

Assessing Public Awareness and Knowledge of Misophonia in a Nationally Representative Sample of Adults

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Background

Misophonia Awareness



Clinical settings, research, and pop culture

The New York Times



- Public awareness of mental health disorders:
 - Increases likelihood of disclosure to others¹
 - Facilitates help-seeking behaviors²
 - Improves support² and acceptance³
 - Enhances treatment options⁴
 - Predicts treatment utilization⁵
 - Decreases stigma⁶ and prejudice⁷

¹Henderson et al., 2017; ²Picco et al., 2018; ³Henderson et al., 2012; ⁴Jorm, 2012; ⁵Bonabi et al., 2012; ⁶Buizza et al., 2017; ⁷Foster et al., 2018



Current Study

Purpose: Investigate the level of misophonia awareness in a nationally representative sample of U.S. adults

- Current Study

- **Aim 1:** Examine recognition of misophonia

- **Hypothesis:** Younger age¹, White/non-Hispanic background^{1,2}, higher level of education^{1,2,3}, higher income¹, and urban living status⁴ would predict misophonia recognition

- Current Study

- **Aim 2:** Explore personal experience with misophonia and interest in learning more about misophonia

- Aim 3:** Investigate features of misophonia knowledge among those who endorsed prior awareness of misophonia



Methods

- Data Collection & Sampling

- Ipsos KnowledgePanel

- Largest, web-based panel of adults in U.S.

- Members recruited using address-based sampling methodology

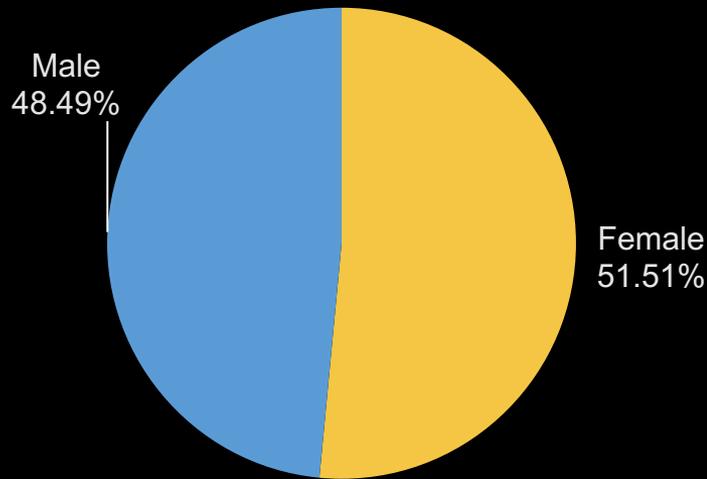
- Study-specific post-stratification weights applied to survey data based on the U.S. Census

- Population Survey

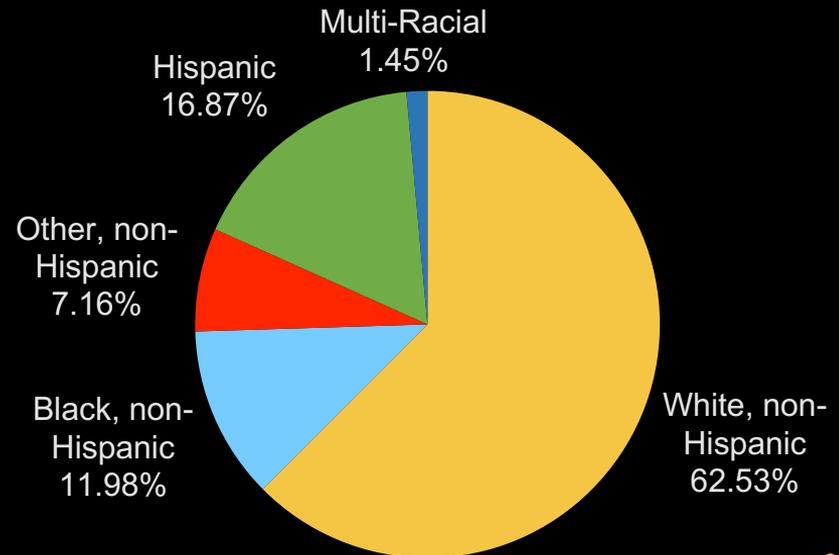
- Participants ($N = 4,005$)

