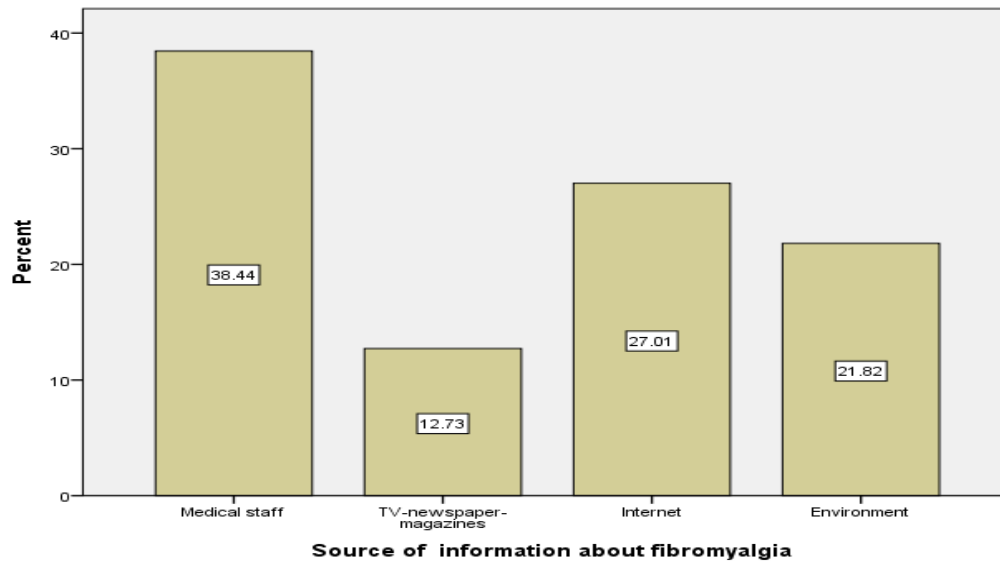


Figure 2. Sources of information about fibromyalgia

Results showed in Figure-2 that out of 385 participants, 38% got information from medical staff, 13% from T.v, newspaper-magazines, 27% from internet and 22% from environment.

Table 2. Inferential analysis of awareness regarding fibromyalgia

Variables	Answer in %		True response	P-Value
	TRUE	FALSE		
Q1. Fibromyalgia is characterized by widespread musculoskeletal torment	77	23	TRUE	<0.001*
Q2. Fibromyalgia is a provocative joint infection	50	50	FALSE	0.878
Q3. Fibromyalgia is equally seen in females and males	56	44	FALSE	0.022*
Q4. Fibromyalgia increases inflammation in blood	52	48	FALSE	0.508
Q5. Fibromyalgia causes distortion in joints	55	45	FALSE	0.059
Q6. Fibromyalgia may cause forgetfulness and dizziness	65	35	TRUE	<0.001*
Q7. Fibromyalgia reduces fertility	36	64	FALSE	<0.001*

Variables	Answer in %		True	P-Value
Q8. Fibromyalgia lasts for life	35	65	TRUE	<0.001*
Q9. Rest unsettling influence is common in fibromyalgia	58	42	TRUE	<0.001*
Q10. Antidepressants are given within the treatment of fibromyalgia	47	53	TRUE	0.241
Q11. Within the treatment of fibromyalgia, a healthy diet is commonly prescribed	72	28	TRUE	<0.001*
Q12. Fibromyalgia is familial, can pass from mother to child	38	62	FALSE	<0.001*
Q13. Fibromyalgia is completely psychological	47	53	FALSE	0.241
Q14. Fibromyalgia influences the quality of life	72	28	TRUE	<0.001*
Q15. Fibromyalgia treatment is only conceivable with medicines	35	65	FALSE	<0.001*
Q16. Fibromyalgia could be a disease that can be recuperated totally	65	35	FALSE	<0.001*
Q17. Exercise has a vital place within the treatment of fibromyalgia	80	20	TRUE	<0.001*
Q18. Fibromyalgia may be accompanied by intestinal and urinary issues	49	51	TRUE	0.721
Q19. Fibromyalgia may be accompanied by numbness in the hands	65	35	TRUE	<0.001*

“*” indicates the statistical significance that was calculated by Chi-square test

A study was conducted to assess the awareness of fibromyalgia among general practitioners of Iran. Finding shows that they were not well aware of fibromyalgia therefore. {Kianmehr, 2017 #14} Whereas, current study revealed that majority of the participants were well aware of fibromyalgia syndrome. A study, to assess the awareness of fibromyalgia among the women aged between 18 and 75 years conducted in Turkey that showed similar findings of present study. It concluded that majority of the participants were aware that it is more common in females and its pain is widespread. {Koca, 2019 #15}

5. CONCLUSION

Study concluded that most of the participants were aware of fibromyalgia and medical staff was main source of information. Majority of the participants who were aware of fibromyalgia syndrome were the medical students. Female participants were well aware

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