242) Abstract 1488

RISK FACTORS ASSOCIATED WITH SOMATIC COMPLAINTS IN CHINESE POPULATION: FINDINGS FROM A POPULATION-BASED HOUSEHOLD SURVEY

Janet Wong, PhD, RN, Daniel Fong, PhD, School of Nursing, LKS Faculty of Medicine, The University of Hong Kong, Hong Kong, Hong Kong, Hong Kong SAR, Kelvin Chan, MBBS(HK), MRCP(UK), MRCP, Department of Medicine, Queen Mary Hospital, Pokfulam, Hong Kong, Hong Kong SAR

INTRODUCTION: Somatic symptoms can cause a person to experience psychological distress in the form of physical symptoms. They have been a challenge for clinicians because most of the symptoms were not medically well explained and repeated physical examinations and laboratory tests triggered further anxiety in patients, leading to frequent health care utilization. Large-scaled epidemiology studies conducted in both community sample and clinical sample consistently found that prevalence of moderate to high multiple somatic symptoms was over 20%. However, there was inadequate understanding of the prevalence and risk factors of multiple somatic symptoms in Chinese population. OBJECTIVES: To identify the multiple somatic symptoms in a population-based sample and investigate the risk factors in Chinese. METHODS: A total of 202 Chinese participants aged 15-95 were recruited in a population-based household survey in Hong Kong in 2013. The primary study outcome was multiple somatic symptoms measured by the Chinese version of PHQ-15. The secondary outcomes included stress level which was measured by Perceived Stress Scale, depression and anxiety which were measured by Hospital Anxiety and Depression Scale, and insomnia measure by Insomnia Severity Index. Descriptive statistics were done and the risk factors of somatic symptoms were analysed by using structured multiphase regression modeling. RESULTS: The prevalence of somatic symptoms in Chinese population is 20%. The most common somatic symptoms are back pain (n=73, 36.2%), feeling tired (n=63, 31.1%) and pain in arms, legs and joints (n=56, 27.7%). From the structured multiphase models, female (estimate=1.47, p<0.001), more adverse childhood experience (estimate=0.41, p=0.023), employed (estimate=.87, p=.049), higher level of perceived stress (estimate=.09, p=.027), higher severity of insomnia (estimate=.12, p<0.001), presence of chronic illness (estimate=-1.7, p=0.01), higher level of anxiety (estimate=.22, p<0.001) and lower level of depression (estimate=-.15, p=.011) were significantly associated with more somatic symptoms in Chinese. CONCLUSIONS: This study concluded that there was a high rate of somatic symptoms in Chinese population. Somatic symptoms, stress and emotional symptoms were interrelated with gender, adverse childhood experience and employment.