

Prevalence and Awareness of Misophonia

Laura Dixon, PhD

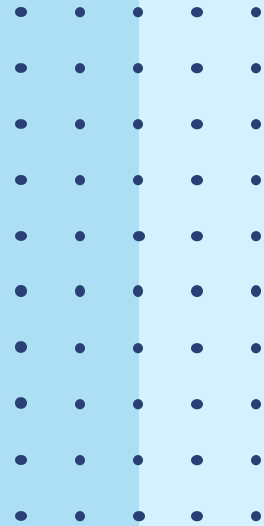
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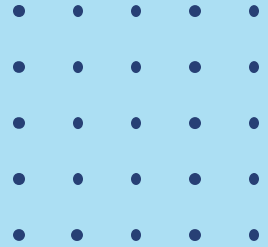
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Introduction



1. Me

- Clinical Psychologist in MS
- Associate Prof @ UM
- UM HART Lab



2. Misophonia

- Began research in 2018
- Funded by MRF in 2020
- Misophonia Consensus Committee
- Clinical supervision and consultation
- Ongoing grants and projects...



3. Today

Misophonia in the U.S.

Big Research Question

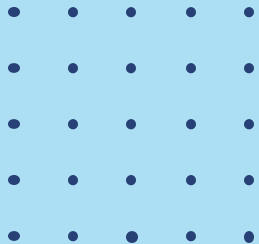


What is the prevalence
of misophonia in the
U.S.?

Epidemiologic Research:
understanding and addressing
health challenges at the
population level



Informs
public health
practice and
policy



Previous Estimates of Misophonia

8.5 – 12.7%

Psychiatric
patients

10 – 57%

Patients with
tinnitus or sound
sensitivities

35.5%

Individuals with
autism

12 – 20%

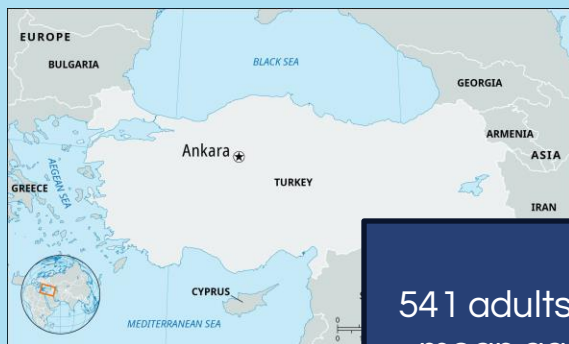
College Students

7.3 – 18.4%

Online Samples

Rates of Misophonia in Populations

12.8% Ankara, Turkey



Kilic et al., 2021

541 adults with
mean age of
43.5 yrs

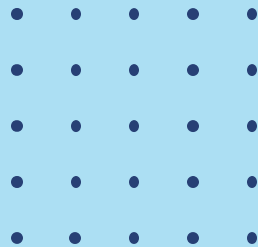
2.2 – 5.9% Germany



Jakubovski et al., 2022

2,519 adults with
mean age of
50.3 yrs

Current Methodology



Random Selection

Truly random sample of all known households in U.S.



Access

Provide non-internet households with a device and internet service

Sample

Representative of the adult US population based on the Census



High Quality

- Only 1 survey invitation per week
- Limited survey length

Our Sample



4,005 adults with mean age of 48.3 yrs
Reflective of 2021 U.S. Census

(e.g., gender, race-ethnicity, census region, education, household income)



