



LETTER TO THE EDITOR

SCREENING OF THE LIKELIHOOD OF EATING DISORDERS IN DRUG ADDICTED ADOLESCENTS MALE OF DISTRICT HYDERABAD, SINDH, PAKISTAN

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Dear Editor

Drug addiction is the unnecessary and out of control use of drugs. The drug addiction has been increased in Pakistan in recent years. The association of drug addiction with infectious disease has been studied in various studies [1, 2]; however the proportion of Eating disorders (EDs) in this group has not been studied yet. EDs are the heterogeneous group in which people either eat excessive calories or less and then try to compensate it. This letter thus reports the prevalence of likelihood of eating disorders by using a self designed questionnaire and SCOFF questionnaire [3] in the drug addicted male adolescents of District Hyderabad, Sindh, Pakistan. A survey based study was designed in a certain and fixed period of time (August 2016 to November 2016 (04 months). The sample comprises of single and/or married men (aged 20-60 years).

The respondent had been taking drug for recreation purpose at least for last 05 years. Those respondents who were on medication (Suffering from any disease), on multivitamins/minerals supplements and smokers were excluded. Total number of participants were (n=100) with the age of 20 to 60 years. The participants were told the translation of SCOFF questionnaire in their native language; however it was filled in English making sure that translation could not affect the real meaning of questions asked in Questionnaire. The participants were told the translation of SCOFF questionnaire in their native language; however it was filled in English making sure that translation could not affect the real meaning of questions asked in Questionnaire.

Out of 100, 99 questionnaires were completed thus the response was 99%. The mean age of participants was 37.9 ± 11.2 and Mean Body Mass Index (BMI) was $22.2 \text{Kg/m}^2 \pm 3.9$. Out of 99, 69 (69.70%) were likely to have EDs. Furthermore, the older people (41-60 years) are more susceptible (70.30%) to EDs than Younger group (20-40) 66.10%. The results are higher than with the current Pakistani literature[4] as well as with some developed nationalities[5] [6].

Conclusively; the study pinpoints two possible aspects, the prevalence of EDs was reported first time in a target group and the highest prevalence was found as compared to any other groups in Pakistan, furthermore awareness campaign should be launched in order to eradicate the addiction of drugs as well as eating disorders.

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