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CYBERCHONDRIA

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ABSTRACT

Internet gives verity of health information for improving the knowledge of general population, however often people misuse it for self analysis and taking treatment. The current trend is, clients access internet for health issues and they try to self diagnose, treat themselves with some medications based on the symptoms they have.Often,they tend to relate with one or the other disorder and gets worried with the acquiring illness which causes more psychological disturbance and anxiety. The client is preoccupied with acquired information and it may hinder healthy communication between patient and health professionals. This article high lights the consequences of excessive reliance of web-based contents on health.

KEYWORDS: IDIOT, cyberchondria and anxiety.

INTRODUCTION

The era of information explosion helped mankind a lot to seek information within his fingertips. We can access verity of information for knowing things like education, new innovation, goods available, public affairs etc. Everyone is free to access the information which available in internet but utilizing the fetched information in right way is questionable. The recent development observed in medical field is, the clients are more reliant on Google information before or after consulting doctor which favors or adverse the treatment in a marked level. The present article is very relevant in present COVID scenario because the public try out all remedies which were posted in open access irrespective of their clinical trials or from trusted sources.

Definition: IDIOT syndrome - Internet Derived Information Obstruction Treatment Syndrome or Cyberchondria refers to the tendency of self-diagnosing, self-medicating or fear of contracting health problems increases anxiety with the reference of information accessed in internet by non medical person[2].

The term cyberchondria is coined in early 2000, but greatly evident inrecentyears. The internet content gives precise and general information not the personalized information. This bounds the fear and anxiety among the browser[4]. E.g: The clients terminating the treatment abruptly based on this information accessed in internet without seeking the doctor consultation because they might have read regarding adverse effect of certain drugs. This condition is routed from long time and evident here and there with some complication araised from abrupt treatment stoppage and denying the suggested treatment modalities[1].

Incidence

About 35% of the Americans diagnose themselves with the aid of google search. A Belgian study reveals that 56% young population, women and graduates do browsing for health-related terminologies, topics and illness. The hospital visits due to internet induced healthy anxiety in London costs about 420 million in a year among outpatient department[2].

The commonest behavior seen in cyberchondria

Frequent search for medical issues or health affairs.

- Self diagnosing and self medicating by searching over internet.
- Search for medication indication, side effects or adverse reaction which was prescribed by doctors.
- Stopping drugs or denying for required treatment advised by doctor without consulting them based on their browsed information[3].
- Anxiety about contracting disorders based on availing information in internet.

Pros and cons of seeking information in internet
Pros
- It gives general guidance in the stage of health and illness to public.
- It helps the medical persons and the clients in health teaching
- Provide awareness among general population and helps in early diagnosis of diseases.
- Helps in healthy discussion with consultant and clarify the doubts of client related to their health.
- Promotes primordial prevention of majority of the diseases by creating awareness.

Cons
- It obstructs the treatment prescribed by doctor
- Abrupt discontinuation of treatment may lead to complications
- Self medication harms the client because of consuming over the counter medications.
- The anxiety created by internet information may seriously affect the psychological wellbeing
- It destructs the therapeutic relationship of doctor and client.
- Non acceptance of medication prescribed by physician
- Partial information of medication leads to serious life-threatening complications
- Patients were preoccupied with fear of acquiring the diseases
- The ideation of contracting diseases may lead to unnecessary investigations and health expenses [4].

Measures to avoid cyberchondria
- Use information's wisely.
- Take consultation if you have doubts about treatment and clarify with trusted family doctor.
- Do not self-medicate, consult before taking any medications
- If you found any adverse reactions with your regular treatment consult your physician immediately.
- Refer the trusted sites for your information don't believe random sources.

CONCLUSION

The IDIOT syndrome affects the decision-making capacity of the client who is seeking treatment even though they know the severity of illness just because of browsed results from internet. We can't say that all information available in internet is wrong, we need to search appropriate sources for individualized concern. In summary do not influence with findings on internet, consult a doctor whom you can trust before making judgement because doctors are professionals with great expertise in medical field can understand the individual differences among client than your internet.

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