

# Scientific Article



## Title

Misophonie bei psychiatrischen Erkrankungen

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## Abstract

Misophonia is a condition with distinct intolerance of specific sounds regardless of their volume. Using a screening test and, where required, a further questionnaire, patients of a psychiatric clinic were examined regarding misophonia symptoms (severity, trigger sounds, triggered emotions, coping mechanisms, conflicts).

Of 194 patients surveyed, 46 (23.7%) showed a positive screening, of which 27 completed the follow-up questionnaire. Approximately 70% of those affected had at least moderate misophonia, 25.9% were severely affected and 11.1% were even extremely affected. "Smacking" was named as the most frequent trigger sound (63%), while ambient noise, finger tapping and ballpoint pen clicking represent other important triggers. 70.4% of patients with misophonia reported being annoyed by these sounds, while 59.3% even felt anger. Patients diagnosed with addiction reported being verbally aggressive (50%) almost twice as often as patients with mood disorders (28.57%). One in ten also became physically aggressive. Conflicts with others occur frequently in 29.6% of those affected, and in 22.2% in every incident.

The triggered anger and possible conflicts with other patients can have a considerable impact on the healing process and the inpatient stay. To minimize these effects, patients with severe misophonia could be offered CBT as a treatment.

However, further extensive studies of the correlation of misophonia and psychiatric disorders, as well as therapeutic treatment options, are needed for conclusive results. At the very least, official diagnostic criteria should be established within the framework of the ICD or DSM in order to be able to offer a standard diagnosis and thus appropriate treatment.

## Source

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