

Faculty of Life Sciences & Informatics BUITEMS



PREVALENCE OF ALEXITHYMYIA AMONG UNDERGRADUATE STUDENTS

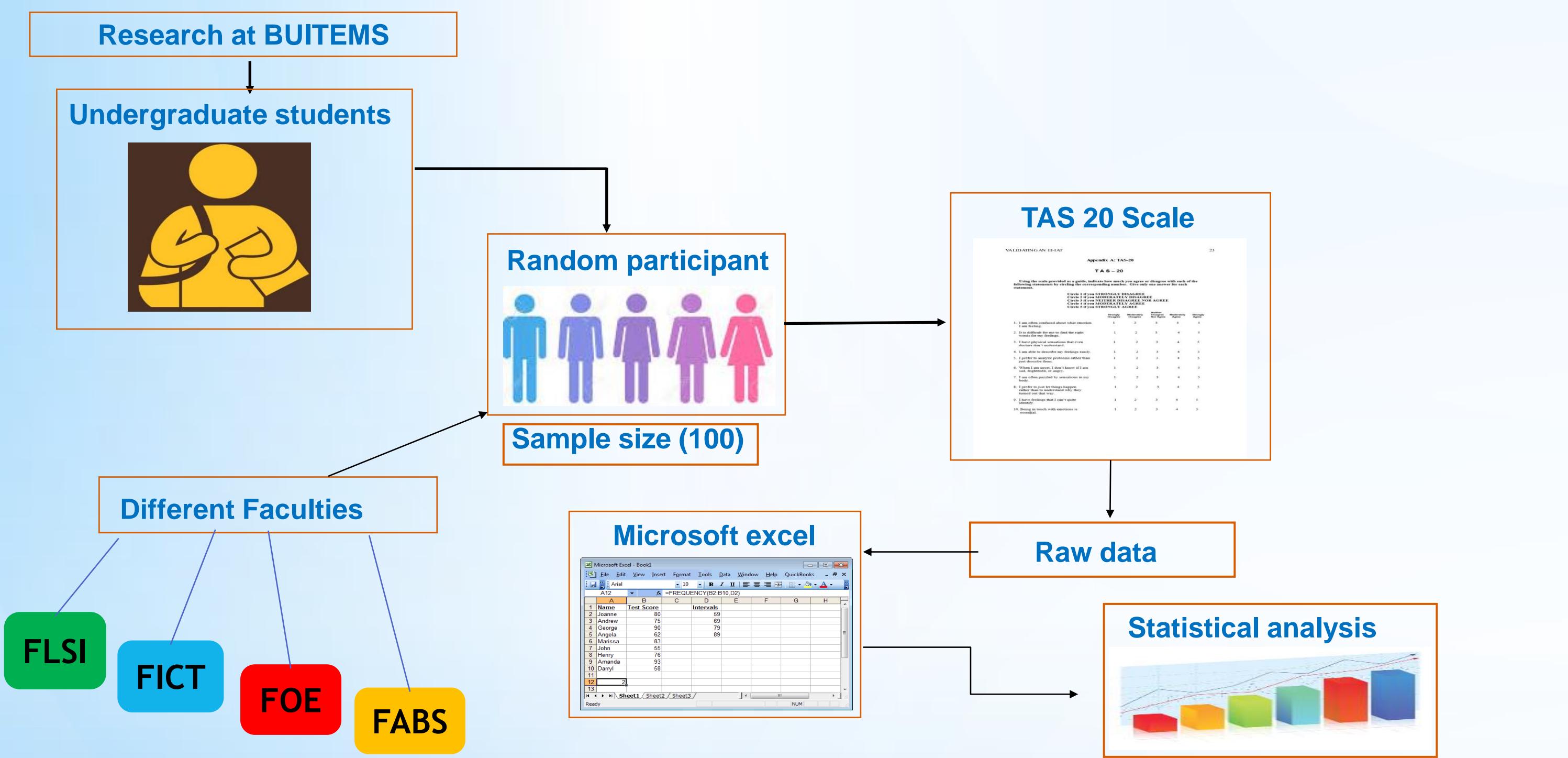
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Introduction

Alexithymia is an inability of a person to express his or her feelings and emotions. The concept of alexithymia originated to describe patients lacking the words for feelings or emotions (1). The current epidemiological studies indicate that as many as 10% of the general population may be characterized by levels of alexithymia that are sufficiently high to qualify as uncontrolled (2). Alexithymia patients are unable to identify accurately their own subjective feels but they also verbally communicate emotional distress to other people very poorly (3,4) .



