

P01-115 - ANALYSIS & FOLLOW UP STUDY OF 120 TEEN AGERS THOSE WERE PRESENTED WITH EXAMINATION PHOBIA IN A CLINIC IN INDIA

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Introduction: Phobias & fearfulness shortly before examination are a common presenting feature in a section of teen aged students, causing a stress in their own as well as in their anxious parents. On a longitudinal evaluation of such 120 cases in a remote district clinic in the age group of 15-23 with a median age of 18 years will show their varied underlying morbidity ultimately.

Objectives: Is it a normal phenomenon or much stressed those may show some psychological disorders is ascertained here.

Aims: Here is a search for their such variant stress prior to examination & an attempt to identify their etiology so that some remedy is seen.

Methods: 120 cases in those age group who complained of phobia 1-90 days before exam. in the rural clinic in Midnapore 126 km away from capital city of Kolkata & stayed for a follow up for 24 months were analysed. They constitute 72 female & 48 males. They were followed up at 2 monthly intervals & their psychological assessment was done by a psychologist. Their final diagnosis at the end of 2 years were tabulated as per criteria of ICD-10.

Results: Mild mental retardation & lower side IQ < 80 were found in majority of cases (approx. 25%). Acute anxiety disorder was next (15%), followed by generalised anxiety disorders (10%), obsessive compulsive disorder is also revealed in about 5% cases, more in females. Other less common disorders were depressive disorders, conduct & personality disorders, & other behavioral disorders. No psychotic illness like schizophrenia was revealed.

Conclusions: Anxiety Disorders in variant & obscured form may be a common presenting feature of teenagers as examination phobia in first & may yield to therapy with family.