

Charles Bonnet Syndrome Prevalence In a Younger Ophthalmology Outpatient Population

Arda Karagöl, Başkent University Hospital, Ankara

Background: In the literature, most of the studies on Charles Bonnet Syndrome (CBS) have been performed on older populations. This studies aim is to determine the prevalence and epidemiology of CBS and the nature of the hallucinations of the younger group of patients from an ophthalmology outpatient clinic in a university hospital.

Subjects and methods: Twenty-eight Patients were randomly chosen from the outpatient ophthalmology clinic of a university hospital and agreed to participate the study were included. First the patients were asked “If they had ever seen visions that other people cannot when they were fully awake”. The patients who were experiencing this symptom were given sociodemographic questionnaire and Psychiatry Institute Visual Hallucination Questionnaire and asked to explain their hallucinations in detail. To exclude a psychiatric disorder the participants were made a psychiatric interview as well.

Results: Nineteen women (%67.9), 9 men (%32.1) participants were included to the study. Five patients (%17.9) were diagnosed CBS. Average age of the patients diagnosed with CBS was 39.4 (min.31-max.48). Three of the 5 patients (%60) with CBS noted negative emotions (fear, wince and bewilderment) about their hallucinations.

Conclusions: The prevalence of CBS (% 17.9) we’ve found is compatible with the medical literature. CBS may also be accompanied by “relatively milder” ophthalmologic problems (myopia, astigmatism, etc.). The hallucinations which CBS patients experience could be quite distressing, and the individuals might have hard times to reveal their complaints because of the apprehension of stigmatization. To inquire this symptom during clinical examination may be the first step to help these individuals.

Key Words: Signs and Symptoms, Perceptual disturbances, Hallucinations, Charles Bonnet Syndrome

References:

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