Study Design



Results

Out of 100 randomly selected students, 43 % were males and 57% were females

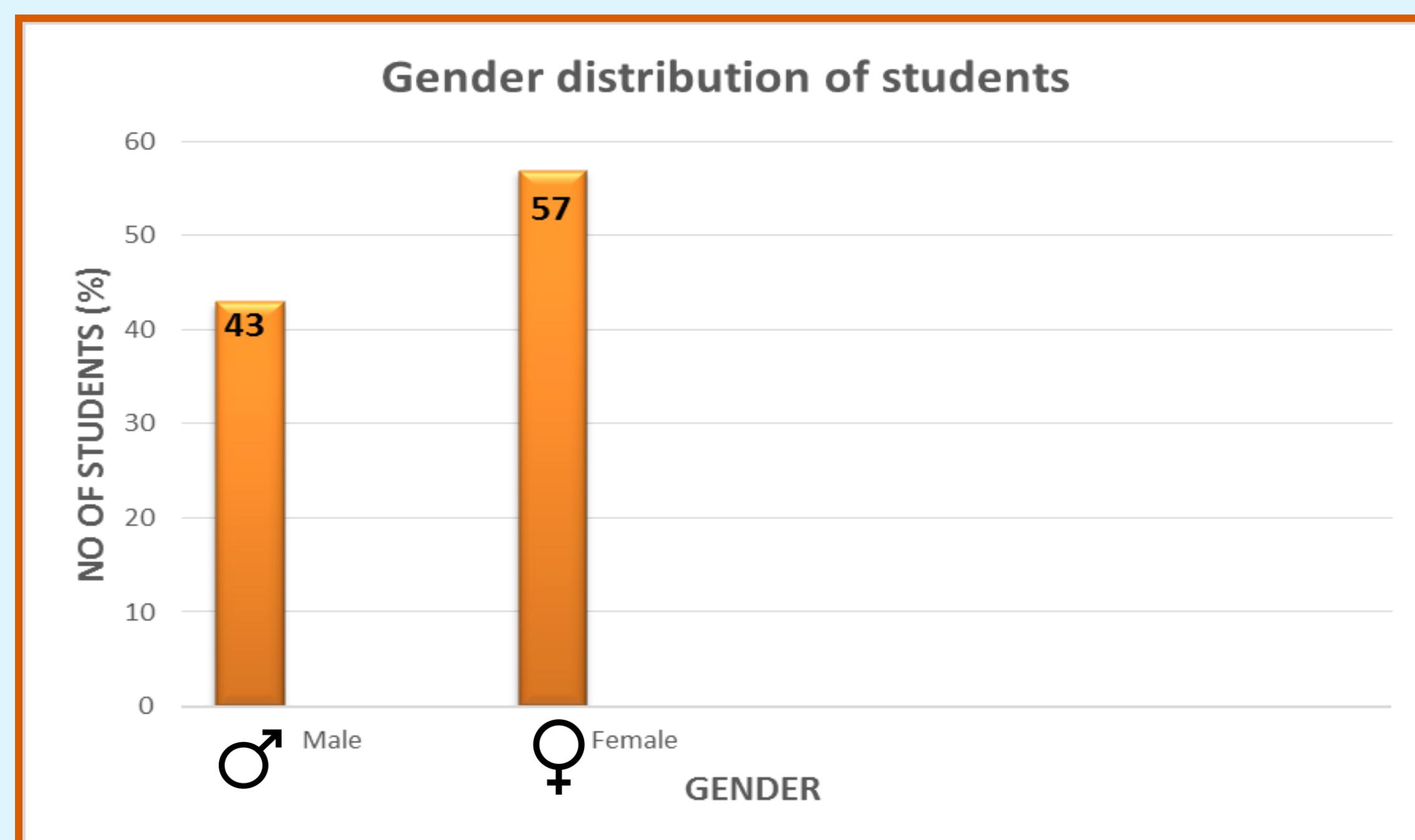


