

IS THERE ANY LINK BETWEEN PROTEIN IN URINE AND AGORAPHOBIA?

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ABSTRACT

A condition of feeling stressed and uncomfortable in public places and crowded areas where there is no way to escape during abrupt situation is known as agoraphobia which may be due to genetic as well as environmental factors (Goldstein & Chambless 1978). In such situation, a person feels that he is unsafe in the public places and sometimes panic attacks might occur due to taking excessive tension which may lead to higher heartbeat and even faintness. It can be cured through counselling and medicines. Higher level of protein in the urine is due to abnormality in the kidney. So in this survey we find is there any relation between the higher levels of urine in protein with agoraphobia. This is done by taking dipstick test of urine of randomly selected people in which dipping of strips in the urine was done followed by the change in colour of strips after some time. By comparing all the data we assumed no linkages between urine protein and agoraphobia.

Key words:

Protein in Urine, Dipstick test, Agoraphobia.

Introduction:

Adults having agoraphobia assume that crowded places are unsafe for them and they cannot escape during abnormal situations making them feel embraced and helpless. Agoraphobic person avoids using public transports, enclosed spaces or being in crowd. During these situations panic attacks might be occur causing fast heartbeat, loss of control and faintness such attacks may last from 15 to 30mins. The sufferer may avoid such situation because of any tragedy happened at that place in the past and he thinks that situation might occur again with him. Many environmental factors are the reason of such disorder. It can be treated by cognitive behavioural therapy and proper medicines. But if person does not get treatment he will even starts avoiding more than one conditions and making him depressed, alone and even drug addicted.

Everybody has protein in their body which plays an important role in performing many functions. The major protein is present in body in the form of albumin. During normal condition, kidneys remove extra wastes from the blood while retaining protein in the body. If any disturbance occurs in body, it causes the secretion of some amount of protein (albumin) with the excessive waste. So the condition in which protein secretes out into the urine is called "proteinuria" which may be due to early kidney disease or Nephrotic Syndrome. So in

order to measure protein, urine test is performed. This test compares the amount of albumin in urine with the creatinine amount in urine known as urine albumin to creatinine ration (UCAR). Normal range of UCAR is 30mg/g in the urine while the elevation of this level indicates some illness in the kidneys.

Materials and methodology:

Dipstick test is done during urine test (Devillé *et al.* 2004) in order to check the presence of protein in the urine which shows that something abnormal happened in the kidneys. We made a survey in order to find the relation of protein in urine and agoraphobia. For this purpose random selection was done for choosing hundred students with agoraphobia and having no agoraphobic disorders. The material used for dipstick tests are gloves, strips bag, urine cup, waste bag. The students were instructed to fill 3rd part of cup with urine following by the visual analyses of urine condition. Then strips with ten different boxes, each for checking different components in the urine, dipped in the cup. After three minutes strips changed their colour. Then colour was measured by comparing with chromatic scale. Different values of components obtained after dipstick test were noted. Then we drew a table to represent the percentages obtained from different groups of students on the basis of presence or absence of agoraphobia and protein in their urine.

Table1: Link between protein in urine and agoraphobia.

Gender	Presence of Agoraphobia		Absence of Agoraphobia	
	Urine protein (+ve)	Urine protein (-ve)	Urine protein (+ve)	Urine protein (-ve)
Male	9%	20%	8%	11%
Female	11%	14%	12%	15%

Results:

According to the table, 9% agoraphobic males with urine protein and 11% agoraphobic females with urine protein are present, similarly 20% and 14% agoraphobic males and females are without urine protein. While, 8% and 12% non agoraphobic males and females have protein in their urine and while 11%(males) 15(females) have protein absence in urine.

Conclusion:

By comparing all data, as negative values showing normality are above 50%, so it is concluded that no link between urine protein and agoraphobia is present.

References:

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