

Bölüm 5

Dijital Çağ ve Siberkondriya

Dr. Hasan Kaya

İnternet, sağlık da dahil olmak üzere çeşitli konularda giderek önemli bir bilgi kaynağı haline gelmiştir. Avrupalıların yarısından fazlası internette sağlık bilgisi ararken (1), Amerika Birleşik Devletleri'ndeki yetişkin internet kullanıcılarının % 90'ına yakını internet üzerinden en az bir kere sağlık bilgisi aradığını bildirmiştir (2). İnternet kullanıcılarının neredeyse % 70'inin sağlıkla ilgili bir soruları olduğunda ilk başvurdukları kaynak internet olarak gözükmektedir (3). Sağlıkla ilgili soruların cevaplarına, herhangi bir yerde ve herhangi bir zamanda sadece birkaç saniye içinde anonim olarak ve çok düşük internet maliyeti ile ulaşılabilir. Kullanıcıların en çok aradığı sağlık konuları arasında şunlar yer almaktadır: özel spesifik hastalıklar ve sağlık sorunları (% 66), tıbbi tedaviler ve işlemler (% 55), egzersiz ve diyet (% 52), doktor ve diğer sağlık çalışanları (% 47) ve ilaçlar (%45) (4).

İnternette sağlık bilgisi aramak, sosyal değişimler dikkate alındığında anlaşılabilir. Batı toplumu bir kişinin sağlığına olan sorumluluğunu toplumsal bir değer olarak görmekte, bu da bireyin semptomları tanıma, hastalıkları tedavi etme ve sağlıklerini korumaya giderek daha aktif olarak katılması anlamına gelmektedir.

Sonu

Dijital aęda ortaya ıkan pekok dięer yeni kavram gibi, siberkondri tanımlaması hakkında da henüz bir fikir birlięi oluşmamıştır. Saęlık anksiyetesi ile iliřkili olduęu bilgisi su götürmemektedir. Saęlık anksiyetesi ile iliřkili bir davranış gibi de deęerlendirilmektedir. İnternette aşırı/tekrarlayıcı řekilde saęlıkla ilgili arama yapmak olarak tanımlanabilir. İnternette saęlıkla ilgili arama yapanlarda yapılacak yeni arařtırmalarla, keřfedilmemiş bir bilgiye ulařılırsa, siberkondrinin ayrı bir psikopatoloji olarak tanımlanması kolaylařabilir. Ancak mevcut kanıtlarla, siberkondri, saęlık anksiyetesi ve hipokondriazisin bir uzantısı olarak kabul edilebilir.

Siberkondri riskini azaltmaya yönelik bazı teknik düzenlemeler de yapılabilir. kullanıcılara daha açık, berrak online saęlık bilgisi saęlanması, tutarsızlıkların azaltılmasına yönelik önlemler alacak denetleme programları geliřtirilebilir. Sıklıkla arařtırılan semptom ve hastalıklarla ilgili, güncel ve kanıta dayalı algoritmalar tanımlanabilir. Web sitelerini, saęladıkları bilginin nitelięine göre kategorize eden bir sistem ortaya konması oldukça faydalı olacaktır.

Kaynaklar

1. Eurobarometer, F. (2014). European citizens' digital health literacy. *A report to the European Commission.*
2. Harris Poll (2010) "Cyberchondriacs" on the rise? Those who go online for healthcare Available at <http://www.harrisinteractive.com/vault/HI-Harris-Poll-Cyberchondriacs-2010-08-04.pdf>
3. Prestin, A., Vieux, S. N., & Chou, W. Y. S. (2015). Is online health activity alive and well or flatlining? Findings from 10 years of the Health Information National Trends Survey. *Journal of health communication, 20*(7), 790-798.

