Research Paper

Adjustment and Anxiety of Phobic persons

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ABSTRACT

In the present research, researcher investigated the Adjustment and the Anxiety of Phobic persons. Researcher selected 120 Phobic male and female persons. Out of that 60 male (30 high level and 30 low level) and 60 female (30 high and 30 low level) is selected by purposive sampling method. The average age range of the phobic persons was 20 to 50 yrs. The male and female ratio was 1:1. Researcher collect sample from various Psychiatric Clinics which is located at Dhule city in Maharashtra. Adjustment inventory was designed by Dr. R. N. Singh and Mahesh Bhagrgava and for Anxiety inventory by Dr. A. P. K. Sinha and L. N. K. Sinha test was used for data collection. 2 x 2 factorial research designed was used statistical analysis Mean, SD, "t" value was used to find out the difference in the groups. The result obtain showed that there was significant difference between high and low level phobic male persons relate to total adjustment and dimension wise adjustment. Researcher also found that significant differences in high and low level of female phobic persons relate to Adjustment and Anxiety. When researcher goes as gender wise, it was found that female persons were showed more maladjustment and more anxiousness than male person. Present research is useful for the psychological counselors and other agencies for further treatment.

Keywords: *Phobia, Adjustment, Anxiety, Gender.*

Adjustment is a behavioral process by which a person maintains balance among various needs that are encounters at a given point of time each and every situation of life demands that the person concerned should be able to effectively perform in accordance with some guiding principles and should be able to strike a balance among various forces. Adjustment is defined as a process where in one build variation in the behavior to achieve harmony with oneself, others or the environment with an aim to maintain the state of equilibrium between the individual and the environment. Adjustment has been analyzed as an achievement as well as a process in psychology interpreting adjustment as an achievement would necessitate effective performance in doing what one was expected to and engaged in this would mean judging the quality of on certain parameters. If the relationship between the individual and his / her environment is in accordance with the norms then the adjustment is achieving the behavior of the person concern would be consider normal gross deviation from the norms demand clinical investigations and interventions. Such deviations are defined as maladjustment. Severe

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deviations can be classified as abnormal behavior. If human cannot adjust with environment or situations, he / she became psychological disturb personality showing phobic depressed personality and need to psychological treatment. In this present research, researcher study of Adjustment and Anxiety of Phobic persons.

Adjustment and Anxiety affects the various aspects of psychological disorder person's life. **Silove (1993):** Found that early separation anxiety was associated with risk of adult panic disorder and that individuals with a lifetime history of panic disorder with agoraphobia had more separation anxiety symptoms than those with generalized anxiety disorder or other phobic disorders without a history of panic disorder. **Wittchen (1998):** Examined the relationship between panic disorder and agoraphobia. They found that lifetime prevalence of panic disorder with agoraphobia was as high as for panic disorder without agoraphobia. Jonathan et. al. (1998): conclude that treatment for disorder and social phobia can dramatically improve patients functioning and quality of life, a combination of psychotherapy and medication.

Statement of the Problem: " To study Adjustment and Anxiety of phobic person."

Objectives of the study:
- To study the Adjustment of high and low level Phobic male person.
- To study the Anxiety of high and low level Phobic male person.
- To study the Adjustment of high and low level Phobic female person.
- To study the Anxiety of high and low level Phobic female person.
- To find out the difference between male and female high level Phobic person with regard to Adjustment and Anxiety.
- To focus on the difference between male and female low level Phobic person with regard to Adjustment and Anxiety.

Hypothesis of the study
- There is significant mean difference between high and low level Phobic male persons with concern to Adjustment.
- There is significant mean difference between high and low level Phobic male persons with regard to Anxiety.
- There is significant mean difference between high and low level Phobic female persons with relation to Adjustment.
- There is significant mean difference between high and low level Phobic female persons with concern to Anxiety.
- There is significant mean difference between high level male and female Phobic person with relation to Adjustment and Anxiety.
- There is significant mean difference between low level male and female Phobic person with concern to Adjustment and Anxiety.