- Age Range = 18 – 93, $M_{age} = 48.32$ years ($SD = 17.76$)

Gender

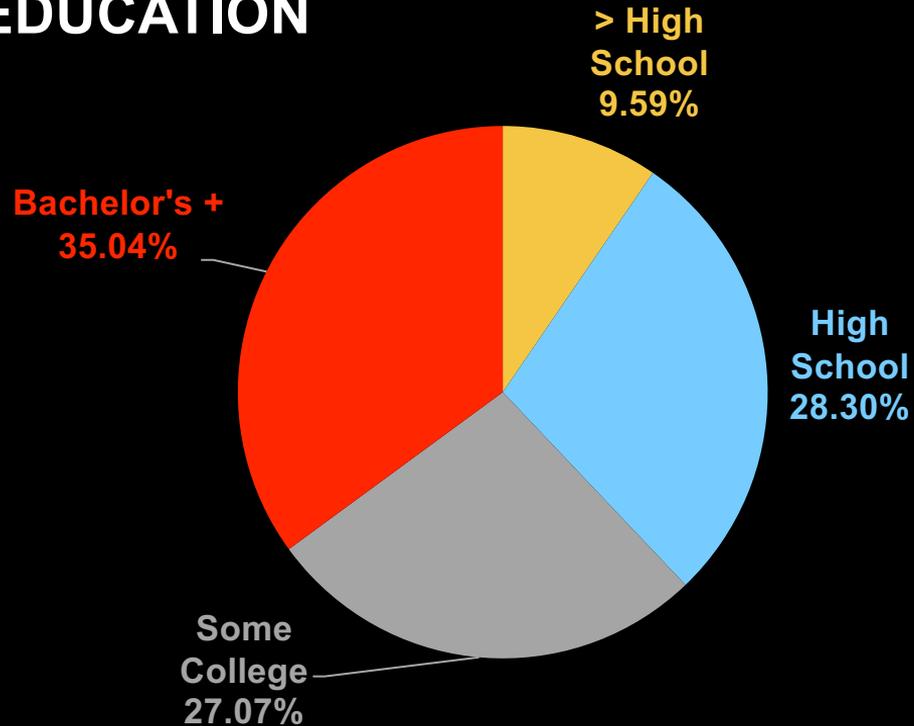


Race/Ethnicity



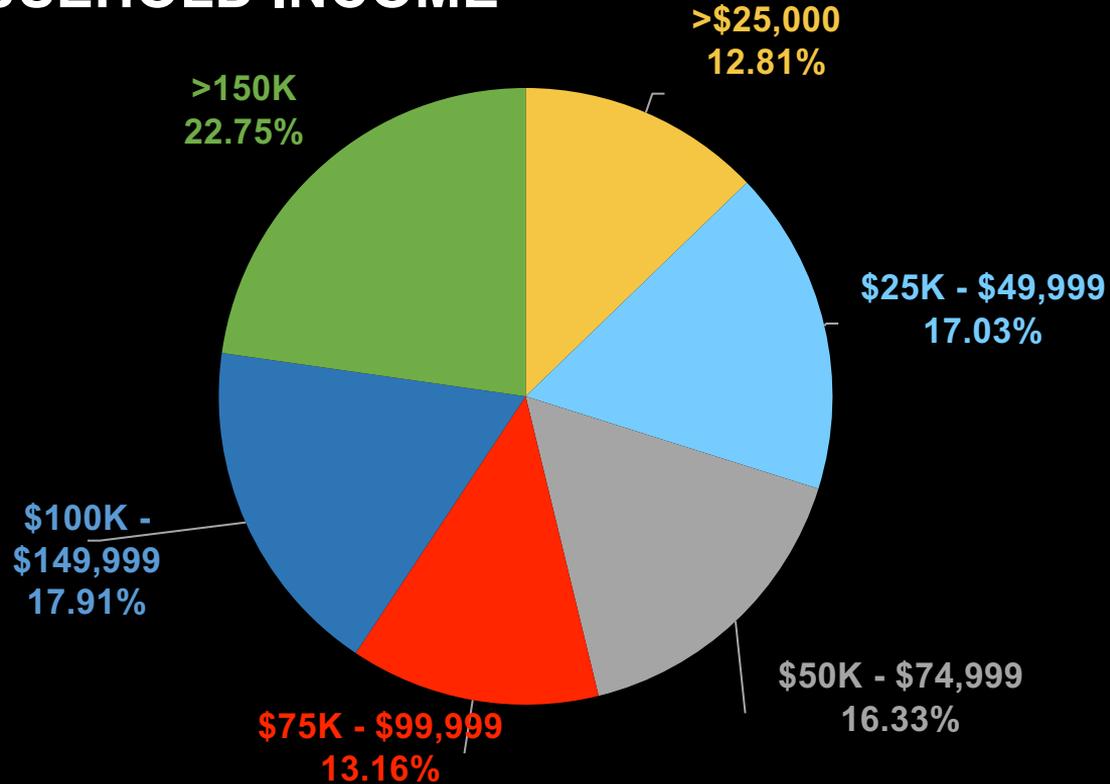
- Participants ($N = 4,005$)

EDUCATION



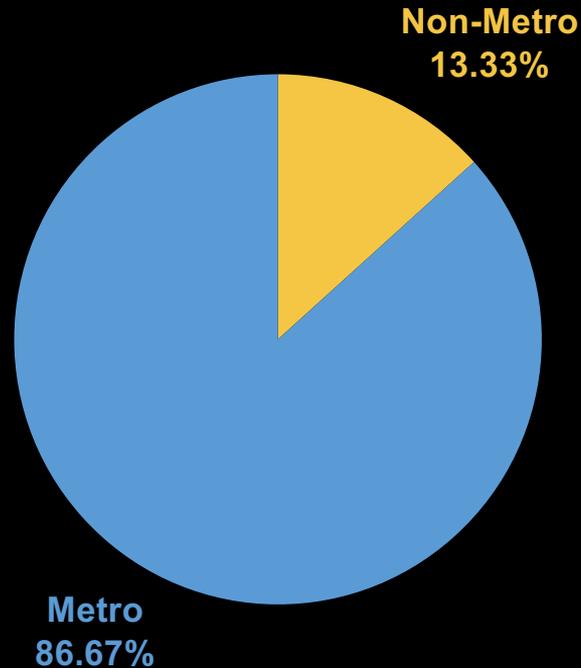
- Participants ($N = 4,005$)

HOUSEHOLD INCOME



- Participants ($N = 4,005$)

METROPOLITAN AREA



- Core Survey Items

- 1. Misophonia recognition

- Prior to this survey, have you heard of the term misophonia?

- 2. Misophonia definition provided and personal experience assessed:

- Do you identify as having misophonia?
- Do you know someone who has misophonia?

