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Incidence of anorexia nervosa and its associated symptoms among females in diverse profession groups in district Kohat and Karak

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Abstract

Anorexia nervosa is also sometime called Anorexia. It is psychological disorder in which is prevalent among females. 618 adult respondents of various professions were included in this study out of which 77/618 were Teachers, 138/618 were house wives, 97/618 were unmarried house hold females, 109/618 were College and university students, 80/618 were social workers, 35/618 were paramedic staff, 9/618 were female security guards, 8/618 were lady constables, 32/618 were maids, 15/618 were female tailors while 18 were doctors. Data was recorded on a questionnaire. Almost all females were either completely or partially suffering from anorexia nervosa as they had fear of becoming over weight. About Excessive exercise (64/618) and induced vomiting (67/618) was found most prevalent symptoms present among of study population. 41/618 were involved in skipping meals, 30/618 were using laxatives, 36/618 were hypothermic, 29/618 had brittle nails due to malnutrition, 41/618 had thin appearance still they were involved in reducing weight, 29/618 had amenorrhea, 40/618 had depression, 3/618 had fatigue, 39 had mood swing problem, 43/618 had dry skin, 26/618 had fear of gaining weight, 37/618 had constipation problem, 26/618 had hypotension, 8/618 had hypertension, 29/618 had halitosis

Keywords: Anorexia nervosa, professions, Kohat, Karak

1. Introduction

Anorexia nervosa is also sometime called Anorexia^[1]. It is psychological disorder in which is prevalent among females. It is characterized by food limitations and other symptoms. In anorexia a female bound herself to eat less amount of food as she had fear of becoming overweight although she has a reduced weight^[2, 3]. Such females are addicted to weight machine and often check their weight regularly^[4]. Most of them do an excessive exercise even so tough that they disturb their menstruation cycle up to their stopover. Anorexia is considered to be a disorder that can be transferred up to generation to generation^[5]. Anorexia nervosa is often misdiagnosed with Bulimia nervosa, which is an eating disorder^[6]. In 1873 Queen Victoria's physician Sir William Gull coined the term anorexia nervosa^[7]. It is sometime also called miraculous lack of appetite or Anorexia mirabilis^[8, 9].

2. Materials and methods

2.1 Study Area

From April 2016 to June 2016 District Kohat and District Karak were selected as target area for data collection.

2.2 Study Population

Adult Females of both the districts were investigated for the symptoms of anorexia nervosa.

2.3 Sample Size

618 adult females.

2.4 Profession description

Female respondents of various professions were included in this study out of which 77/618 were Teachers, 138/618 were house wives, 97/618 were unmarried house hold females,

109/618 were College and university students, 80/618 were social workers, 35/618 were paramedic staff, 9/618 were female security guards, 8/618 were lady constables, 32/618 were maids, 15/618 were female tailors while 18 were doctors. Data was recorded on a questionnaire.

3. Results

Almost all females were either completely or partially suffering from anorexia nervosa as they had fear of becoming over weight. Among 77 teachers 8 were having excessive exercise, 8 were involved in induced vomiting, 4 were skipping meals, 5 were using laxatives for inducing constipation, 6 had hypothermia due to low body fat, 6 had brittle nails due to malnutrition, 3 of them had thin appearance, 6 were suffering from amenorrhea, 3 of them had constant depression, 6 of them had constant fatigue, 3 had symptoms of sudden mood swings, 7 had dry skin, 2 had severe fear of gaining weight 3 of them had constipation, 4 had hypotension/low blood pressure, no one had hypertension while 4 had bad breath. Among 138 House wives 12 were having excessive exercise, 11 were involved in induced vomiting, 14 were skipping meals, 12 were using laxatives for inducing constipation, 9 had hypothermia due to low body fat, 7 had brittle nails due to malnutrition, 5 of them had thin appearance, 3 were suffering from amenorrhea, 10 of them had constant depression, 5 of them had constant fatigue, 9 had symptoms of sudden mood swings, 14 had dry skin, 4 had severe fear of gaining weight 9 of them had constipation, 6 had hypotension / low blood pressure, 1 had hypertension while 7 had bad breath. Among 97 unmarried teenage house holds 9 were having excessive exercise, 10 were involved in induced vomiting, 9 were skipping meals, 3 were using laxatives for inducing constipation, 5 had hypothermia due to low body fat, 5 had brittle nails due to malnutrition, 8 of them had thin appearance, 6 were suffering from amenorrhea, 7 of them had constant depression, 5 of them had constant fatigue, 8 had symptoms of sudden mood swings, 5 had dry skin, 6 had severe fear of gaining weight 4 of them had constipation, 3 had hypotension / low blood pressure, 1 had hypertension while 3 had bad breath.