Research Design
For the present study 2 x 2 Factorial design was used to test the hypothesis.

| Gender (B) | Phobic Person (A) | | Total |
	High Level (A₁)	Low Level (A₂)	
Male **(B₁)**	30	30	60
Female **(B₂)**	30	30	60
			120

A = Phobic Person		**B = Gender**	
A_1 = High Level Phobic Person		B_1 = Male	
A_2 = Low Level Phobic Person		B_2 = Female	

Variables:

Independent Variables:

Phobic person	- High Level Phobic Person.
	Low Level Phobic Person.
Male	- Male Phobic Person.
Female	- Female Phobic Person.

Symptoms of Phobic Disorder.

Dependent Variables:

Dimension of Adjustment-

1.1) Self-esteem	- Self inferiority
1.2) Happiness	- Depression
1.3) Calmness	- Anxiety
1.4) Naturality	- Obsessiveness
1.5) Independence	- Dependence
1.6) Feeling of being healthy	- Hypochondriasis
1.7) Innocence	- Guilt feeling

Sampling and Data Collection

A sample consist of 120 persons, out of these 60 males (30 high level and 30 low level Phobic male) and 60 female (30 high level and 30 low level Phobic female) phobic persons. Researcher has taken 120 persons for study as a sample from various psychiatric clinics which is located at Dhule city in Maharashtra. For sample collection researcher used purposive type sampling method. Researcher used the following tools for the measurement to all.

Tools used

Sr. No.	Test	Reliability	Validity
2.1	Adjustment Inventory By: Dr. Singh R. N. and Bhargava Mahesh	0.79 (Test-Retest)	Internal Validity Co. Efficient 0.30 to 0.70
2.2	Anxiety Inventory By: Dr. Sinha K. A. P. and Sinha N. L. K.	0.85 (Test-Retest)	Validity Co. Efficient 054 to 0.59
2.3	Phobic disorder persons introduced by the psychiatrist after that researcher personally contact them in same hospital because working their assistant counselor job under the guidance of psychiatrist.		

Statistical Treatment

Mean, S.D. and "t" value statistics were used for interpretation of the data.

RESULT & DISCUSSION

H-1) There is significant mean difference between high and low level Phobic male persons with concern to Adjustment.

Table No. 1.1 Indicating Total Adjustment of High & Low Level Phobic Male.

Variable	Male Phobic Levels	N	Mean	SD	df	t	Significant Level
Adjustment	High	30	**15.73**	**3.34**	58	**4.38**	**Sig.**
	Low	30	**13.96**	**4.19**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Above the table indicating that Mean difference between high and low level phobic male person's with concerned to total adjustment. The calculated **Mean** and **S.D.** for high level phobic male were **15.73** and **3.34**. For low level male **Mean** and **S.D.** score were **13.96** and **4.19**. The calculated "**t**" value is **4.38** it is **significant at 0.01 level**. It showed that significant difference between high and low level phobic male persons, it means that high level male phobic persons were more mal-adjusted than the low level phobic male persons.

Table No. 1.2 Indicating dimension wise Adjustment of High and Low Level Phobic Male.

Dimension of Adjustment	Male Phobic Levels	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	High	30	**13.50**	**3.56**	58	**0.26**	**Ns.**
	Low	30	**13.40**	**4.27**			
Happiness - Depression	High	30	**15.90**	**3.24**	58	**0.67**	**Ns.**
	Low	30	**15.60**	**4.69**			
Calmness - Anxiety	High	30	**16.10**	**3.48**	58	**2.65**	**Sig.**
	Low	30	**15.10**	**4.93**			
Naturality - Obsessiveness	High	30	**17.30**	**4.00**	58	**19.62**	**Sig.**
	Low	30	**9.40**	**3.23**			
Independence - Dependence	High	30	**14.60**	**2.73**	58	**1.39**	**Ns.**
	Low	30	**15.00**	**3.58**			
Feeling of being healthy - Hypochondriasis	High	30	**16.60**	**3.73**	58	**5.98**	**Sig.**
	Low	30	**14.10**	**4.04**			
Innocence - Guilt feeling	High	30	**16.10**	**2.62**	58	**2.86**	**Sig.**
	Low	30	**15.10**	**4.61**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Above the table indicating mean difference of high- and low-level male Phobic persons with concerned to seven dimensions of Adjustment. In case of Self-Esteem - Self Inferiority, Happiness - Depression, Independence - Dependence variables, no significant difference were found between high and low level male Phobic persons. Respondent's sten score is 6, 8 and 7. It means high- and low-level phobic male showed inferiority and other symptoms about themselves. They were on borderline it means if low level phobic male not properly treated, guided and psychiatric treatment provided, they will high level phobic unsuccessful persons.

