

JOINT EVENT

**49<sup>th</sup> International Congress on Nursing Care Plan & Health  
&  
50<sup>th</sup> World Congress on Men in Nursing**

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**Cyberchondria and orthorexia in adults****Gurkan Ozden, Seher Cevik and Seyhan Cillik Saritas**  
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**Statement of the Problem:** Today, although the Internet has become an important source of medical information, it has the potential to increase anxiety, fear or obsessive behaviour in people. Cyberchondria is a disease in which people search the internet for signs of disease and believe themselves in the wrong diagnoses on the internet. This disease may invite other obsessions along with it. Orthorexia is an eating disorder, which is defined as a healthy eating obsession, that interferes with a person's life and is an obsession with eating natural diet. This study was carried out to examine the relationship between cyberchondria and orthorexia.

**Methodology & Theoretical Orientation:** The study was planned as descriptive and relationship seeker. The sample of the study was formed by adult individuals. The data of the study were collected with Cyberchondria Severity Scale (CSS), ORTO-15 and the questionnaire which was created by researchers.

**Findings:** The average age was  $42.3 \pm 14$  years. 53.2% of the participants were male, 53.5% were single, 35% were high school graduates, 52% were equivalent to income, 38.4% were using Internet for 0-1 hours a day, 66.2% of the internet resources were not as reliable as doctors. It was found that gender, marital status and body mass index did not affect the CSS and ORTO-15 scores. Education status and income status were found to affect the average of CSS and ORTO-15 points. There was a significant difference between the average score of ORTO-15 and CSS' excessiveness subscale.

**Conclusion & Significance:** As one of the modern diseases of our age, cyberchondria can cause diseases with psychological and physical effects, such as orthorexia. Therefore, in order to use the internet in a healthy and efficient way, social programs and courses related to this subject can be given.

**Biography**

Gurkan Ozden has graduated from Inonu University, Faculty of Health Sciences, Department of Nursing in 2014. He worked in the operating room and in the internal medicine service for 2 years. He has been working as a Research Assistant at Inonu University, Faculty of Nursing since 2016.

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