



A study on Prevalence of Text Neck syndrome among Under-Graduate students of a Medical College in Puducherry

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Introduction

➤Text Neck syndrome defined as Repetitive stress injury or overuse syndrome with pain experienced from prolonged forward flexion of head .
 ➤Text Neck – the neck pain and damage sustained from looking down at any electronic gadget frequently for long time (1)
 ➤As the Dependence increased due to COVID-19 Pandemic, classes conducted via virtual aids, Reforms of Teaching, electronic gadgets used for educational, personal and recreational purposes.

Objectives

To determine the prevalence of Text Neck Syndrome using Neck Disability Index (NDI) and to find out the association between the duration of electronic gadget usage and Text Neck syndrome among the study population.

Methods

This Cross-Sectional study was conducted among Under-Graduate students of a tertiary medical college in Puducherry. A self-administered, validated questionnaire (NDI Scale) to evaluate the neck pain related disability sent Google forms. Convenient sampling technique was applied. 354 responded within stipulated time. Neck Disability Index scale was to evaluate the neck pain related disability. **Neck Disability Index Questionnaire consists of 10 items; each scored 0 – 5. Maximum = 50.** Based on the scores subjects were categorised as Normal, Mild, Moderate, severe and Complete disability. Statistical analysis was done using SPSS v.23.proportion and chi-square values were calculated.

Results

- The mean age group of the participants was 19.91 ± 02.44 years
- About 57.6% participants were females
- Mean NDI score 12.11
- Most of the males (44.67%) are using electronic gadget more than 4 years compared to females

Figure 1: Prevalence of Text Neck syndrome among the study participants (n= 354)

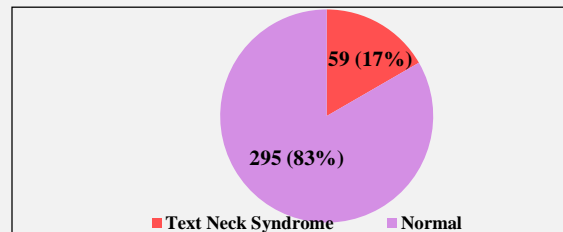


Figure 2 : Distribution of participants based on Neck Pain associated with work (n=354) *multiple options

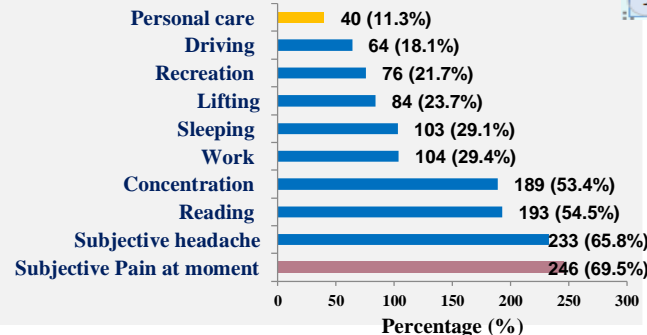
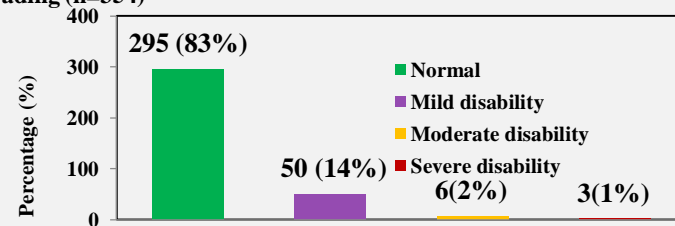


Figure 3 : Distribution of study participants based upon NDI grading (n=354)



Disability based on NDI

Table 1 Association of duration and hours spent on electronic gadget usage with Text Neck Syndrome (n=354) p < 0.05*significant

Duration and hours	Text Neck syndrome n (%)	Normal n (%)	Chi-square	p value
<2 years	11 (3.1)	111 (31.4)	9.693	0.038 *
2 - 4 years	30 (8.4)	78 (22.1)		
> 4 years	18 (5.1)	106 (29.9)		
<6 hours / day	47 (13.2)	237 (66.9)	6.742	0.014*
> 6 hours / day	12 (3.4)	58 (16.4)		

Conclusion

We found that text neck syndrome was seen among 16.7% of study population. There is significant Neck disability associated with the duration of electronic gadget usage. It can be prevented by taking frequent breaks while using electronic gadgets, chin tucks, Pilates and Yoga to improve posture.

Reference

1. Neupane S, Ifthikar UT, Mathew A. Text Neck Syndrome–Systematic Review, Imperial Journal of Interdisciplinary Research 2017;3(7):141-8.