With concerned to Calmness - Anxiety, Naturality - Obsessiveness, Feeling of Being Healthy - Hypochondrisis, Innocence - Guilt Feeling, the calculated "t" value of these sub dimensions is 2.65, 19.62, 5.98 and 2.86 respectively. It significant at 0.01 level.

Respondent's sten score is respectively 8, 8, 8 and 8. It means high- and low-level phobic male showed increasing intensity of mal adjustment. They feel very anxious, worried about future, easily irritate, lack of self-dependence, expect sympathy from others, they feel themselves hopeless persons.

The researcher concluded that there is significant mean difference between high and low level phobic male person concern to Total Adjustment and dimension of Adjustment. With concerned to four dimensions were showed significant difference therefore, first **hypothesis is accepted.**

H-2) There is significant mean difference between high and low level Phobic male persons with regard to Anxiety.

Table No. - 2.1 Indicating Anxiety of High- & Low-Level Phobic Male.

Variable	Male Phobic Levels	N	Mean	SD	df	t	Significant Level
Anxiety	High	30	**34.17**	**20.16**	58	**41.22**	**Sig.**
	Low	30	**11.33**	**5.14**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Table no 2.1 indicating that mean difference between high- and low-level male phobic person's with concerned to Anxiety variable. The calculated result was **Mean and S.D.** of high-level phobic person is **34.17 and 20.16.** On the other hand, Low level phobic person's **Mean and S.D. is 11.33 and 5.14** respectively. The calculated **"t" value is 41.22.** which is **significant at 0.01 level.** It indicates that high level phobic persons were more anxious and more social phobic symptoms than low level phobic male persons. Therefore, relate to anxiety variable hypothesis is **accepted.**

H- 3) There is significant mean difference between high and low level Phobic female persons with relation to Adjustment.

Table No. 3.1 Indicating Total Adjustment of High & Low Level Phobic Female.

Variable	Female Phobic Levels	N	Mean	SD	df	t	Significant Level
Adjustment	High	30	**16.86**	**3.50**	58	**4.30**	**Sig.**
	Low	30	**15.47**	**3.49**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From table no. 3.1 result shows that mean difference between high and low level Phobic female person with relation to total Adjustment. For high level phobic females, the calculated **Mean score** is **16.86, (SD- 3.50)** and for low level phobic female **Mean score is 15.47, (SD- 3.49)**. Calculated **"t" value is 4.30**, which is **significant at 0.01 level**. It indicates that there is significant difference related to total adjustment of high and low level phobic female. Thus, researcher concluded that high level phobic females were more increasing intensity of mal-adjustment than low level phobic female persons. Therefore, the hypothesis is **accepted** relate to total Adjustment.

Table No. 3.2 Indicating dimension wise Adjustment of High & Low Level Phobic Female.

Dimension of Adjustment	Female Phobic Levels	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	High	30	**15.00**	**3.95**	58	**1.58**	**Ns.**
	Low	30	**14.40**	**4.05**			
Happiness - Depression	High	30	**17.30**	**3.44**	58	**5.14**	**Sig.**
	Low	30	**15.60**	**3.23**			
Calmness - Anxiety	High	30	**16.50**	**3.77**	58	**1.63**	**Ns.**

