INVESTİGATİON OF THE EFFECT OF ANXİETY EXPERİENCED BY PATİENTS İN INTENSİVE CARE ON SLEEPİNG PROBLEMS

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- ✓ Nursing

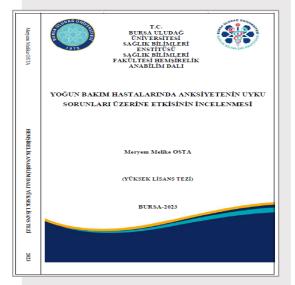## CONTACT

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THESIS ABSTRACT

This study was planned to examine the effect of anxiety experienced by patients in intensive care on sleep problems. The population of the descriptive study consisted of all patients treated in intensive care units between 2022 and 2023, and the sample consisted of 320 patients who agreed to participate in the study. Data were collected using the "Patient Information Form", "Richards-Campbell Sleep Scale", and "Spielberger State and Trait Anxiety Inventory". Data were evaluated using SPSS 26.0 program, percentages, means, t test, One-way Annova test and Pearson correlation test.

48.4% of the patients with a mean age of 66.95±15.65 were women. 82.2% of the patients have a chronic disease and 43.4% of them have been hospitalized in the intensive care unit before. The average length of stay in the intensive care unit was 4.06±3.65 days, and 36.6% of them were hospitalized in the intensive care unit due to respiratory problems. The mean trait anxiety score of the patients was 44.81±8.27, the mean state anxiety score was 40.92±5.69, and the mean sleep scale score was 25.92±25.63. The gender, educational status, occupation and economic status of the patients affect the state anxiety level (p<0.05). While the regular exercise status of the patients affects the continuous and state anxiety scores, the state of having a chronic disease affects the state anxiety level (p<0.05). It is observed that there is a relationship between trait and state anxiety and sleep level in patients (p<0.05). Anxiety is a condition that affects sleep in intensive care patients. It is thought that controlling the factors affecting anxiety will be effective in reducing and preventing sleep problems.

APPLICATION AREAS OF THE THESIS RESULTS

It is recommended to organize in-service training and seminars in order to increase the awareness of nurses about anxiety, sleep and the relationship between these two factors in intensive care and to meet the care needs of patients in this direction.

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