Investigation of Anxiety Status and Some Related Factors in Hemodialysis Patients in Birjand in 2014

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Abstract

Background and Aim: Anxiety is one of the most common and important psychological disorders among hemodialysis patients which can have a negative impact on the quality of life, treatment acceptance and disease course. This study aimed to investigate the anxiety status and some related factors in hemodialysis patients in Birjand in 2014.

Methods: This is a cross-sectional descriptive/analytical study conducted on 67 hemodialysis patients referred to Valiasr hospital in 2014 through census sampling method. Data were collected through demographic information form and Spielberger anxiety evaluation standard questionnaire. After collection, the data were analyzed by SPSS 16 software.

Results: 37 out of 67 hemodialysis patients were male and the rest were female. Mean age of patients was 55.6±15.8 years. The total score of anxiety and the mean score of state and trait anxiety in patients were 104.2±18.9, 50.8±8.3 and 53.4±11.8, respectively. In terms of anxiety status, more than half of the patients had high levels of anxiety. The average score of anxiety significantly decreased by increasing the life satisfaction ($p=0.001$) spiritual considerations ($p=0.05$) and improvement in social relationships ($p<0.001$).

Conclusion: It seems that anxiety can have effect on different physical, spiritual and social dimensions of hemodialysis patients. Therefore, some control and preventive methods should be educated to decrease this disorder.

Keywords: Hemodialysis patients, anxiety, health, psychological disorder

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