Variable		Level	N	Mean	SD	df	t	Sig.
		Low	30	**15.90**	**3.81**			
Naturality - Obsessiveness		High	30	**19.00**	**2.93**	58	**8.12**	**Sig.**
		Low	30	**16.60**	**3.35**			
Independence - Dependence		High	30	**16.00**	**3.49**	58	**2.88**	**Sig.**
		Low	30	**15.10**	**3.51**			
Feeling of being healthy Hypochondriasis		High	30	**17.00**	**3.90**	58	**7.30**	**Sig.**
		Low	30	**14.60**	**2.97**			
Innocence - Guilt feeling		High	30	**17.20**	**2.99**	58	**3.48**	**Sig.**
		Low	30	**16.10**	**3.48**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From table No. 3.2 result shows that mean difference between high and low level female phobic persons which is relate to seven dimensions of adjustment. In the case of high level phobic female Self-Esteem - Self-Inferiority as well as Calmness - Anxiety dimensions calculated score is **Mean- 15.00, (SD- 3.95)** and **Mean- 16.50, (SD- 3.77).** Low level phobic females' score is **Mean- 14.40, (SD- 4.05)** and **Mean score is 15.90, (SD- 3.81)** of above both dimensions. Calculated "t" value of Self-Esteem - Self-Inferiority is 1.58 and Calmness - Anxiety is 1.63, which is not significant. Respondent sten score is 7 and 8. It means both level phobic female showed high score of Inferiority Complex. It means both of them think themselves more anxious and hopeless.

With relation to Happiness - Depression, Naturality - Obsessiveness, Independence - Dependence, Feeling of being healthy - Hypochondriasis, Innocence - Guilt feeling dimensions of adjustment. The calculated "t" value of these sub dimensions is 5.14, 8.12, 2.88, 7.30 and 3.48 respectively its significant at 0.01 level.

Respondent sten score is 9, 7, 8, 9 and 9 respectively. It means high- and low-level Phobic Female showed more increasing intensity of mal adjustment. They feel irrational fear, too much worried about future, lack of self-confidence, lack of flexibility and they want sympathy from others.

On the basis of five sub dimensions "t" values were significantly differ. Therefore, **hypothesis is accepted.**

H- 4 There is significant mean difference between high and low level Phobic female persons with concern to Anxiety.

Table No. - 4.1 Indicating Anxiety of High & Low Level Phobic Female.

Variable	Female Phobic Levels	N	Mean	SD	df	t	Significant Level
Anxiety	High	30	**53.50**	**13.56**	58	**89.93**	**Sig.**
	Low	30	**17.17**	**15.13**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

Above the table No.-4.1 showed that mean difference between high and low level Female Phobic Persons with relation to Anxiety. High level phobic females, calculated **Mean is 53.50, (SD- 13.56)** and for low level phobic female **Mean is 17.17, (SD- 15.13)**. Calculated **"t" value is 89.93,** which is **significant at 0.01 level**. It indicates that high level Phobic female persons were more anxious than low level Phobic female persons. Therefore, relate to Anxiety variable **hypothesis is accepted.**

H- 5 There is significant mean difference between high level male and female Phobic person with relation to Adjustment and Anxiety.

Table No. 5.1 Indicating Total Adjustment of Phobic High Level Male and Female.

Variable	Gender	N	Mean	SD	df	t	Significant Level
Adjustment	Male	30	**15.73**	**3.34**	58	**- 3.28**	**Ns.**
	Female	30	**16.86**	**3.50**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From the table No. 5.1 result indicate that total Adjustment of high level phobic male and female person. The high level phobic male calculated score **Mean is 15.73, (SD- 3.34).** For high level phobic female calculated **Mean is 16.86, (SD- 3.50)**. The df is 58 and the calculated **"t" value is -3.28** which is **not significant**. It indicates that high level phobic male showed slightly more intensity of mental health and adjustment as compare to phobic female. Thus, the researcher concluded that high level phobic female having more intensity of mal-adjustment, shows high phobic personality, depressed mentality, indicating symptoms of neurotic depression. Thus, relate to total adjustment variable the hypothesis is **rejected.**

Table No. 5.2 Indicating dimension wise Adjustment of High Level Phobic Male and Female.