Fig.1 Gender distribution of selected students

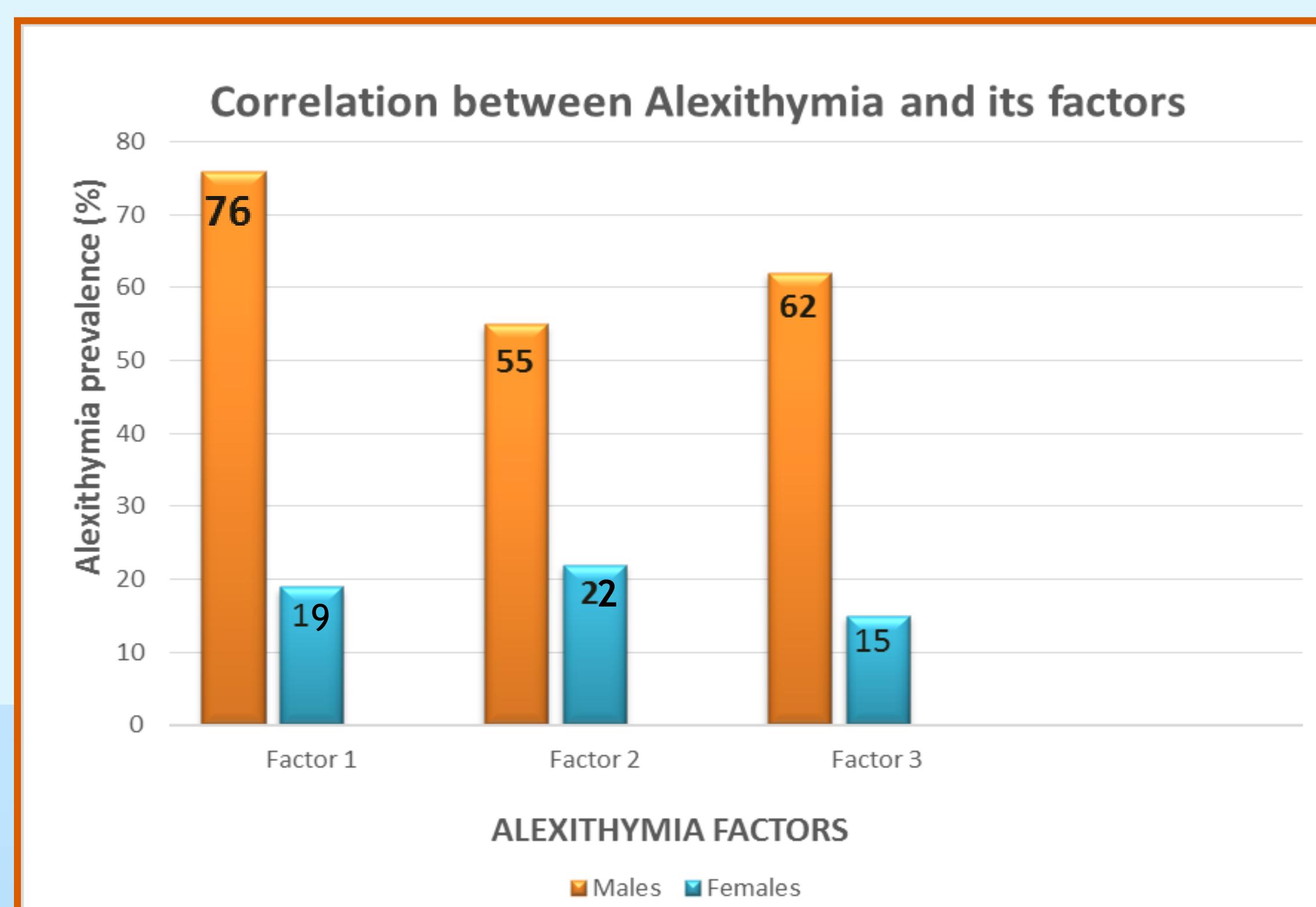


Fig.2 Correlation between alexithymia and its three dimensions in both the genders

