

stimulation intensity adjusted according to the maximum intensity that patient would tolerate, conducted over 12 weeks (30 minutes per day 4 days per week). Post-test values were obtained using Pittsburgh Sleep Quality Index after the completion of the intervention.

During our training sessions with patients suffering from sleep problem, we observed significant improvements in their treatment outcomes. Participants were fully informed about the study and provided written consent before the commencement of the study. Initial assessments were conducted using the Pittsburgh Sleep Quality Index as pre-tests. After 12 weeks of treatment, post-test measurements using the same assessment were taken. Statistical analysis indicated a significant result with a p-value of < 0.05, demonstrating that the Transcutaneous auricular vagal nerve stimulation therapy positively impacted to sleep quality among the construction workers. This study is expected to contribute significantly to the literature on Insomnia, offering insights that could enhance treatment strategies for healthcare professionals working with construction workers experiencing better sleep quality.

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Prevalence of phantom vibration syndrome during COVID-19 pandemic among collegiate – An observational study

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Dear Editor,

We are pleased to submit our manuscript titled “Prevalence of Phantom Vibration Syndrome During COVID-19 Pandemic Among Collegiate – An Observational Study” for consideration in *Psychiatria Danubina*. This study aims to evaluate the prevalence and impact of Phantom Vibration Syndrome (PVS) among college students during the COVID-19 pandemic.

Everyday life now revolves around mobile phone usage, and studies have linked excessive screen exposure to various psychological effects. One of these is PVS, a tactile hallucination that people report, which can happen because of neural plasticity, misinterpreting sensory information, or dopamine dysregulation. It is associated with occupational burnout, sleep disturbances, cognitive impairments, and fatigue (Rosenberger, 2015). Our study assessed 500 students

aged 17 to 25 through a self-administered questionnaire, and statistical analysis revealed that 60.2% experienced PVS, with 52.5% reporting it as bothersome.

Our findings underscore the considerable incidence of PVS among college students, indicating the necessity for additional study and intervention options. The influence of PVS on pupils goes beyond simple discomfort, perhaps resulting in heightened anxiety, stress, and diminished academic performance. The increasing prevalence of mobile phone addiction necessitates immediate consideration of the neurophysiological effects of PVS (Goyal & Saini, 2019). The overdependence on digital communication and social media intensifies the problem, rendering it a vital subject for modern mental health study. A similar phenomenon has been observed in the context of Phantom Earthquake Syndrome, wherein individuals perceive tremors that are not occurring, drawing parallels to the misinterpretation of sensory input seen in PVS (Bajs Janović et al., 2021).

Given these findings, we recommend the implementation of awareness programs and the promotion of healthier digital practices among students. Institutions ought to promote mindfulness practices, designated digital detox periods, and ergonomic guidelines for mobile phone utilization. Moreover, subsequent research should investigate the enduring psychological ramifications of PVS and its possible association with broader psychiatric diseases, including anxiety disorders and depression. Neuroimaging investigations may be utilized to get further insight into the brain networks associated with the symptoms of PVS (Chen et al., 2014). Further supporting the idea that

hallucinations – including PVS – stem from neural adaptation and misinterpretation of sensory stimuli (Soldo-Butković & Marinović, 2018).

This study coincides with the journal's focus on the neuropsychiatric effects of technology use and mental health issues. Our research seeks to illuminate the considerable prevalence of PVS, contributing to the expanding corpus of knowledge on contemporary digital-related psychiatric disorders.

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