Dimension of Adjustment	Gender	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	Male	30	**13.50**	**3.56**	58	**- 4.05**	**Ns.**
	Female	30	**15.00**	**3.95**			
Happiness - Depression	Male	30	**15.90**	**3.24**	58	**- 3.56**	**Ns.**
	Female	30	**17.30**	**3.44**			
Calmness - Anxiety	Male	30	**16.10**	**3.48**	58	**1.17**	**Ns.**
	Female	30	**16.50**	**3.77**			
Naturality - Obsessiveness	Male	30	**17.30**	**4.00**	58	**- 5.04**	**Ns.**
	Female	30	**19.00**	**2.93**			
Independence - Dependence	Male	30	**14.60**	**2.73**	58	**- 4.87**	**Ns.**
	Female	30	**16.00**	**3.49**			
Feeling of being healthy - Hypochondriasis	Male	30	**16.60**	**3.73**	58	**1.94**	**Ns.**
	Female	30	**17.00**	**3.90**			
Innocence - Guilt feeling	Male	30	**16.10**	**2.62**	58	**- 2.36**	**Ns.**
	Female	30	**17.20**	**2.99**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From table no. 5.2 the result indicating that dimension wise adjustment of high-level phobic male and female calculated Mean, SD and "t" value. Relate to all dimension of adjustment researcher not found significant difference in between both gender.

Dimension wise calculated "t" values were -4.05, -3.56, 1.17, -5.04, -4.87, 1.94 and -2.36 respectively. Which are too much smaller than table value for that its not significant at any level. Respondent's sten score is 7, 8, 7, 6, 8, 8 and 8 respectively. Its mean high level phobic male and female showed increasing intensity of maladjustment. They showed neurotic symptoms, more anxious, lack of interest in daily activities, low self-confidence, hopelessness, un-laziness.

On the basis of calculated "t" values of sub dimensions of adjustment were not found significant. Therefore, hypothesis related to dimension wise adjustment is **rejected**.

Table No.- 5.3 Indicating Anxiety of High Level Phobic Male and Female.

Variable	Gender	N	Mean	SD	df	t	Significant Level
Anxiety	Male	30	**34.17**	**20.16**	58	**- 31.02**	**Ns.**
	Female	30	**53.50**	**13.56**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

From Table no. 5.3 results indicating that mean difference of high level phobic male and female person relate to Anxiety variable. The calculated score for high level phobic male **Mean is 34.17, (SD- 20.16)**. For female score was **Mean is 53.50, (SD- 13.56)**. It shows female phobic persons were more anxious than male phobic persons. The calculated "t" value is -31.02, which is **not significant**, it means hypothesis relate to Anxiety is **rejected**. Therefore, stated hypothesis no. 5th "There is significant mean difference between high level phobic male and female with relation to adjustment and anxiety" is **rejected.**

H- 6 There is significant mean difference between low level male and female Phobic person with concern to Adjustment and Anxiety.

Table No. 6.1 Indicating total adjustment of Phobic Low Level Male and Female.

Variable	Gender	N	Mean	SD	df	t	Significant Level
Adjustment	Male	30	**13.96**	**4.19**	58	**1.94**	**Ns.**
	Female	30	**15.47**	**3.49**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

In this table researcher found that for low level Phobic male calculated score **Mean is 13.96, (SD- 4.19)** and for low level Phobic females **Mean is 15.47, (SD- 3.49)**. Its shows female score is slightly more than male persons. It means females are same level of maladjusted than male persons. The sten score of them is 7. Its indicate intensity of maladjustment in future will be increase. Calculated "t" score was 1.94, which is smaller than table value for that it's not significant. Thus, hypothesis related to total adjustment is **rejected**.

Table No. 6.2 Indicating dimension wise Adjustment of Low Level Phobic Male and Female.

