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Assessment of knowledge, awareness of symptoms, risk factors, preventive measures, and perceptions related to thyroid disease among adults of Lahore, Pakistan

By

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Abstract

Background Thyroid disorders are becoming more common, yet many people do not recognise their symptoms, risk factors, or options for prevention. This study assessed the knowledge, awareness, and perception of thyroid disease among adults in Lahore, Pakistan. Subject and methods A cross-sectional survey was conducted among 391 adults using convenience sampling in public areas of Lahore. A structured questionnaire was used to assess recognition of thyroid symptoms, awareness of risk factors and prevention, and perceptions of disease. Descriptive statistics were generated. Differences in knowledge, awareness, and perception across demographic groups were analysed using the Mann-Whitney U test, the Kruskal-Wallis test, and regression in SPSS version 27. Results Most respondents were female (55.0%), aged 18-24 years (36.3%), had formal education (76.7%), and lived in metropolitan areas (66.2%). Neck swelling (61.9%) and goitre (47.1%) were the most frequently recognised symptoms. Thyroid screening was identified as a key preventive measure by 55.8% of participants. Overall, knowledge was low: only 38.0% demonstrated good knowledge, while 62.0% had poor knowledge. Many participants agreed that obesity (39.1%) and poor diet (29.4%) increase thyroid risk. Greater awareness was observed among younger participants ($p = 0.001$), those with higher education ($p = 0.001$), and urban residents ($p = 0.036$). More accurate perceptions were also associated with higher education ($p = 0.027$) and better understanding of thyroid-related topics ($p = 0.009$). Conclusion There are clear gaps in public knowledge of thyroid disease, despite some awareness of symptoms and risk factors. Targeted health education is needed to improve early recognition, screening, and prevention in the community.

Keywords

Author Keywords: [Thyroid disease](#); [Thyroid awareness](#); [Thyroid risk](#); [Thyroid prevention](#); [Thyroid perception](#)

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