Truly represents the U.S.
population



Largest and most diverse
sample to date

Sensitivity to Misophonia Sounds

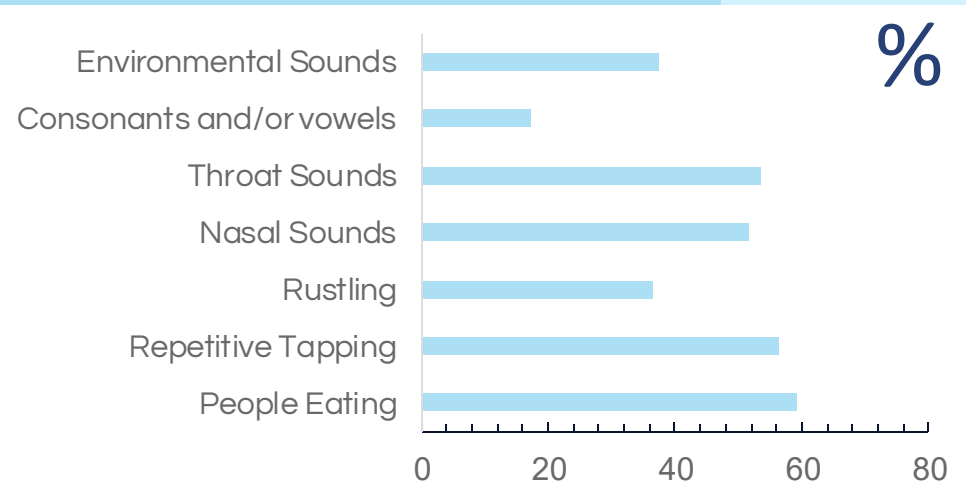
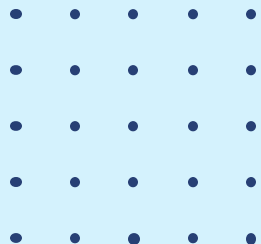
Full Sample
 $N = 4,005$

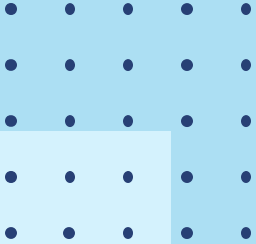
78.5%

Reported at least some sensitivity to ≥ 1 sound

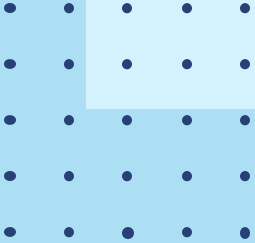
3

Sounds on average





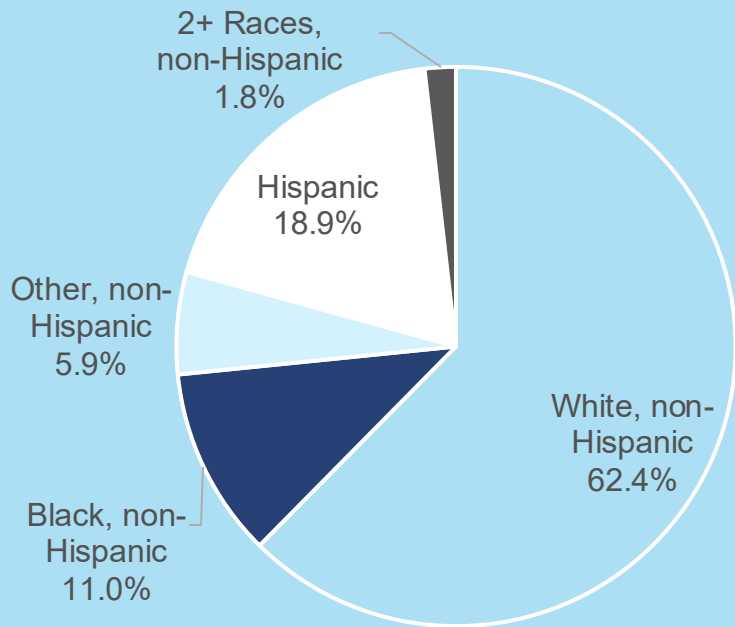
4.6% of the sample met
criteria for misophonia



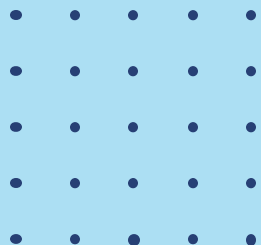


Characteristics in Misophonia Group (n = 185)

