

P01-119 - **ONYCHOPHAGIA IN CHILDREN AND ADULTS**

M. Almalmi

Dermatology Venereology and Cosmetology, Al Kuwait University Hospital Sana'a University Medical School Head of Skin Clinic Al Reef International Hospital, Abu Dhabi, United Arab Emirates

Background: There are many explanations as to why some people bite their fingernails. Anxiety, stress, genetics, boredom, acquired behavior and self-esteem have all been identified as potential causes. Nail biting can be anything from a bad habit to an outward symptom of a medical or emotional disorder. Nail biting is often a common reaction to stress. A child or even an adult uses nail biting as a coping mechanism to relieve pent-up emotions. The severity differs according the psychological cause is.

Objective: To identify the pattern of eating nails disorders in children and adults.

Patients and methods: 25 males patients 6-25 years old presented with shortening, non lusturing and onychoirregularity and nail deformities. Nail scraping for yeasts and fungi was negative.

Results: The clinical data and investigations showed the nails of those patients were eated and bitted by thier teeth.

Conclusion: Many chlidren and adults had onychophagia in thier nails. Anxiety, stress, genetics, boredom, acquired behavior and self-esteem have all been identified as potential causes.