- 3. Rate your interest in learning more about misophonia

- Additional Survey Items

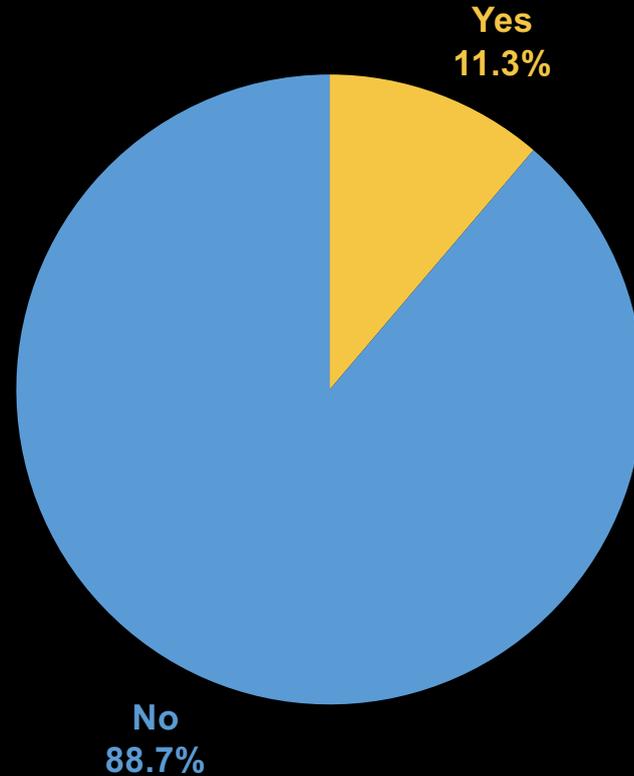
1. Does this description of misophonia match your understanding of misophonia?
2. How would you rate your level of familiarity or knowledge of misophonia?
3. What has been your primary source of information on misophonia?



Results

- Misophonia Recognition ($N = 4,005$)

“Have you heard of the term misophonia?”



Demographic Predictors of Misophonia Recognition

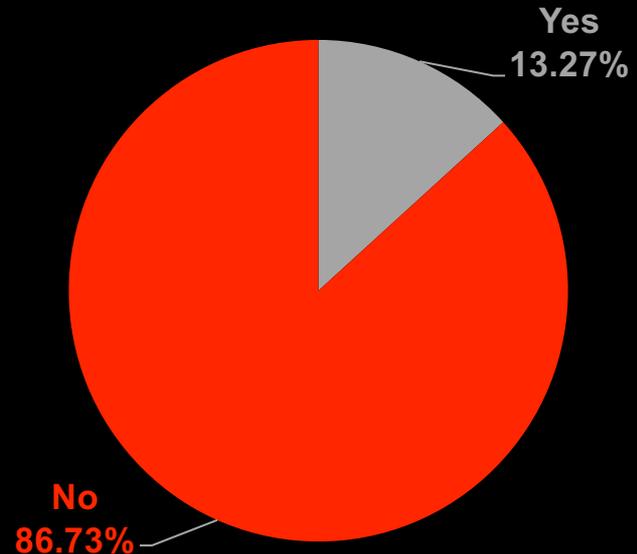
	OR	95% CI	<i>p</i>
Gender (Female)	1.780	1.447 – 2.186	< .001
Age	0.968	0.962 – 0.974	< .001
Race/Ethnicity			
White		Reference	-
Black	0.638	0.450 – 0.906	.012
Other	0.392	0.245 – 0.627	<.001
Hispanic	0.686	0.507 – 0.928	.015
2+ races	0.889	0.405 – 1.952	.770
Education			
< High School		Reference	-
High school	0.942	0.615 – 1.441	.782
Some college	1.211	0.792 – 1.851	.378
≥ Bachelor's	1.638	1.072 – 2.502	.022
Household Income			
< \$25,000		Reference	-
\$25K to \$49,999	1.054	0.697 – 1.594	.804
\$50K to \$74,999	0.946	0.617 – 1.451	.800
\$75K to \$99,999	1.573	1.037 – 2.384	.033
\$100K to \$149,999	1.288	0.854 – 1.942	.227
≥ \$150,000	1.417	0.949 – 2.117	.088
Metropolitan Area	1.103	0.804 – 1.513	.543

- Personal Experience with Misophonia ($N = 4,005$)