53.4%
Female
**
46.6%
Male



$M_{age} = 40.5$
years
**
33.9%
Between 25 – 34

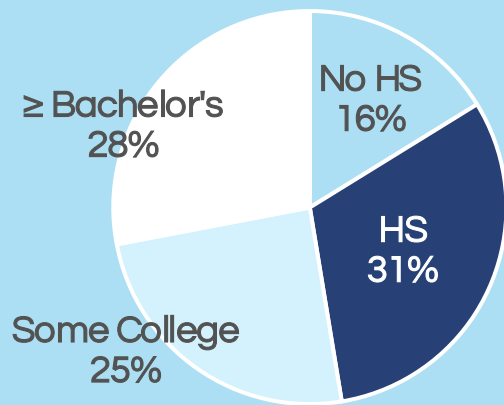


Race/ethnicity

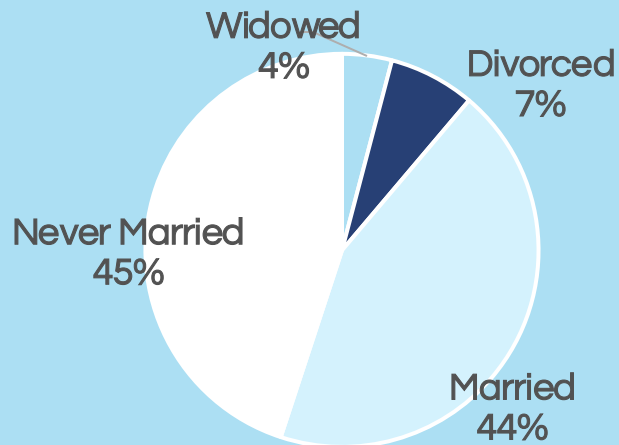


Characteristics in Misophonia Group

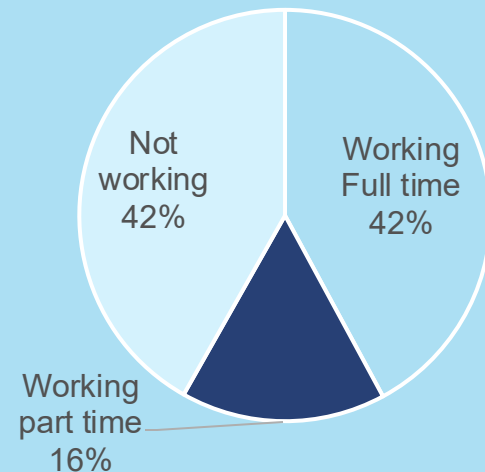
Education



Marital Status



Employment

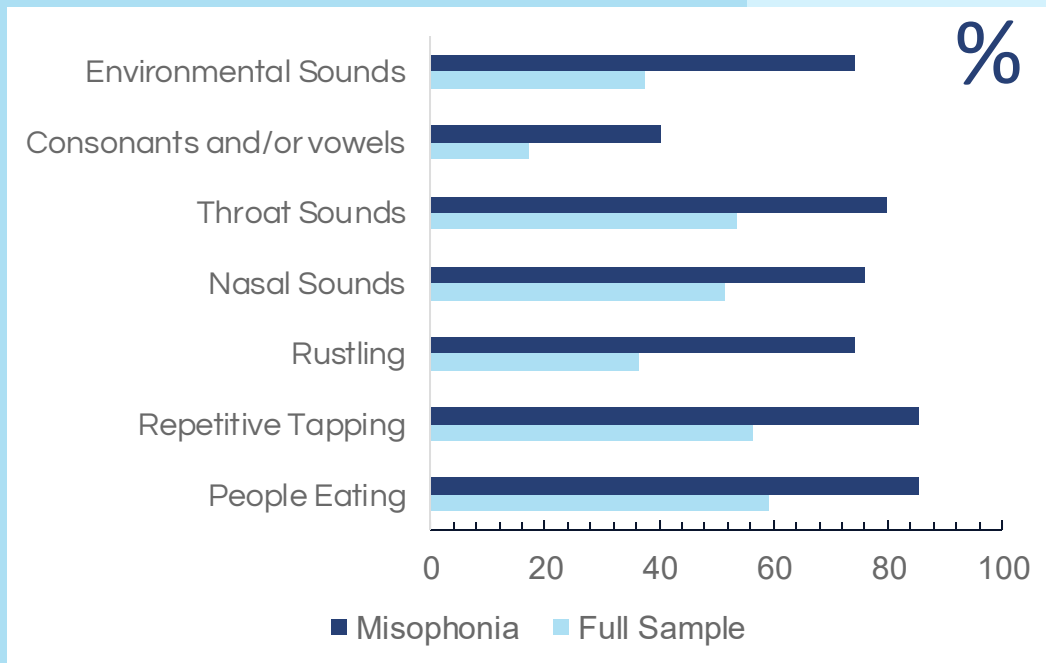
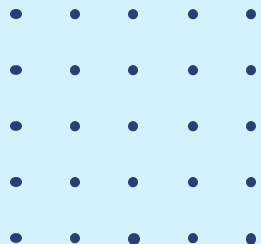