4. Fox, S., & Jones, S. (2009). The social life of health information. Pew Research Center.
5. McDaid D, Park A-L. (2019) Online health: untangling the web. www.bupa.com.au/staticfiles/Bupa/HealthAndWellness/MediaFiles/PDF/LSE_Report_Online_Health.pdf
6. Ayers, S. L., & Kronenfeld, J. J. (2007). Chronic illness and health-seeking information on the Internet. *Health.*, 11(3), 327-347.
7. White, R. W., & Horvitz, E. (2009). Cyberchondria: studies of the escalation of medical concerns in web search. *ACM Transactions on Information Systems (TOIS)*, 27(4), 23.
8. Akerkar, S. M., Kanitkar, M., & Bichile, L. S. (2005). Use of the Internet as a resource of health information by patients: a clinic-based study in the Indian population. *Journal of Postgraduate Medicine*, 51(2), 116.
9. Jokić-Begić, N., Bagarić, B., & Jurman, J. (2015). www.depresija/anksioznost.hr...: Information on Depression and Anxiety on Internet Pages. *Socijalna psihijatrija*, 43(4), 209.
10. Scullard, P., Peacock, C., & Davies, P. (2010). Googling children's health: reliability of medical advice on the internet. *Archives of disease in childhood*, 95(8), 580-582.
11. Starcevic, V., & Berle, D. (2015). Cyberchondria: An old phenomenon in a new guise. *Mental health in the digital age: Grave dangers, great promise*, 106-117.
12. Health On The Net Foundation. Preuzeto 12. siječnja 2018. <https://www.hon.ch/HONcode>
13. Bagarić, B., & Jokić-Begić, N. (2019). Cyberchondria–Health Anxiety Related to Internet Searching. *Socijalna psihijatrija*, 47(1), 28-50.
14. Rice, R. E. (2006). Influences, usage, and outcomes of Internet health information searching: multivariate results from the pew surveys *International journal of medical informatics*, 75(1), 8-28.
15. Bui, E. R., Daley, E. M., Fuhrmann, H. J., & Smith, S. A. (2009) An observational study study of how young people search for online sexual health information *nal journal of medical informatics*, 75(1), 8-28

16. Van Deursen, A. J., & Van Dijk, J. A. (2009). Using the Internet: Skill related problems in users' online behavior. *Interacting with computers*, 21(5-6), 393-402.
17. Starcevic, V., & Berle, D. (2013). Cyberchondria: towards a better understanding of excessive health-related Internet use. *Expert Review of Neurotherapeutics*, 13(2), 205-213.
18. Semigran, H. L., Linder, J. A., Gidengil, C., & Mehrotra, A. (2015). Evaluation of symptom checkers for self diagnosis and triage: audit study. *bmj*, 351, h3480
19. Loos, A. (2013). Cyberchondria: too much information for the health anxious patient?. *Journal of Consumer Health On the Internet*, 17(4), 439-445.
20. Belling, C. F. (2006). Hypochondriac hermeneutics: medicine and the anxiety of interpretation. *Literature and medicine*, 25(2), 376-401.
21. Harding, K. J., Skritskaya, N., Doherty, E., & Fallon, B. A. (2008). Advances in understanding illness anxiety. *Current psychiatry reports*, 10(4), 311-317.
22. Recupero, P. R. (2010). The mental status examination in the age of the Internet. *Journal of the American Academy of Psychiatry and the Law Online*, 38(1), 15-26.
23. Fergus, T. A. (2013). Cyberchondria and intolerance of uncertainty: examining when individuals experience health anxiety in response to Internet searches for medical information. *Cyberpsychology, Behavior, and Social Networking*, 16(10), 735-739.
24. Aiken, M., & Kirwan, G. (2013). The psychology of cyberchondria and cyberchondria by proxy. *Cyberpsychology and new media: A thematic reader*, 158-169.
25. McElroy, E., & Shevlin, M. (2014). The development and initial validation of the cyberchondria severity scale (CSS). *Journal of anxiety disorders*, 28(2), 259-265.
26. Asmundson, G. J., Taylor, S., & Cox, B. J. (Eds.). (2001). *Health anxiety: Clinical and research perspectives on hypochondriasis and related conditions* (Vol. 42). John Wiley & Sons Incorporated.
27. American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders. *BMC Med*, 17, 133-137.

28. American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders (DSM-5*)*. American Psychiatric Pub.
29. Singh, K., & Brown, R. J. (2014). Health-related Internet habits and health anxiety in university students. *Anxiety, Stress, & Coping*, 27(5), 542-554.
30. Eastin, M. S., & Guinsler, N. M. (2006). Worried and wired: effects of health anxiety on information-seeking and health care utilization behaviors. *CyberPsychology & Behavior*, 9(4), 494-498
31. Baumgartner, S. E., & Hartmann, T. (2011). The role of health anxiety in online health information search. *Cyberpsychology, behavior, and social networking*, 14(10), 613-618.
32. Muse, K., McManus, F., Leung, C., Meghreblian, B., & Williams, J. M. G. (2012). Cyberchondriasis: fact or fiction? A preliminary examination of the relationship between health anxiety and searching for health information on the Internet. *Journal of anxiety disorders*, 26(1), 189-196.
33. White, R. W., & Horvitz, E. (2009). Experiences with web search on medical concerns and self diagnosis. In *AMIA annual symposium proceedings* (Vol. 2009, p. 696). American Medical Informatics Association.
34. Bessi re, K., Pressman, S., Kiesler, S., & Kraut, R. (2010). Effects of internet use on health and depression: a longitudinal study. *Journal of Medical Internet Research*, 12(1), e6.
35. Ivanova, E. (2013). Internet addiction and cyberchondria-their relationship with well-being. *The Journal of Education, Culture, and Society*, (1), 57-70.
36. George, E., & Engel, L. (1980). The clinical application of the biopsychosocial model. *American journal of Psychiatry*, 137(5), 535-544.
37. Ahmadvand, A., Gatchel, R., Brownstein, J., & Nissen, L. (2018). The biopsychosocial-digital approach to health and disease: Call for a paradigm expansion. *Journal of medical Internet research*, 20(5), e189
38. Lucivero, F., & Prainsack, B. (2015). The lifestylisation of healthcare?'Consumer genomics' and mobile health as technologies for healthy lifestyle. *Applied & translational genomics*, 4, 44-49.