IDENTIFY AS HAVING MISOPHONIA

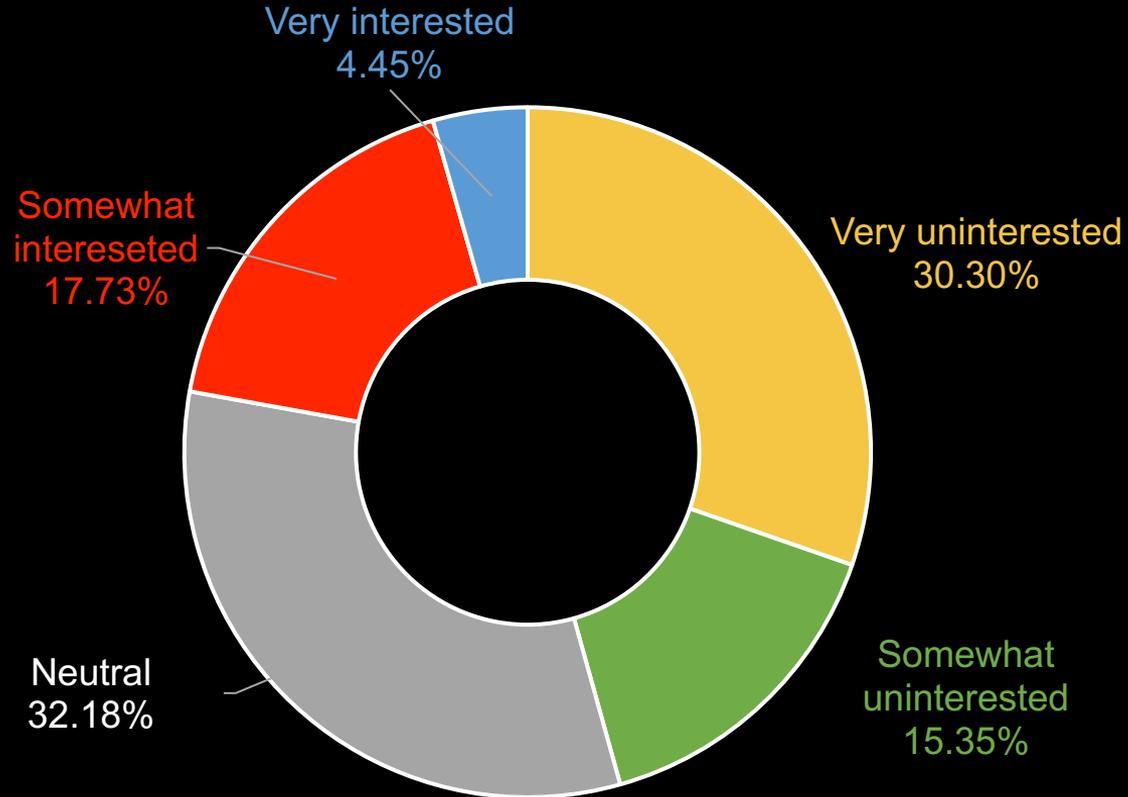


KNOW SOMEONE WITH MISOPHONIA

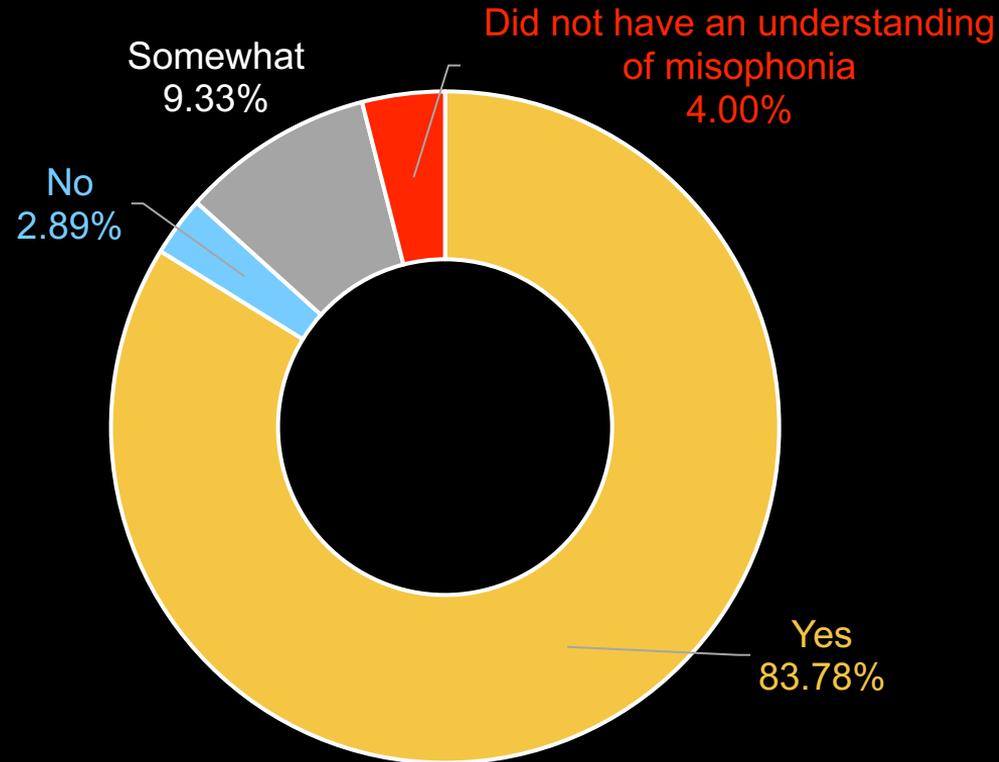


