

Levels of awareness about hyperthyroidism among adult population of the Shaqra region: A cross-sectional survey

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Introduction:

Hyperthyroidism is defined as an increase in the concentration of thyroid hormones in the blood, it is more prominent in females. Common manifestations accompanying this syndrome are palpitations, fatigue, tremor, anxiety, disturbed sleep, weight loss, heat intolerance, sweating, and polydipsia. Physical investigations reveal tachycardia, tremor in the extremities, and weight loss. The aim of this study is to assess the magnitude and level of awareness among adults of the Shaqra region about hyperthyroidism and related risk factors, complications, signs, and symptoms.

Methods:

This cross-sectional study of Saudi adults in the Shaqra region, Saudi Arabia was conducted from May 2022 to March 2023 and included 394 participants.

Participants were included if they completed all components of the questionnaires and the informed consent. The questionnaires included demographic characteristics, lifestyle habits, risk factors, complications signs, and symptoms of the disease.

A standardized questionnaire composed of 13 questions about hyperthyroidism has been used for the assessment of hyperthyroidism awareness, the questionnaire was developed as a web-based survey.

Data analysis: the participants were classified into poor, moderate, good, great, and excellent awareness based on the scoring, which was from 1 - 50 points according to the best answers.

Data were expressed as numbers and percentages. Statistical analysis was performed using the SPSS version 23, and descriptive analysis including frequencies and cross tabulations was done on the data acquired.

Conclusion:

The males had superior awareness about the risk factors, complications, signs, and symptoms of hyperthyroidism compared to females. We recommend intensive educational programs to spread knowledge about this infamous disease.

References:

- Mathew P, Kaur J, Rawla P. Hyperthyroidism. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 [cited 2023 Apr 22]. Available from: <http://www.ncbi.nlm.nih.gov/books/NBK537053/>
- De Leo S, Lee SY, Braverman LE. Hyperthyroidism. Lancet. 2016;388(10047):906-918.

Result:

A total of 446 responses were submitted, and 394 were included as they matched the inclusion criteria. Females were 213 and males were 181. Males had significantly higher levels of awareness when compared to their female counterparts (p -value = 0.000470), a significant increase in the level of awareness among the youngest age group (age from 18 to 24) (p -value = 0.024371).