Among 109 students from colleges and universities 17 were having excessive exercise, 19 were involved in induced vomiting, 6 were skipping meals, 3 were using laxatives for inducing constipation, 8 had hypothermia due to low body fat, 3 had brittle nails due to malnutrition, 9 of them had thin appearance, 3 were suffering from amenorrhea, 6 of them had constant depression, 4 of them had constant fatigue, 8 had symptoms of sudden mood swings, 6 had dry skin, 2 had severe fear of gaining weight 4 of them had constipation, 7 had hypotension / low blood pressure, 7 had hypertension while 7 had bad breath. Among 80 social workers 8 were having excessive exercise, 5 were involved in induced vomiting, 2 were skipping meals, 3 were using laxatives for inducing constipation, 5 had hypothermia due to low body fat, 3 had brittle nails due to malnutrition, 6 of them had thin appearance, 6 were suffering from amenorrhea, 6 of them had constant depression, 4 of them had constant fatigue, 3 had symptoms of sudden mood swings, 5 had dry skin, 6 had severe fear of gaining weight 7 of them had constipation, 2 had hypotension / low blood pressure, 4 had hypertension

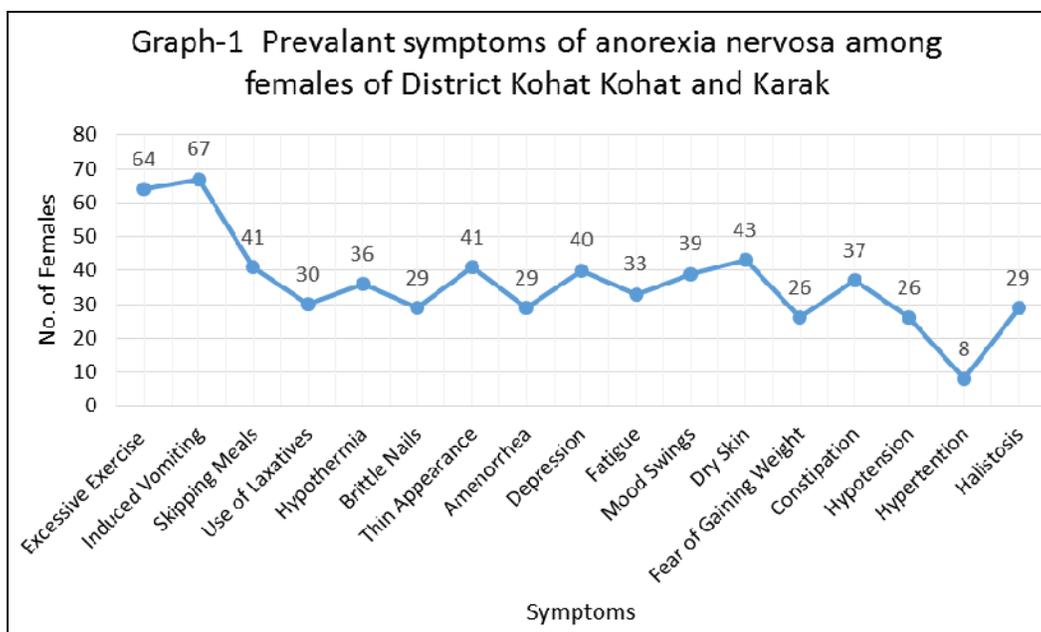
while 5 had bad breath. Among 35 Paramedical staff members 2 were having excessive exercise, 3 were involved in induced vomiting, 3 were skipping meals, 1 were using laxatives for inducing constipation, 1 had hypothermia due to low body fat, 3 had brittle nails due to malnutrition, 4 of them had thin appearance, 2 were suffering from amenorrhea, 1 of them had constant depression, 3 of them had constant fatigue, 2 had symptoms of sudden mood swings, 1 had dry skin, 2 had severe fear of gaining weight 4 of them had constipation, 1 had hypotension / low blood pressure, no one had hypertension while 2 had bad breath.

Among 9 Female Security guards, 1 were having excessive exercise, 1 were involved in induced vomiting, 1 were skipping meals, 1 of them had constant depression 1 of them had constant fatigue, 1 had dry skin, 1 had severe fear of gaining weight 1 of them had constipation, while 1 had bad breath. Among 8 lady police constables, 1 were having excessive exercise, 1 were involved in induced vomiting, 1 were suffering from amenorrhea, 1 of them had constant depression, 1 of them had constant fatigue, 1 had severe fear of gaining weight 1 of them had constipation, while 1 had bad breath. Among 32 maids, 3 were having excessive exercise, 4 were involved in induced vomiting, 1 were skipping meals, 2 were using laxatives for inducing constipation, 2 had hypothermia due to low body fat, 1 had brittle nails due to malnutrition, 3 of them had thin appearance, 1 were suffering from amenorrhea, 1 of them had constant depression, 2 of them had constant fatigue, 4 had symptoms of sudden mood swings, 2 had dry skin, 1 had severe fear of gaining weight 2 of them had constipation, 1 had hypotension / low blood pressure, no one had hypertension while 2 had bad breath. Among 15 female tailors, 2 of them were doing excessive exercise, 3 were involved in induced vomiting, 1 were skipping meals, 1 had brittle nails due to malnutrition, 2 of them had thin appearance, 2 of them had constant depression, 1 of them had constant fatigue, 1 had symptoms of sudden mood swings, 1 had dry skin while 1 had severe fear of gaining. Among 18 lady doctors, 1 were having excessive exercise, 2 were involved in induced vomiting, 1 were using laxatives for inducing constipation, 1 had brittle nails due to malnutrition, 1 of them had thin appearance, 1 were suffering from amenorrhea, 2 of them had constant depression, 1 of them had constant fatigue, 1 had symptoms of sudden mood swings, 1 had dry skin, 2 of them had constipation, 2 had hypotension / low blood pressure, no one had hypertension while 2 had bad breath (Table-1).