Interest in Learning more about

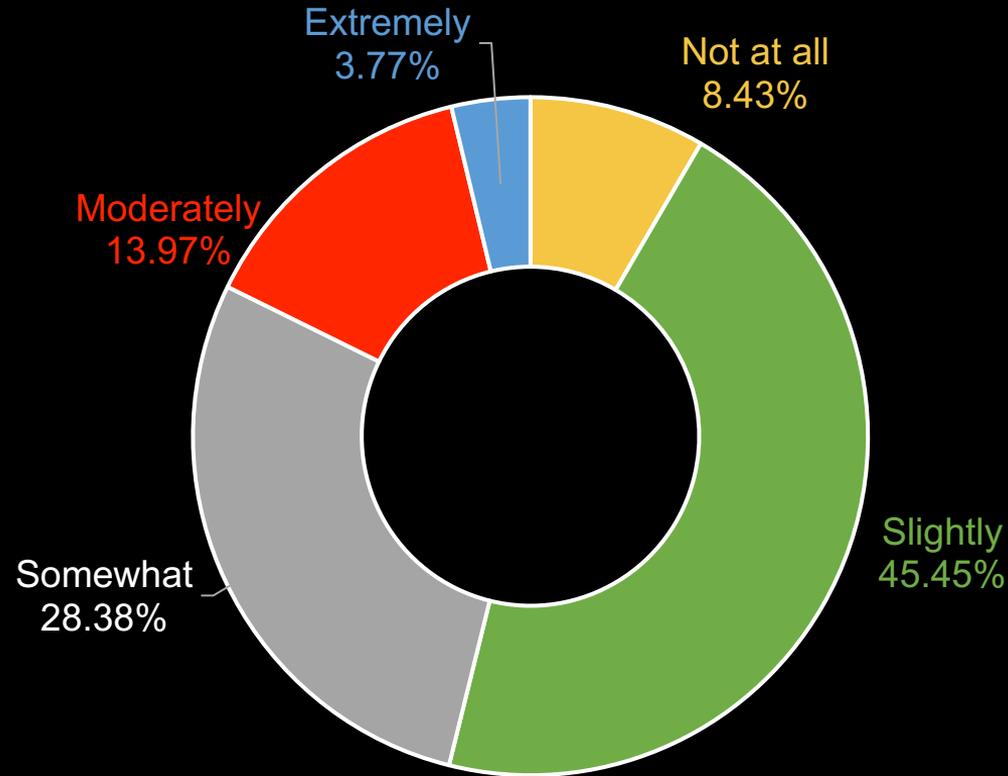
- Misophonia ($N = 4,005$)



