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Prevalence of Preoperative Anxiety among Hospitalized Patients in Palestine: A study of associated factors

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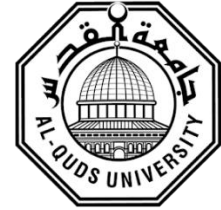
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Background: Preoperative anxiety is a health concern among patients scheduled for surgical interventions. Little is known about the prevalence of preoperative anxiety and its associated factors among hospitalized patients in Palestine. This study was conducted to assess the prevalence of preoperative anxiety among patients scheduled for surgical interventions in different Palestinian hospitals across the West Bank and identify its associated factors.

Methods: A cross-sectional design was used in this study. Patients scheduled for surgical interventions were interviewed using an interviewer-administered questionnaire. The questionnaire collected the sociodemographic and clinical variables of the patients. The questionnaire also contained the Amsterdam preoperative anxiety and information scale (APAIS).

Result: Completed questionnaires were returned by 129 patients. Of the patients, 14.7% were worried about the anesthetic, 14.0% reported that anesthesia was on their minds continuously, 24.0% reported that they would like to know as much as possible about the anesthetic, 24.9%



reported that they were worried about the procedure, 32.6% reported that the procedure was on their mind continually, and 35.7% reported that they would like to know as much as possible about the procedure. Higher preoperative anxiety scores were significantly associated with age, employment status, having chronic diseases, type of hospital, having previous surgery, and having previous anesthesia.

Conclusion: Preoperative anxiety was prevalent among patients scheduled for interventions that required anesthesia in the Palestinian practice. Decision-makers in healthcare should consider the factors associated with higher preoperative anxiety scores when designing appropriate interventions to address preoperative anxiety among patients scheduled for surgical interventions in Palestine.

Keywords: Preoperative anxiety, Anxiety, Fear of anesthesia.