3.1 Prevalent symptoms of anorexia nervosa among female of district Kohat and Karak

About Excessive exercise (64/618) and induced vomiting (67/618) was found most prevalent symptoms present among of study population. 41/618 were involved in skipping meals, 30/618 were using laxatives, 36/618 were hypothermic, 29/618 had brittle nails due to malnutrition, 41/618 had thin appearance still they were involved in reducing weight, 29/618 had amenorrhea, 40/618 had depression, 3/618 3 had fatigue, 39 had mood swing problem, 43/618 had dry skin, 26/618 had fear of gaining weight, 37/618 had constipation problem, 26/618 had hypotension, 8/618 had hypertension, 29/618 had halitosis (Graph-1).

Professions	Overall	Excessive Exercise	Induced Vomiting	Skipping Meals	Use of Laxatives	Hypothermia	Brittle Nails	Thin Appearance	Amenorrhea	Depression	Fatigue	Mood Swings	Dry Skin	Fear of Gaining Weight	Constipation	Hypotension	Hypertension	Halitosis
Teachers	77	8	8	4	5	6	5	3	6	3	6	3	7	2	3	4	0	4
House wives	138	12	11	14	12	9	7	5	3	10	5	9	14	4	9	6	1	7
House holds	97	9	10	9	3	5	5	8	6	7	5	8	5	6	4	3	1	3
Students	109	17	19	6	3	8	3	9	3	6	4	8	6	2	4	7	2	2
Social workers	80	8	5	2	3	5	3	6	6	6	4	3	5	6	7	2	4	5
Paramedical staff	35	2	3	3	1	1	3	4	2	1	3	2	1	2	4	1	0	2
Security guards	9	1	1	1	0	0	0	0	0	1	1	0	1	1	1	0	0	1
Police	8	1	1	0	0	0	0	0	1	1	1	0	0	1	1	0	0	1
Maids	32	3	4	1	2	2	1	3	1	1	2	4	2	1	2	1	0	2
Tailors	15	2	3	1	0	0	1	2	0	2	1	1	1	1	0	0	0	0
Doctors	18	1	2	0	1	0	1	1	1	2	1	1	0	2	2	0	0	2
Grand Total	618	64	67	41	30	36	29	41	29	40	33	39	43	26	37	26	8	29



4. Discussions

Current study is in agreement with the study of Arcelus *et al* [5] who suggest that anorexia nervosa is more prevalent in those females which are involved in professional activities like modelling or something like that, in this study we have found anorexia nervosa in almost all the females which were involved in different profession. There is an obvious effect of body figure and beauty on job occupation. Current study also revealed that this disorder is increasing dramatically which is also indicated by Herpertz-Dahlmann *et al* [19] that the reason of this dramatic increase is basically an elevated level of body ideals. Among Teachers most of them were doing excessive exercise while some were involved in induced vomiting, amenorrhea dry skin and hypothermia were the most common problems among teachers. Among house wives Skipping meals and dry skins were the most common symptoms while most of them were also involved in induced vomiting, among unmarried teenage households induced vomiting, skipping meals and sudden mood swings were the most common symptoms Among students, excessive

exercise and induced vomiting were the most common symptoms while they also had thin appearance in body physique. Among social workers’ Excessive exercise and constipations were the most common symptoms while thin appearance amenorrhea and depression was also prevalent among those females. Among Paramedical staff constipation, thin appearance and fatigue was most common. Female security guards and lady police constables were at lower risk of anorexia nervosa. Maids were also involved in induced vomiting and had a mood swing problem. Female tailors had also symptoms of depression, having thin appearance and were involved in doing excessive exercise. Regardless of their profession, doctors were involved in self-vomiting as well as suffering from halitosis.

5. Conclusion

Keeping in view all facts of anorexia nervosa, the current study is designed to investigate the incidence of this disorder and its associated symptoms among females in diverse profession groups in district Kohat and Karak.

6. Acknowledgments

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