

Determining the Relationship Between Headache Situations and Cyberchondria Levels in University Students with Headache

Mustafa Savaş TORLAK¹, Halil TÜRKTEMİZ²

ABSTRACT

Problem of Research: University students may experience various health problems due to the difficulties they encounter throughout their education life. Headache is one of the most common health problems. The rapid development and easy accessibility of the Internet allows university students to use the Internet extensively to seek information in the field of health. Therefore, it is predicted that university students with headaches may tend to search for health information on the internet.

Purpose of the Study: In the study, it was aimed to determine the relationship between headache status and cyberchondria levels of university students with headache.

Method: A questionnaire form was used as a data collection tool in the descriptive study. Socio-demographic characteristics, Cyberchondria Scale, Headache Impact Scale (HIT-6) and Visual Analog Scale (VAS) were available in the questionnaire form. The data were collected at a Foundation University Health Services Vocational School in Konya. 352 people participated in the study voluntarily. 225 people who stated that their headache attacks lasted more than 30 minutes were included in the study.

Results: According to the research findings, it was determined that the headache effect levels and pain severity of the participants were high. In addition, it was determined that there was a statistically positive correlation between the effect and severity of headache and cyberchondria levels in the participants.

Conclusion: In order to reduce students' cyberchondria levels, arrangements are needed to reduce headaches. It is recommended to increase physical activity and social activities that can help students reduce stress and headaches.

Keywords: Headache, Cyberchondria, University Students, Using Internet, Pain Severity

Presentation Language: Turkish

¹ Assist. Prof., KTO Karatay University, Vocational School of Health Services, Program of Physiotherapy, mustafa.savas.torlak@karatay.edu.tr, Orcid: <https://orcid.org/0000-0002-8084-6203>

² Assist. Prof., KTO Karatay University, Vocational School of Health Services,, Program of Medical Imaging Techniques, halilturktemiz@gmail.com, Orcid: <https://orcid.org/0000-0001-8920-8120>

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