Sensitivity to Misophonia Sounds

Misophonia
Group

5

Sounds on
average



Misophonia Symptom History

Misophonia
Group

58.2%

Onset between 6
– 25

56.9%

1st Sound Trigger =
People Eating

85.6%

Sound triggers have
not changed or
increased in #

88.7%

Sound triggers have not
changed or increased in
intensity

28.2%

Family member with misophonia, but
53.9% did not know

Impairment Due to Misophonia

Misophonia
Group

68.9%

Experience "definite" functional impairment in ≥ 1 area of life

49.8%

Social
activities

33%

Home
Management

32.3%

Work

31%

Close Relationships
with Others

30.8%

Private
leisure
activities

Key Takeaways



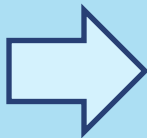
Sensitivity to misophonia sounds is common.



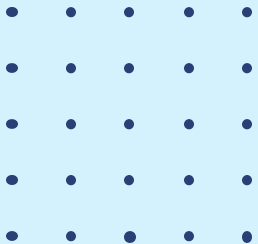
Approximately 1 in 20 U.S. adults have misophonia.

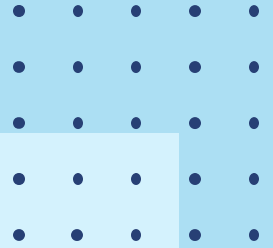


Misophonia typically onsets early and is chronic and impairing.



Equips us with knowledge that is necessary for informing the identification, prevention, and treatment of misophonia.





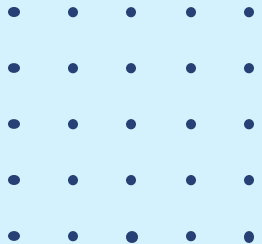
Additional Questions

1. What's the role of emotion regulation in misophonia symptoms?
2. How many people have heard of misophonia?

Emotion Dysregulation & Misophonia

Emotion regulation = how someone experiences, processes, and responds to emotions

- Linked to misophonia
- Development and maintenance of other disorders
- Can be modified to reduce distress and improve wellbeing

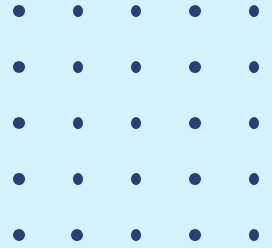


Evaluate emotion dysregulation in a large, nationally representative sample

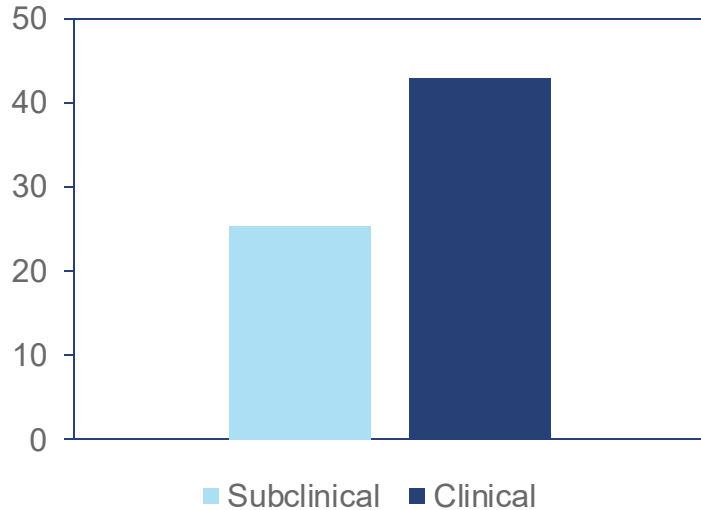


Inform our understanding of factors underlying misophonia and the development of treatments

