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RENAL TRANSPLANTATION. CLINICAL - 2

SP818 STRESS AND ANXIETY LEVEL OF PATIENTS WAITING FOR CADAVERIC RENAL TRANSPLANTATION

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Introduction and Aims: The number of end stage kidney disease patients, registered in the transplantation waiting lists is rapidly increasing due to organ shortage. These patients often suffer from various types of psychiatric disorders. In order to determine the level of anxiety and stress and the factors associated with these problems, we conducted a study on the patients who were registered to the waiting list of our local transplantation program.
Methods: 105 patients in the waiting list were included in the study. Anxiety score was assessed by Beck Anxiety Inventory. The patients were asked to fill in the specific questionnaires, which contained 30 questions in order to measure the score of stress. The anxiety and stress score and related demographic data as well as type and duration of dialysis, time period since registration to the waiting list and presence of comorbid diseases were investigated.
Results: 42 patients (21 male, mean age 42.45±13.56 years) replied the questionnaires. The primary renal disease was diabetes in 6 (14.28%) and hypertension in 10 (23.80%) of cases. 30 (71.43%) and 12 (28.57%) of the patients had been receiving hemodialysis and peritoneal dialysis, respectively. Mean dialysis vintage was 4.48±3.50 years. Mean waiting time in the list was 2.10±2.61 years (range: 3 months-12 years). Comorbid conditions were detected in 20 (47.62%) of the patients. Considering the patients with the anxiety score of 13.45±11.70; anxiety levels were found to be minimal in 38.1%; mild in 21.43%, moderate in 28.57% and severe in 11.90%. The anxiety score of the female patients (17.48±12.38) was significantly higher than the males (9.43±9.67) (p0,05). Anxiety and stress scores were not significantly correlated with age, duration of dialysis and also waiting time in the list (p>0,05) but there was a statistically significant positive correlation between anxiety and stress scores (r=0,603; p=0,001).
Conclusions: Anxiety and stress are common among dialysis patients who are placed the waiting list for renal transplantation. The score of stress in these patients ranges from moderate to high levels. Anxiety score is higher in female patients; and those with higher scores of stress.

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