



Shaping Tomorrow's Nephrology: Insight-Driven Kidney Care

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Study of anxiety scales in dialysis patients using the Spielberger-Hanin method

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Objectives : The purpose of the study was to assess anxiety among patients undergoing renal replacement therapy (hemodialysis) and peritoneal dialysis at the Kidney Center, FCHM. 1. Assessing the state of persistent anxiety in dialysis patients (trait anxiety) 2. Assessing the state of temporal anxiety at the moment in dialysis patients (state anxiety)

Methods : A cross-sectional study was conducted to investigate the anxiety of dialysis patients treated at the Kidney Center of the FCHM using a quantitative survey questionnaire. The study included 63 patients who were hospitalized and received dialysis treatment at the Kidney Center from January to April 2025. When studying at anxiety, the "Spielberger-Hanin Test for Determining Anxiety" was used. 1.S-Anxiety (State anxiety): Temporal or current level of anxiety 2.T-Anxiety (Trait anxiety): Stable or behavioral anxiety / persistent anxiety / has two structures.

Results : The mean trait anxiety score was 43.1 in patients on dialysis for less than 3 years and 46.3 in those on dialysis for more than 3 years. This difference was statistically significant ($p < 0.05$), suggesting that patients undergoing dialysis for more than 3 years have significantly higher trait anxiety compared to those with a shorter duration of treatment. Patients undergoing hemodialysis had a higher mean trait anxiety score compared to those on peritoneal dialysis ($N = 14$; mean = 48.9). This difference was statistically significant ($p < 0.05$), indicating that hemodialysis patients exhibit significantly higher trait anxiety levels than peritoneal dialysis patients.

Conclusions : 1.Trait anxiety scores are directly related to age ($R=0.51$) and duration of treatment($R=0.32$). ($P<0.05$) . Patients on dialysis for more than 3 years have higher mean trait anxiety scores. Mean trait anxiety scores are higher in hemodialysis patients than in peritoneal dialysis patients. 2.The state anxiety scores of dialysis patients did not differ by gender, type of dialysis, duration of dialysis, age, or income.

Table 1..png



Table 1. Difference in state and trait anxiety scores between people on dialysis for <3 and >3 years

Difference in state anxiety scores between patients on dialysis for <3 and >3 years (Student's T test)		Difference in trait anxiety scores between people on dialysis for <3 and >3 years (Student's T test)	
<3 years N=28	>3 years N=35	<3 years N=28	>3 years N=35
44.6	47.5	43.1	46.3
P>0.05		P<0.05*	

Table 1..png

Table 2. Differences in state anxiety and trait anxiety scores between hemodialysis and peritoneal dialysis patients

Anxiety	Hemodialysis N=49	Peritoneal dialysis N=14	P-value
Trait anxiety	54.3	48.9	<0.05*
State anxiety	50.1	47.6	>0.05