39. Lewis, T. (2006). Seeking health information on the internet: lifestyle choice or bad attack of cyberchondria?. *Media, Culture & Society*, 28(4), 521-539.
40. Warwick H. M. (1990) Hypochondriasis. *Behav Res Ther* 28(2): 105-17.
41. Warwick, H. M. (1998). Cognitive therapy in the treatment of hypochondriasis. *Advances in Psychiatric Treatment*, 4(5), 285-291.
42. Abramowitz, J. S., Schwartz, S. A., & Whiteside, S. P. (2002, December). A contemporary conceptual model of hypochondriasis. In *Mayo Clinic Proceedings* (Vol. 77, No. 12, pp. 1323-1330
43. Starčević, V. (1990). Relationship between hypochondriasis and obsessive-compulsive personality disorder: close relatives separated by nosological schemes?. *American Journal of Psychotherapy*, 44(3), 340-347.
44. Doherty-Torstrick, E. R., Walton, K. E., & Fallon, B. A. (2016). Cyberchondria: parsing health anxiety from online behavior. *Psychosomatics*, 57(4), 390-400.
45. Te Poel, F., Baumgartner, S. E., Hartmann, T., & Tanis, M. (2016). The curious case of cyberchondria: A longitudinal study on the reciprocal relationship between health anxiety and online health information seeking. *Journal of anxiety disorders*, 43, 32-40.
46. Eastin, M. S., & Guinsler, N. M. (2006). Worried and wired: effects of health anxiety on information-seeking and health care utilization behaviors. *CyberPsychology & Behavior*, 9(4), 494-498.
47. Caiata-Zufferey, M., Abraham, A., Sommerhalder, K., & Schulz, P. J. (2010). Online health information seeking in the context of the medical consultation in Switzerland. *Qualitative health research*, 20(8), 1050-1061.
48. Berland, G. K., Elliott, M. N., Morales, L. S., Algazy, J. I., Kravitz, R. L., Broder, M. S., ... & Watkins, K. E. (2001). Health information on the Internet: accessibility, quality, and readability in English and Spanish. *Jama*, 285(20), 2612-2621.
49. Fergus, T. A., & Valentiner, D. P. (2011). Intolerance of uncertainty moderates the relationship between catastrophic health appraisals and health anxiety. *Cognitive Therapy and Research*, 35(6), 560-565.

50. Fergus, T. A. (2015). Anxiety sensitivity and intolerance of uncertainty as potential risk factors for cyberchondria: A replication and extension examining dimensions of each construct. *Journal of affective disorders, 184*, 305-309.
51. Corcoran, K. M., & Segal, Z. V. (2008). Metacognition in depressive and anxiety disorders: current directions. *International Journal of Cognitive Therapy, 1*(1), 33-44.
52. Bailey, R., & Wells, A. (2015). Development and initial validation of a measure of metacognitive beliefs in health anxiety: The MCQ-HA. *Psychiatry research, 230*(3), 871-877.
53. Fergus, T. A., & Spada, M. M. (2017). Cyberchondria: Examining relations with problematic Internet use and metacognitive beliefs. *Clinical psychology & psychotherapy, 24*(6), 1322-1330.
54. Berezovska, I., & Matsyuk, O. (2010). Evolving Facets of Cyberchondria: Primum non nocere” First, do no harm. *M. Kalogiannakis, D. Stavrou, PG Michaelides*.
55. Bouman, T. K. (2014). Cognitive and Behavioral Models and Cognitive-Behavioral and Related Therapies for Health Anxiety and Hypochondriasis. *Hypochondriasis and Health Anxiety. A guide for clinicians*, 149-198.