

# Cyberchondria among University Students

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## **ABSTRACT**

Cyberchondria is defined as a multifaceted concept that involves an escalation in worry about one's own general health, as a consequence of the extreme evaluation of information on the worldwide web, and contains mainly two cognitive-emotional aspects: excessiveness and elevated anxiety. In recent years, more and more young individuals have expressed their health concerns via the internet. This study aimed at determining the prevalence of cyberchondria among university students. The data was collected

via self-administered questionnaire, designed for the purpose and Cyberchondria Severity Scale produced using google forms. Cyberchondria must be seen as a serious public health concern among university students. Since it is associated with distress and worry, measures need to be adopted to evaluate, prevent, and treat it at the population level. The results will be discussed at the time of presentation.

**Keywords:** Cyberchondria Severity Scale, Health anxiety, Prevalence.