



A Study To Assess The Knowledge On Risk Factors And Warning Signs Of Phonophobia Among The Selected Community In Coimbatore

Esthar Aniytha. S

Nursing Tutor, Ganga College of Nursing Affiliated to the Tamilnadu Dr.M.G.R Medical University, Chennai, Tamilnadu , India

Abstract;

Background of the study : Phonophobia is a rare phobia characterized by an irrational fear of loud or sudden sounds.

Objectives : To asses the knowledge on risk factors and warning signs of Phonophobia.

Methodology : This study was conducted for the age group of 35 to 40 years. A total of 20 clients were selected using PSS(Phonophobia Severity Scale) and the Generalized Anxiety Disorder -7 (GAD-7) scale.

Outcome measures : Knowledge regarding Phonophobia, client was get self-administrated questionnaire on risk factor.

Results: Among 20 clients 50% had poor knowledge (0-50%) ,moderate knowledge 25% (51-75%), and had good knowledge 25%(76-100%)

Conclusion : The results that Phonophobia client were having poor knowledge about the risk factors and warning signs Phonophobia.

I. INTRODUCTION

The term Phonophobia came from Greek word 'phone' which means voice or sound and 'phobos' which means fear(1). Phonophobia is a common symptom in individuals who experience migraine or cluster headaches, a rare type of headache, During a migraine attack, heightened sensitivity to sound . It is also known as hyperacusis.

Phonophobia also known as Sonophobia, Ligyrophobia or Acousticophobia. Sonophobia can refer to hypersensitivity of a patient to sound and can be part of the diagnosis of a migraine, occasionally it is called Acousticophobia(1).

II. STATEMENT OF THE PROBLEM:

A study to Assess the knowledge on Risk factors and warning signs of Phonophobia among the Selected Community in Coimbatore.

III. OBJECTIVES OF THE STUDY

- ◆ A study to Assess the Association of knowledge on risk factors and warning signs of Phonophobia client with selected demographic variable.
- ◆ knowledge on Risk factors and warning signs of Phonophobia

IV. MATERIALS AND METHODS

This study population was contacted for the age group of 35 to 40 years. A total of 20 clients were selected in community Coimbatore. The methods used is PSS (Phonophobia Severity Scale) and the Generalized Anxiety Disorder -7 (GAD-7) scale for this study.

V. CRITERIA FOR SAMPLE SELECTION

- ◆ Age group of 35 to 40 years, both male and female
- ◆ Those who have hearing problems

VI. EXCLUSION CRITERIA

- ◆ Those who using ear buds
- ◆ Those who are in working in factories like metal and steel working, construction works, printing press etc

VII. THE TOOL SECTIONS

- Knowledge questionnaire
- Personal protective tool

Table 1 ; **INTERPRETATION OF SCORE**

score	Level of knowledge
<50%	Poor
51-75%	Moderate
76-100%	Good

VIII. ETHICAL CONSIDERATION

We get proper approval and voluntary response from the consent clients to participate in the study and provided proper privacy through out the study

IX. STATISTICAL ANALYSIS

The data was analyzed using the knowledge by questionnaire variable using PSS(Phonophobia Severity Scale) and the Generalized Anxiety Disorder -7 (GAD-7) scale.

X. RESULT

This study is to assess the knowledge on risk factors and warning signs of Phonophobia among the community client. Among 20 clients 50% had poor knowledge, 25% had moderate knowledge, and 25% had good knowledge.

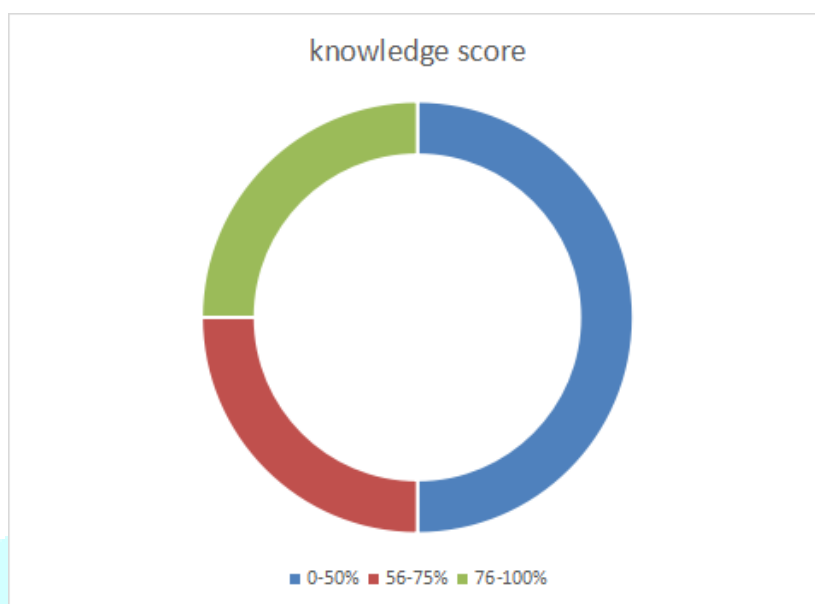


Figure 1, Percentage distribution of knowledge on risk factors and warning signs of Phonophobia

XI. DISCUSSION

Phonophobia can significantly disrupt daily life. People may avoid social settings, have difficulty in school or work environments, and suffer from isolation. Children, in particular, may struggle to explain their distress, leading to misunderstandings. Most of the people have low knowledge about Phonophobia and the treatment may be typically involves cognitive-behavioral therapy (CBT), exposure therapy, relaxation techniques, and in some cases, medication.

XII. CONCLUSION

Among the 20 individuals in the community diagnosed with Phonophobia, it was observed that the condition significantly impacted their emotional well-being, daily activities, and social interactions. Most participants reported heightened anxiety, avoidance behaviors, and difficulty in environments with unpredictable or loud sounds. While the intensity of symptoms varied, a common theme was the feeling of being misunderstood by others, leading to social withdrawal.

XIII. ACKNOWLEDGEMENT

I would like to express my sincere gratitude to all the individuals who participated in this study on Phonophobia. Their willingness to share personal experiences and challenges was invaluable in gaining a deeper understanding of the condition. I am also thankful to the mental health professionals and community health workers who provided guidance and support throughout this project. Special thanks to my mentors, peers, and family members for their continuous encouragement and assistance. Without the contributions of each one of you, this work would not have been possible.

XIV. REFERENCE

1. [Phonophobia - Wikipedia](#)
2. Mayo Clinic. (n.d.). *Phobias*. Retrieved from <https://www.mayoclinic.org/diseases-conditions/phobias/symptoms-causes/syc-20355156>
3. Baguley, D. M., & Andersson, G. (2007). *Hyperacusis: Mechanisms, Diagnosis, and Therapies*. San Diego: Plural Publishing.
4. American Psychiatric Association. (2013). *Diagnostic and Statistical Manual of Mental Disorders (5th ed.)*. Washington, DC: American Psychiatric Publishing.
5. **Jürgens, T. P., et al. (2014).** "Pathophysiology of Phonophobia in migraine." *Cephalalgia*, 34(7), 544-550.
<https://doi.org/10.1177/0333102413512031>

