



Is There Any Relation of Urine Leukocytes with Arachnophobia?



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Abstract

This study helps to find the link between arachnophobia and urine leukocytes. Irrational fear of spiders is Arachnophobia. There are many phobias like spider's phobia and all of them are mental disorders. Urine analysis indicates the presence of leukocytes in urine sample and this analysis is done by dipstick test. Multi-parameter urine strips were used for all 100 samples and the results were recorded. These strips give results in just 1 to 1.5 minutes. In phobic group of people 23.07% were male and 34.61% were females show positive results which means leukocytes in urine samples. While, in non-phobic group 15.3% were males and 2.70% were females show positive results. The results show that there is no relation between urine leukocytes and the spider phobia i.e. arachnophobia. The urine strip test is quick and simple method and also inexpensive.

Keywords: Dipstick urine analysis assay; Urine leukocytes

Abbreviations: WBC: White Blood Cells; UTI: Urinary Tract Infection

Introduction

Extreme or irrational fear of spiders is Arachnophobia. Although many arachnids are not harmful, an individual with arachnophobia may feel panic, uncomfortable or uneasy around spiders or even on thinking about their existence near them. Sometimes, an object like a spider can also cause anxiety and a panic attack in a spider phobic person [1]. There are treatments for this phobia like other animals related phobias. Exposure therapy by exposing the phobic person to the spiders is effective therapy. 3D games on computer containing spiders related 3D images are also a part of therapy. Along with therapies, placebo are also used by the therapist. Arachnophobia is a biggest barrier in the normal life of phobic person. This phobia is a mental disorder and the phobic individual experiences a severe anxiety so, proper understanding of it is necessary for better treatment and better life [2].

This test indicates the presence of leukocytes in urine sample. If the urine sample contain leukocytes and the count of white blood cells (WBC) is high in urine sample, it can be an indication of inflammation in the urinary tract or kidneys. The most common reason for WBCs in sample of urine is leukocyturia which is a bacterial infection or urinary tract infection (UTI) i.e. of bladder or kidney infection [3]. Urine routine analysis by multi parameter test strip is a useful and cheap diagnostic tool for UTI and dysuria. Presence of leukocytes in urine can be easily

detected by this strip test. The strip test from urine sample is a diagnostic tool if leukocytes are present in urine sample in high quantity than confirmatory test for UTI and kidney disease are performed in order to know the problem [4].

Materials and Methodology

Project design

Sample from 100 volunteers were collected and a question about the spider fear was asked by them i.e. they fear from spider or not.

Measurement of urine leukocytes

The study was done in Bahhauddin Zakariya University Multan, Pakistan at Institute of Molecular Biology and Biotechnology department. 100 samples were collected from volunteers and soon after the collection samples were transferred to the laboratory. Only fresh samples were used. Gloves were used for safety. Firstly, the expiry date of urine dipstick was checked. Then one testing strip was removed from the bottle or container of strips (try not to touch the reagent coated zones of the strip). Test strips were soaked into to the urine sample (ensure that the test zones were completely dipped in urine) for 60 seconds. The strip was removed from the urine sample after 1 minute. Make sure that the test strip remains in a horizontal direction (to avoid contamination with other zones coated with dry

reagents). The dipstick readings were noted by comparing strip with labelling on the side of the testing strip container to interpret the findings. Different tests were on the strip requires to be read at correct times, so it was ensured that results were interpret in the appropriate time. Once all the results of the test

were interpreted, throw the urine strip into the clinical waste container or bin along with your gloves. Hands were washed at the end. Same procedure is followed for all 100 samples separately and results were noted [5].

Results and Discussions

Table 1: Relation of arachnophobia with urine Leukocytes.

Arachnophobic		Non-Arachnophobic	
Leukocytes in urine		Leukocytes in urine	
Positive		Negative	
Male	23.07%	34.61%	15.30%
Female	14.86%	60.80%	2.70%
			21.60%

According to results, phobic males were 23.07% and females were 14.86%. Whereas, non-phobic individuals group included 15.3% males and 2.70% females that were having positive results i.e. leukocytes in urine. There is no clear-cut difference between the calculated percentages of both group’s positive results. So, it means that there was no relation between the spider phobia and urine leukocytes (Table 1).

Conclusion

It is concluded that there is no relation between urine leukocytes and Arachnophobia. The negative results have high percentages so, no relation found between urine leukocytes and Arachnophobia.

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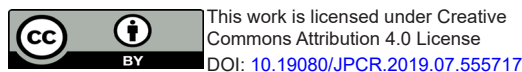
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