

# Psychosocial Issues in 570 Patients with Haemophilia from Northern India

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## OBJECTIVES

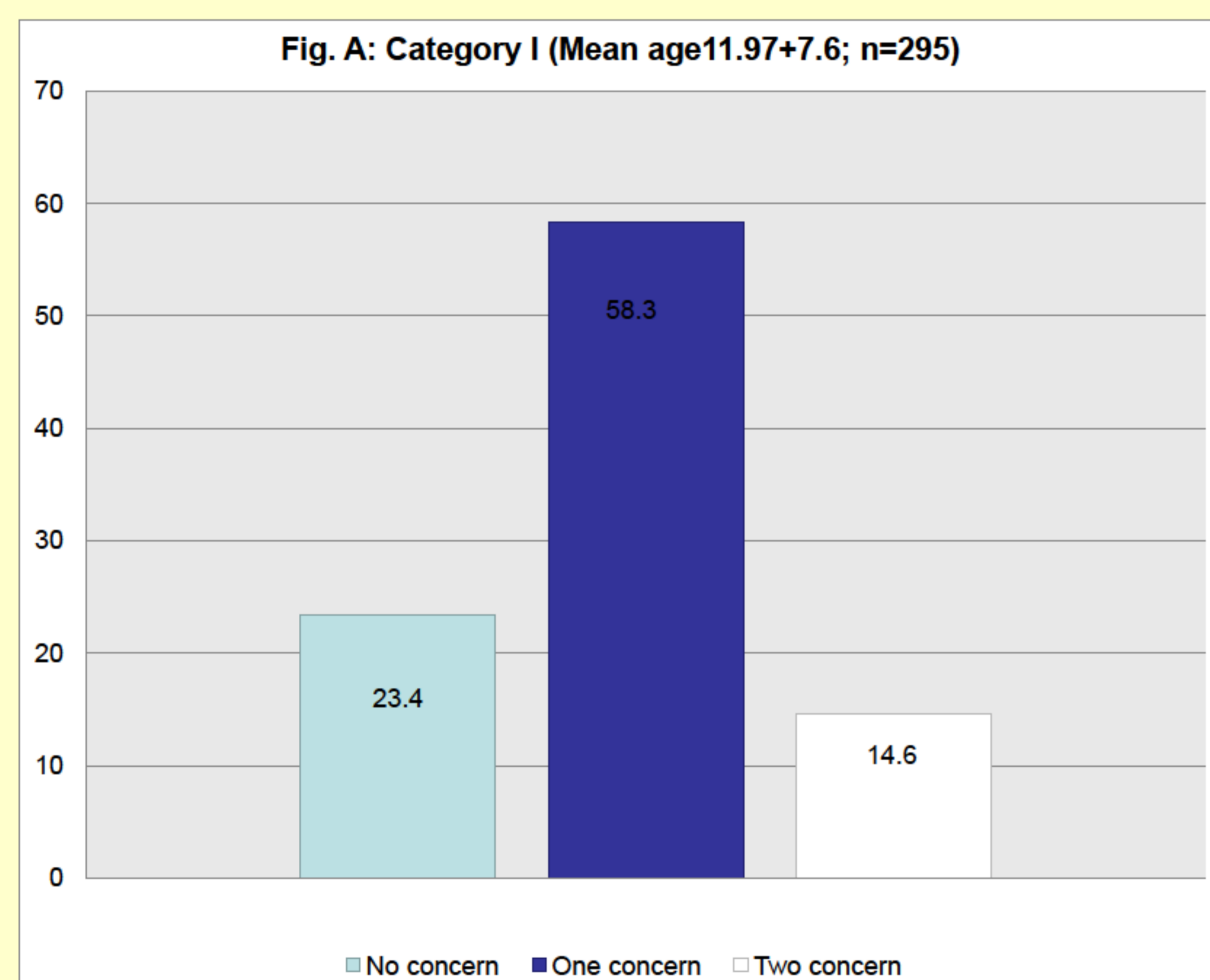
Haemophilia is a hereditary bleeding disorder with many disabilities in absence of proper treatment in developing countries. The resulting psychosocial issues take a backseat in absence of sufficient facilities. This study undertook an assessment of psychosocial issues in haemophilia patients of different age groups.

