



### Prevalence of Anxiety in Pre-Surgical Patients in Shahriar Hospital in 2014

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#### Abstract

Many of people have hospital anxiety, fear of surgery and are afraid to take medicine. Nosocomophobia is the name of the phobia relating to the fear of hospitals. Reducing the anxiety is a routine part of pre-operative nursing care. The aim of this study is to investigate the prevalence of anxiety in pre-surgical patients. This descriptive study was done in Shahriar hospital. Sample size was 110 patients. The cases were matched by age, gender, marital status and surgery type. Data was gathered by Spielberger questionnaire in different time. Data were analyzed by using SPSS version 20. According to the finding of this study, high levels of anxiety were experienced before admission to operation room and in operation room before surgery. In terms of gender, woman experience the greatest anxiety. Most anxiety is also found in patients who had Cesarean section. According to our result, the lowest level of anxiety was experienced by patients who had surgery in morning. Pre-operative anxiety is associated with gender and surgery time. Therefore, elective surgery should be performed in the morning and pay more attention to woman patients.

**Keywords:** Anxiety, Pre-Surgical Patients, Surgery, Gender.

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