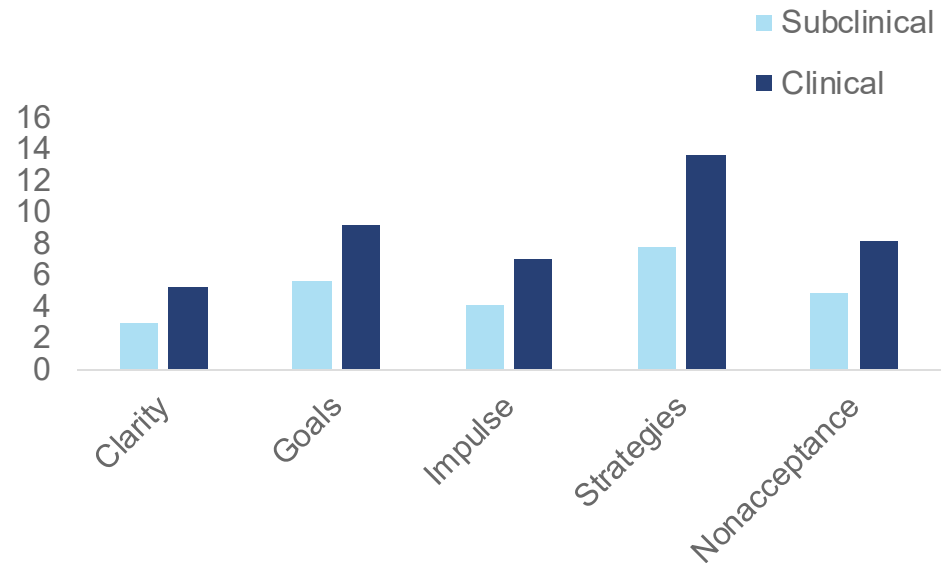
Subclinical vs. Clinical Misophonia



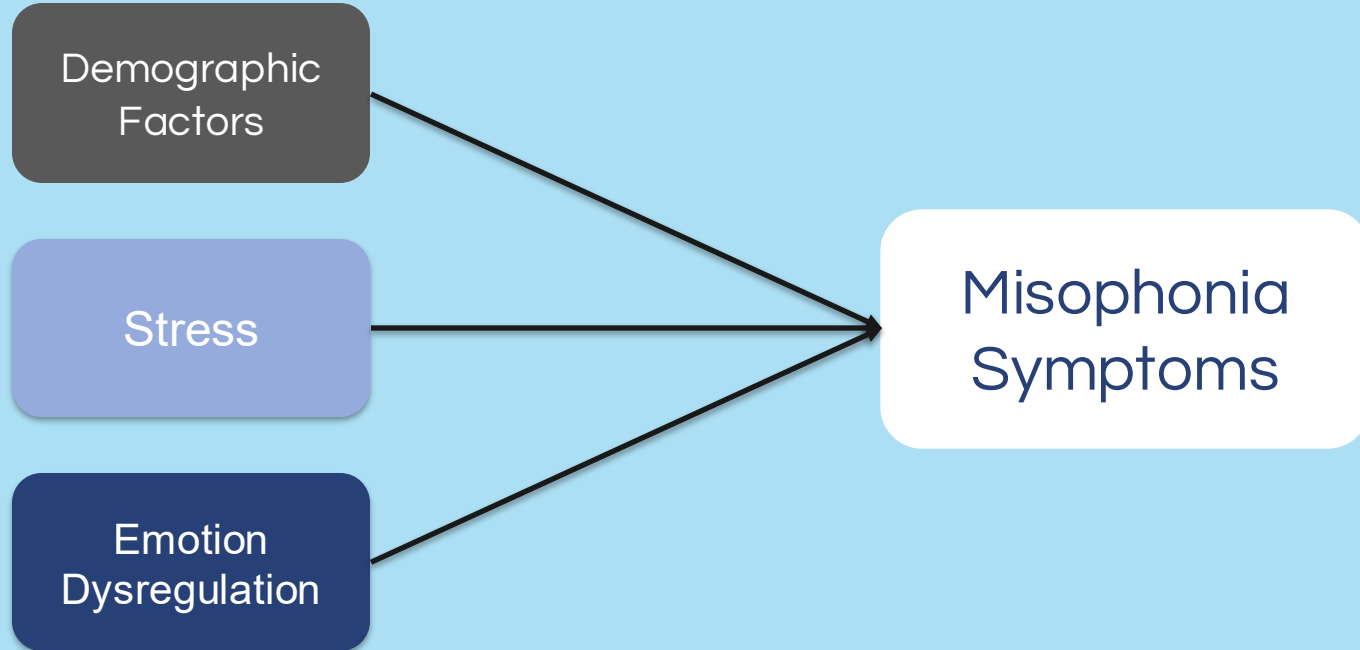
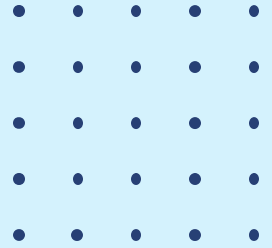
Emotion Dysregulation