Dimension of Adjustment	Gender	N	Mean	SD	df	t	Significant Level
Self-esteem - Self inferiority	Male	30	**13.40**	**4.27**	58	**- 2.97**	**Ns.**
	Female	30	**14.40**	**4.05**			
Happiness - Depression	Male	30	**15.60**	**4.69**	58	**0.00**	**Ns.**
	Female	30	**15.60**	**3.23**			
Calmness - Anxiety	Male	30	**15.10**	**4.93**	58	**1.46**	**Ns.**
	Female	30	**15.90**	**3.81**			
Naturality - Obsessiveness	Male	30	**9.40**	**3.23**	58	**- 3.20**	**Ns.**
	Female	30	**16.60**	**3.35**			
Independence - Dependence	Male	30	**15.00**	**3.58**	58	**1.58**	**Ns.**
	Female	30	**15.10**	**3.51**			
Feeling of being healthy - Hypochondriasis	Male	30	**14.10**	**4.04**	58	**1.86**	**Ns.**
	Female	30	**14.60**	**2.97**			
Innocence - Guilt feeling	Male	30	**15.10**	**4.61**	58	**- 2.51**	**Ns.**
	Female	30	**16.10**	**3.48**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

In the above table researcher indicates that dimension of adjustment of low level phobic male and female persons. The calculated "t" value for all dimensions of adjustment were -2.97, 0.00, 1.46, -3.20, 1.58, 1.86 and -2.51 respectively. Which is not significant at both level.

Respondent's sten score is 7, 8, 7, 5, 6, 7 and 8. It shows low level phobic male and female shows increasing too much high intensity of maladjustment. Its indicate that inferiority complex, symptoms of neurotic depression, more anxiousness, over discipline, ritualists, depends of other, worried about health, need of psychopathic treatment. They think themselves unattractive and unsuccessful persons.

With concern to all dimension of adjustment were showed not significant difference. Therefore, relate to dimensions of Adjustment hypothesis is **rejected**.

Table No.- 6.3 Indicating Anxiety of Low Level Phobic Male and Female.

Variable	Gender	N	Mean	SD	df	t	Significant Level
Anxiety	Male	30	**11.33**	**5.14**	58	**- 9.23**	**Ns.**
	Female	30	**17.17**	**15.13**			

Table Value at 0.01 Level is = 2.66 and at 0.05 Level is = 2.00

In this table result showed that anxiety of low level phobic male and female persons. For low level male Phobic persons calculated score was Mean 11.33, (SD- 5.14). For low level female persons' score was Mean 17.17, (SD- 15.13). It shows low level phobic female obtained higher mean score as compared to low level phobic male persons. Mean difference between male and female is 5.37. It shows low level male phobic persons showed less anxiety than low level phobic female persons. The calculated "t" value is -9.23, which is not significant. Hypothesis relate to anxiety is **rejected**.

Therefore 6th hypothesis stated "There is significant mean difference between low level phobic male and female persons with concern to Adjustment and Anxiety" is **rejected.**

CONCLUSION

When researcher statistically analyzed the data following result found-
1. Relate to Total Adjustment and Dimension wise adjustment high level Phobic male found more maladjustment than low level Phobic male.
2. Concern to Anxiety variable high level Phobic male persons were more anxious and showed social phobic symptoms as compare to low level Phobic male.
3. High level Phobic female were more maladjusted than low level Phobic female.
4. High level Phobic females showed more anxiousness symptoms of Anxiety disorder than low level Phobic female.
5. High level Phobic females were more maladjusted, more anxious as compare to high level phobic male.
6. Researcher not found significant mean difference in between low level male and female Phobic person with concerned to Adjustment and Anxiety.

Limitations of the study
1. The finding of the study is based on small sample.
2. The sample was restricted to Dhule city only. It's one of the district place in Maharashtra.
3. The study was restricted to only Phobic male and female persons.

4. The study was restricted person are only 20-50 years.
5. Sample size is only 120 persons, which is too much small to generalize the finding.

Suggestions
1. No research is conclusive in real sense. Every research paves the way and carves. The way for future research.
2. Samples of 120 Phobic persons were taken in the present study. Same study can be conducted on large sample also.
3. Similar research can be conducted in other district and state to study adjustment problem.

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Conflict of Interest
The author(s) declared no conflict of interest.