

# Persistent postural perceptual dizziness is on a spectrum in the general population

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## Study objective and summary result

This study tested the hypothesis that persistent postural perceptual dizziness (PPPD) symptoms exist on a spectrum in the general population, and the results showed that PPPD symptoms are relatively common in the general population.

## What is known and what this paper adds

The standard hypotheses concerning PPPD interpret it as a consequence of vestibular insults, but vestibular insults do not reliably predict the development of PPPD. This investigation's results suggest that some patients have preexisting PPPD symptoms that can worsen following vestibular insults.

## Participants and setting

The investigators analyzed data from 3 nonclinical cohorts. Cohort 1 comprised 2,280 members of a community public health program in Wales. Cohort 2 comprised 211 individuals recruited through a paid survey website called Prolific Academic. Cohort 3 comprised 204 undergraduate psychology students at Cardiff University. The investigators also recruited 25 patients with PPPD through the University Hospital of Wales in Cardiff.

## Design, size, and duration

The investigators asked the patients and the members of cohorts 1 and 2 to complete 2 PPPD symptom questionnaires: the Visual Vertigo Analogue Scale (VVAS) and the Situational Characteristics Questionnaire (SCQ). The members of cohort 3 completed only the VVAS. For both questionnaires, the investigators determined how many nonclinical cohort members had scores above the 25th percentile for patients.

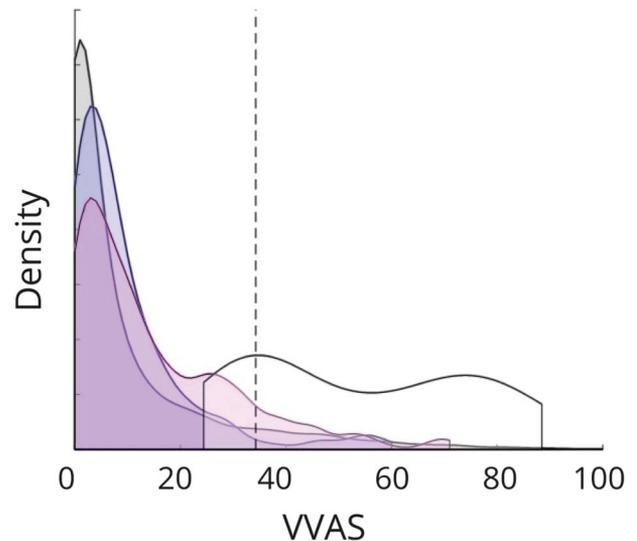
## Primary outcome measures

The primary outcomes were the percentages of nonclinical cohort members with questionnaire scores above the 25th percentile for patients.

## Main results and the role of chance

In cohorts 1, 2, and 3, 9%, 4%, and 11%, respectively, of the cohort members had VVAS scores above the 25th percentile.

**Figure** Kernel density plot for VVAS scores in cohorts 1 (gray area), 2 (blue area), and 3 (pink area) and the patients (white area). The dashed line represents the 25th percentile for patients



In cohorts 1 and 2, 49% and 54%, respectively, of the cohort members had SCQ scores above the 25th percentile.

## Bias, confounding, and other reasons for caution

The present study's reliance on volunteer respondents for cohorts 1 and 2 might have resulted in selection bias.

## Generalizability to other populations

The majority of participants came from Wales, which may limit the generalizability of the results to dissimilar places.

## Study funding/potential competing interests

This study was funded by the Wellcome Trust and Cardiff University. The authors report no competing interests. Go to [Neurology.org/N](https://www.neurology.org/N) for full disclosures.

*A draft of the short-form article was written by M. Dalefield, a writer with Editage, a division of Cactus Communications. The corresponding author(s) of the full-length article and the journal editors edited and approved the final version.*

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