## METHODS

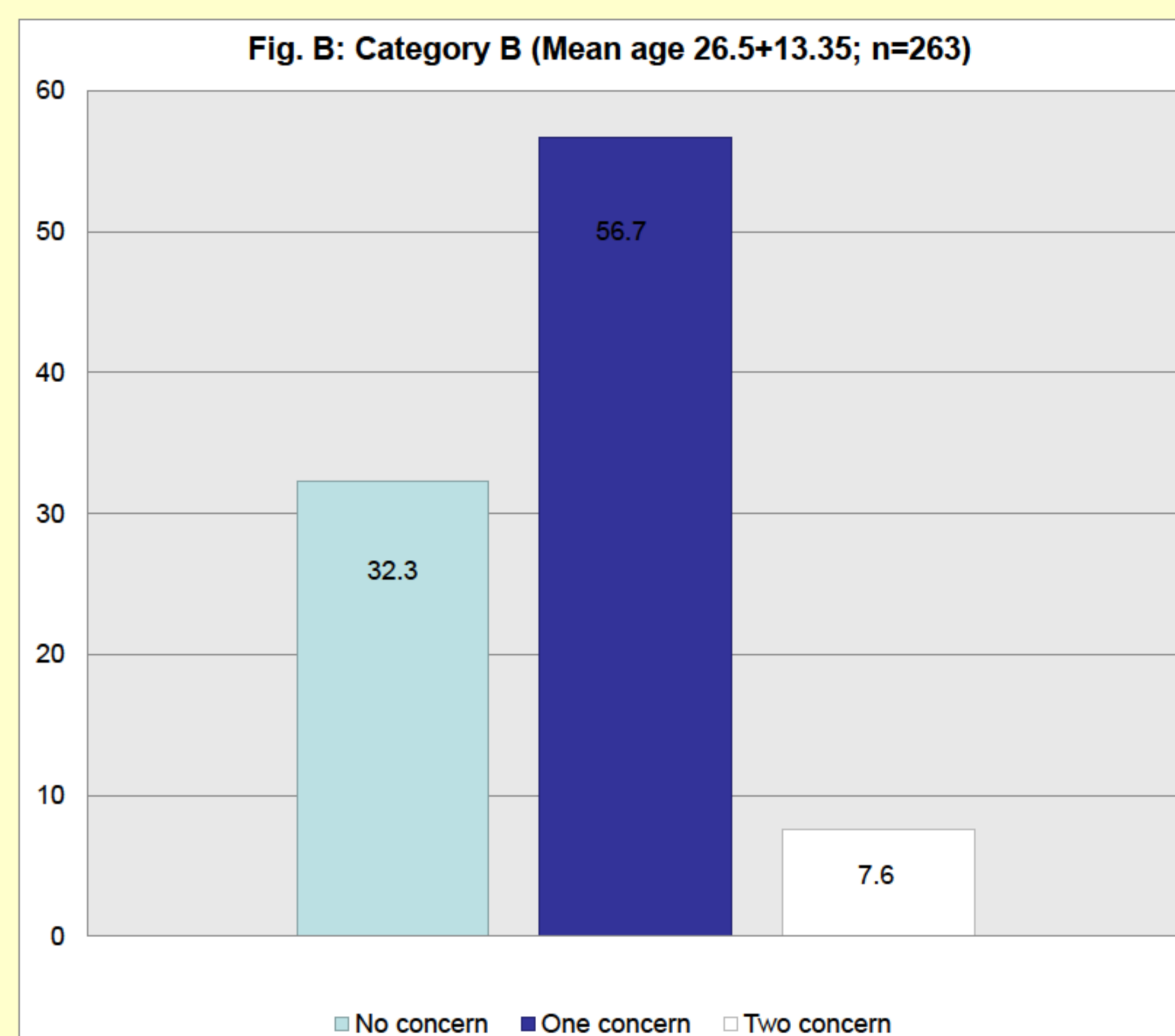
Out of 1,620 haemophilia patients registered in our Haemophilia Centre in New Delhi (which caters a large population from Northern India), a stratified analysis of psychosocial issues assessed in 570 patients under 3 age-based categories viz., A under 18 years, B 19-45 years, and C over 45 years age was carried. Issues as appropriate to each age-category resulted in 60, 78 and 9 parameters under the categories A, B and C respectively.

## OBSERVATION AND RESULTS

Category A with mean age 11.97 + 7.6 years, ranging 4- 18 yrs had 295 cases. Whereas 69 (23.4%) had no major psychological issues, 172 (58.3%) subjects had a single serious concern. Two or more issues were present in 43 (14.6%) and 11 (3 %) patients respectively. The concerns were largely relating to school education, extracurricular activities, social interaction with friends, and family issues.



Category B with mean age 26.5 + 13.35 years, range years had 263 cases. Eighty five (32.3%) cases had no major concern whereas 149 (56.7%) had a single large concern.



Two and three issues were reported by 20 (7.6%) and 6 (2.2%) patients respectively. The issues related mainly to physical morbidities, marital, and psycho-behavioral issues.

Category C with mean age 53.2 years, ranging 42-63 years had only 12 cases. Of them 4 (33.3%) had no major issues whereas 7 (58.3%) faced single problem alone. Multiple problems were uncommon in this category. Major issues related to the concerns for family/ members.

## CONCLUSIONS

More than two thirds of our patients with haemophilia faced psychosocial issues, with the young segment (<18 years) facing the largest brunt in terms of problems in school, education and interaction with peers. The working population had concerns with physical morbidities and marital life. Those over 45 years felt neglected and harbored concerns for their family members. Addressing the psychosocial problems in haemophilia therefore is of great importance.

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