

Assessment of Level of Anxiety among Diabetes Mellitus Patients in Selected Tertiary Hospital in Kelambakkam, Kanchipuram District, Tamil Nadu, India

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Abstract

The objectives were to assess the level of anxiety among diabetes mellitus patients and to associate the level of anxiety with demographic variables among diabetes mellitus patients. The convenience sampling was used to select 73 diabetes mellitus patients. The data collected tools were validated and reliability was established. The data were collected by Hamilton anxiety rating scale. The collected data was Tabulated and Analyzed. Descriptive and Inferential statistical method were used. The study showed that maximum diabetes patients were above 60 years (34%); Majority of the patients were females (58%); Majority of the diabetes patients were moderate workers (37%); Majority of the patients were married (86%); Majority of the diabetes patients were duration of diabetes 1-3 years (48%); Majority of the diabetes patients not worried about health condition; But (48%) of the patients says that they worried about complication (43%). The study showed that 48% of diabetes patients have mild anxiety, 36% of diabetes patients have mild to moderate anxiety 16% of diabetes patients have moderate to severe anxiety. It showed that there is no significant association between level of anxiety among diabetes patients with selected demographic variables like age ($\chi^2=5.635$), gender ($\chi^2=2.105$), occupation ($\chi^2=3.969$), marital status ($\chi^2=5.671$), duration of diabetes ($\chi^2=0.263$). There is significant association between level of anxiety among diabetes mellitus patients with selected demographic variables like Are you worried about the health condition ($\chi^2=8.68$).

Keywords: Level of anxiety, patients with diabetes mellitus.

Introduction

In India 69.2 millions peoples living with diabetes 2015. Nearly 98 million people in India may have type 2 diabetes by 2030¹. Anxiety disorders are common among patients with diabetes and appear to recur in a substantial proportion of cases. The presence of generalized anxiety

disorders is associated with poorer glucose control and the increased report of clinical symptoms of diabetes.²

Patients with diabetes are twice exposed to the risk of psychiatric diseases compared to the normal population. Diabetes is metabolically active disease which can influence the psychological state. One of the most common and significant psychological problem faced now-a-days is anxiety³.

Anxiety is 'being afraid' and occurs as a result of danger. Anxiety turns to disorder when a person becomes physically, psychologically or emotionally symptomatic, fearful or distraught because of it. If it does became a disorder, it can reversed.

Anxiety is not only something which is genetically inherited or an illness which can be contracted.

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Essentially people with anxiety live more stressfully and fear fully than others and as a result the body produces symptoms of stress or 'anxiety symptoms'⁴.

Diabetes is the rapid gaining status in India, more than 62 millions of individuals currently diagnosed with diabetes in 2000, India (31.7million) top the word with the highest number of people with diabetes mellitus followed by China (20.8 million) with the United States (17.7million) is in second and third place respectively⁵.

There are over 100 symptoms of anxiety. Each person have unique chemical make up so the type, number, intensity and frequency of anxiety symptoms will vary from person to person. For example, one person have just one mild anxiety symptom, whereas another may have all anxiety symptoms and to greater severity⁶.

Hamandmaqsood, Hassan Abdullah shakes (2017) conducted study to evaluate the anxiety levels among diabetics (Insulin users versus non-insulin users) along with its relation to certain demographic factors like age, sex, education, type of medication and medication compliance IN this study, 170 (91%) had type 2 diabetes while 17 (9%) suffered from Type 1 Diabetes. 66.66% of the patients in the sample were insulin users while 34.34% were non-insulin users. The overall mean anxiety level in insulin users have 24.55 and non-insulin users have 23.92. Study showed a high prevalence of anxiety levels in insulin users as compared to non-insulin users. Strine et al. (2006) reported that smoking, physical inactivity, obesity and heavy drinking are significantly associated with lifetime diagnosis of anxiety; these behaviors are known to increase diabetes risk⁷.

Statement of the Problem: Assessment of level of anxiety among diabetes mellitus patient in selected tertiary hospital in Kelambakkam, Kanchipuram District, Tamil Nadu, India.

Objectives:

To assess the level of anxiety among diabetes mellitus patients.

To associate the level of anxiety with demographic variables among diabetes mellitus patients.

Operational Definition:

Assess: In this study it refers to a systematic way of identification of level of anxiety among patient with diabetes mellitus by using Hamilton anxiety rating scale.

Anxiety: Anxiety is an emotion characterized by feeling of tension, worried thoughts & physical changes like increased blood pressure. People with anxiety disorder usually have recurring intrusive thoughts or concern. They may avoid certain situation out of worry.

Level of Anxiety: Level of anxiety is assessed by Hamilton anxiety rating scale.

Mild anxiety - <17.

Mild to Moderate anxiety - 18 to 24.

Moderate to Severe anxiety - 25 to 30.

Diabetes Mellitus Patients: Diabetes mellitus is the long term metabolic disorder that is characterized by high blood sugar, insulin resistance and relative lack of insulin.

In this study diabetes mellitus patients refer to persons those who had high blood sugar.

Materials and Method

A Quantitative approach with descriptive design was used in the study. The study was conducted in tertiary hospitals. A purposive sampling technique was used to select 73 samples with following inclusion criteria. Patients with diabetic mellitus who are willing to participate in the study, who all available during the time of the study and patients who can understand Tamil or English language.

Patient with known history of severe or long term psychiatric illness and patients who are having gestational diabetes mellitus were excluded from the study. Self structured administered questionnaire was used to elicit demographic variables and Hamilton Anxiety Rating Scale was used to assess level of anxiety among patients with diabetic mellitus and the score was interpreted as follows <17 mild; 18-24 mild to moderate; 25-30 moderate to severe.

Finding and Discussion

Frequency and percentage distribution of demographic variables of patients with diabetes mellitus.

Majority 25(34%) were in the age group of above 60 years, 42(58%) were female, 27(37%) were occupation is moderate workers, 63(86%) were married, duration of diabetes 35(48%) were 1-3 years, Are you worried about health condition 38 (52%) belongs to the no option. In that yes category 15(43%) of the patients worried about complication.

Table 1 Mean, Standard deviation of level of anxiety among diabetes mellitus patients.

Level of Anxiety	Frequency	Percentage	Mean	Standard Deviation
Mild	35	48%	18.60	6.50
Mild to Moderate	26	36%		
Moderate to severe	12	16%		

Association of level of anxiety among diabetes mellitus patients with demographic variables: The chi square association revealed there is no significant association between level of anxiety among diabetes patients with selected demographic variables like age ($\chi^2=5.635$), gender ($\chi^2=2.105$), occupation ($\chi^2=3.969$), maritalstatus ($\chi^2=5.6$) duration of diabetes ($\chi^2=0.263$). There is significant association between level of anxiety among diabetes mellitus patients with selected demographic variables like Are you worried about the health condition ($\chi^2=8.68$).

Conclusion

On the basis of conducted research it can be concluded the assessment of level of anxiety among diabetes patients as an importance in determination of early prompt treatment. Further study can focus on the intervention that will helps to reduce anxiety among diabetes mellitus patients.

Conflict of Interest: Nil

Source of Funding: Self

Ethical Clearance: Chettinad Academy of Research and Education, Institutional Human Ethics Committee on 4/02/2019.(Proposal No:323/IHEC/1-19).

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