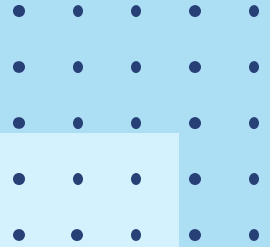


Specific Domains



Emotion Dysregulation & Misophonia

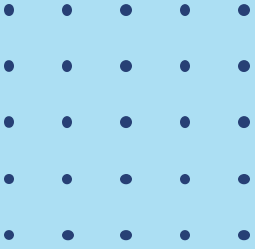




Key Takeaway



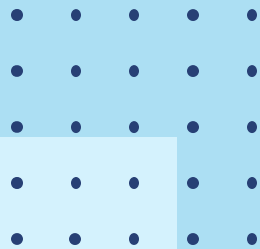
Emotion dysregulation is important in misophonia and should be considered in future research, including treatment studies.



Misophonia Awareness

Public awareness of mental health disorders:

- Increases likelihood of disclosure to others
- Facilitates help-seeking behaviors
- Improves support and acceptance
- Enhances treatment options
- Predicts treatment utilization
- Decreases stigma and prejudice

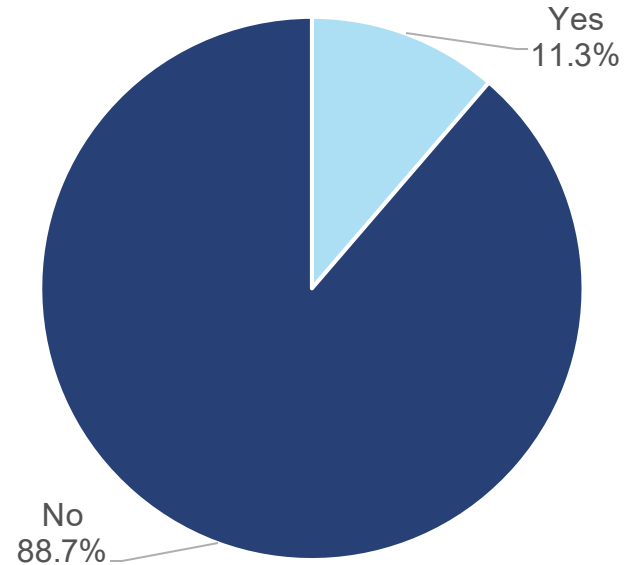


Current Study

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

Misophonia Recognition ($N = 4,005$)

“Have you
heard of the
term
misophonia?”



Key Takeaways



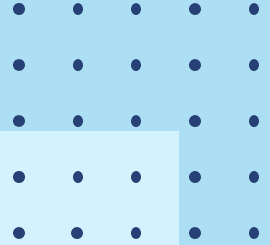
Establishes a baseline for misophonia awareness in laypersons.



Points to the need to increase awareness and spread accurate knowledge of misophonia.



In the last few years, the emphasis on increasing misophonia awareness has been amazing!





Acknowledgments



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Prevalence, Phenomenology, and Impact of Misophonia in a Nationally Representative Sample of U.S. Adults

Laura J. Dixon¹, Mary J. Schadegg², Heather L. Clark¹, Carey J. Sevier¹, and Sara M. Witcraft³

Contents lists available at ScienceDirect



Journal of Psychiatric Research

journal homepage: www.elsevier.com/locate/jpsychires

Emotion dysregulation in misophonia: Findings from a nationally representative sample

Laura J. Dixon^{*}, Carey J. Sevier^{*}, Alexandra M. Freshley

Current Psychology

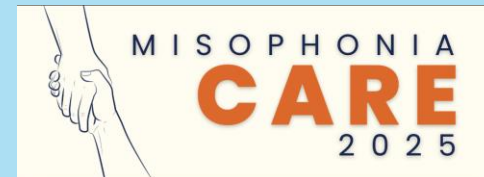
<https://doi.org/10.1007/s12144-022-04180-x>



Public awareness of Misophonia in U.S. adults: a Population-based study

Laura J. Dixon^{1,2}  · Mary J. Schadegg¹ · Heather L. Clark¹ · Megan M. Perry¹

Misophonia
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Questions