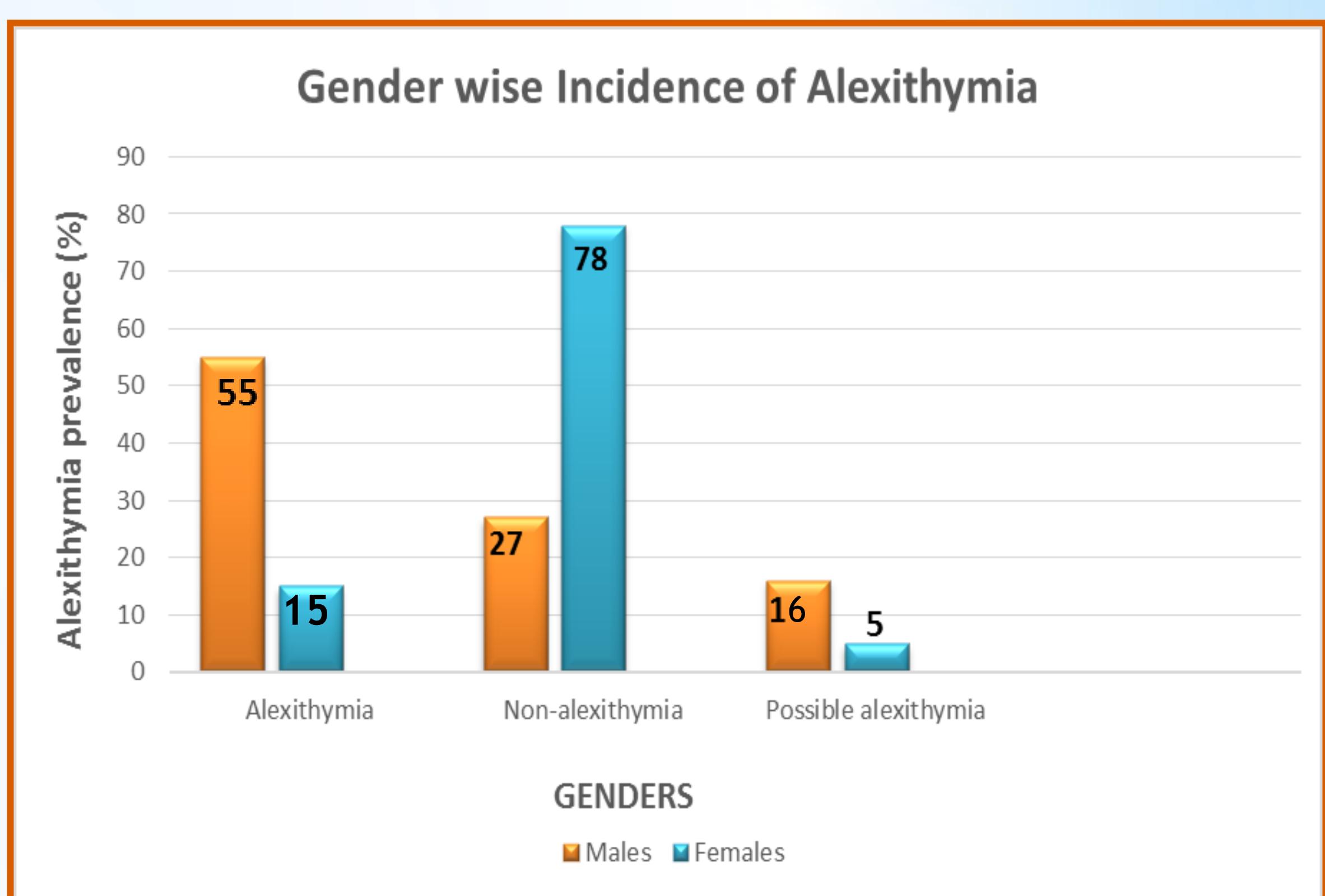


Fig.3 Gender wise incidence of Alexithymia

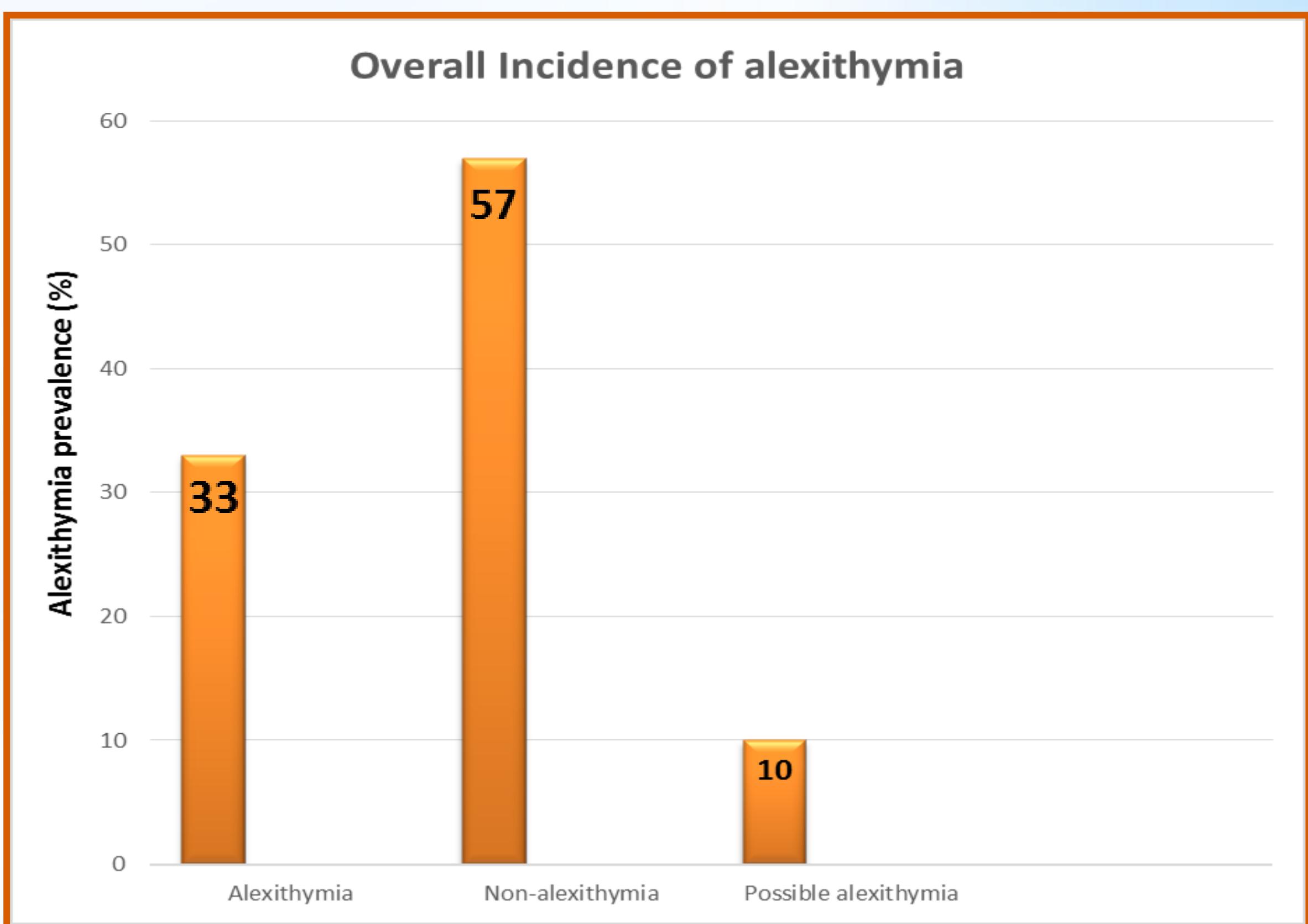


Fig.4 Over all incidence of Alexithymia

Conclusions

Alexithymia is more prevalent in males. Alexithymia is linked with many other physiological and psychological problems. Therefore it is important to report this problem at university level because it might have troubling affects on the personality of an individual.

Future Recommendations

- Clinical assessment of alexithymia including patients with any history of psychiatric illness
- Establishment of any psychiatric counselling or therapy at university level



References

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2. Salminen, J. K., Saarijärvi, S., Äärelä, E., Toikka, T., & Kauhanen, J. (1999). Prevalence of alexithymia and its association with sociodemographic variables in the general population of Finland. *Journal of psychosomatic research*, 46(1), 75-82.
3. Krystal, H. (1988). *Integration and Self-Healing. Affect, Trauma, Alexithymia*. Hillsdale, NJ (The Analytic Press) 1988.
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