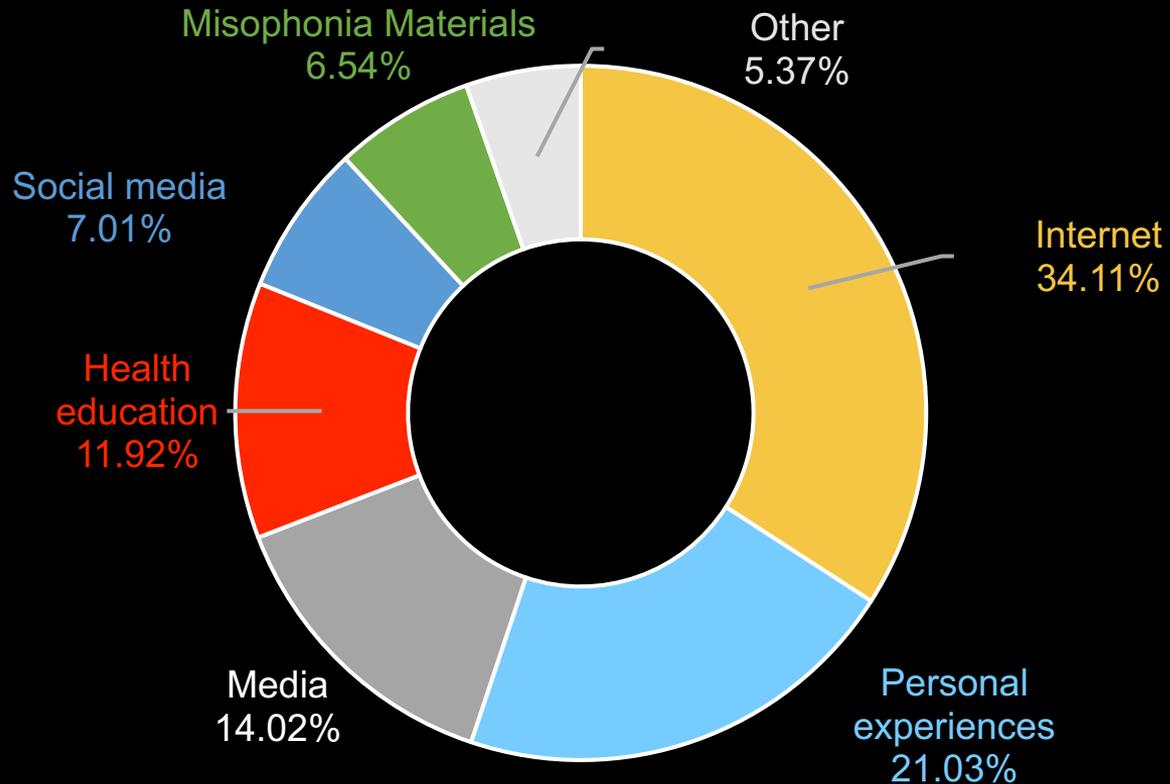
Definition Matched Understanding of Misophonia ($n = 451$)



- Level of Familiarity/Knowledge ($n = 451$)



Primary Source of Information on Misophonia ($n = 451$)





Discussion

● Key Takeaways

1. Recognition of misophonia is low in the general population and affected by demographic characteristics
2. A total of 16.6% reported personal contact with someone with misophonia (self/other)
3. Most individuals who recognized misophonia indicated their understanding was consistent with scientific definition, moderate levels of knowledge, and that the internet was the most common source of information

- Possible Interpretations & Implications
 - Awareness campaigns may need to deploy specific strategies to reduce health disparities
 - Interest in learning more about misophonia varied
 - Internet was most common source of misophonia information
 - + Easily accessible and cost-efficient¹
 - Associated with greater propagation of health misinformation²

- Limitations

- Generalizability: data reflect current perspectives in the U.S.
- Small number of survey items
- Potential conflation with other similar conditions, such as hyperacusis

● Next Steps

- Comprehensive surveys, vignettes, and interviews needed to understand public perceptions of misophonia
- Public health campaigns and outreach endeavors needed to increase awareness in the general population and at-risk samples
- Importance of stakeholders, scientists, and clinicians to disseminate misophonia information

• Thank you!



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