

Level of Anxiety and Depression Among Cancer Patients at Selected Hospital, Hyderabad, Telangana

Lilee Verma¹, Bharti Taak², Amith Kumar Ojha³, M. Vanaja⁴, A. Nikitha⁵, K. Kiran Bedi⁶, D. Kavitha⁷,
Km. Shivani⁸, C. Priyanka⁹, D. Akhila¹⁰, D. Mohan¹¹

¹Associate Professor, Corresponding Author, Department of Obstetrics & Gynaecological Nursing, Apollo
College of Nursing, Hyderabad

²Nursing Tutor, Department of Community Health Nursing, Apollo College of Nursing, Hyderabad

^{3,4,5,6,7,8,9,10,11}Students, Apollo College of Nursing, Hyderabad

Abstract—Introduction: Anxiety is a psychological state marked by tension, instability, fear, and anticipation of danger, often triggered by internal factors. In cancer patients, it can significantly impact emotional well-being. Depression, another common mental health condition among individuals with cancer, is characterized by persistent low mood and a diminished interest or pleasure in daily activities. Cancer itself results from the uncontrolled proliferation of abnormal cells within specific areas of the body.

Aim of the Study: This study was conducted to evaluate the levels of anxiety and depression among cancer patients attending a selected oncology centre.

Methodology: A quantitative research approach was adopted using a descriptive, non-experimental design. Thirty participants were selected through a non-probability purposive sampling method. A standardized questionnaire was employed to measure the levels of anxiety and depression in the study population.

Results: Findings from the study indicated that among the 30 participants, the chi-square analysis showed no statistically significant differences in anxiety and depression levels based on demographic variables such as age, gender, religion, family type, educational background, marital status, occupation, monthly income, and social support ($p > 0.05$).

Conclusion: The study concluded by rejecting the research hypothesis (H1), affirming that there is no significant association between anxiety and depression levels and the selected demographic factors among cancer patients.

I INTRODUCTION

Cancer currently ranks as the second leading cause of death globally and remains a major public health challenge. Alarming, projections indicate that this burden is expected to rise significantly over the next

two decades. Among the most commonly diagnosed cancers are those affecting the breast, lungs, colon, prostate, and skin. Based on the type and stage of cancer, patients typically undergo targeted treatments such as surgery, radiation therapy, or chemotherapy. Experiencing cancer is often intensely stressful, and this stress can trigger psychological conditions like anxiety and depression. These mental health issues can negatively impact treatment adherence and overall well-being. For instance, individuals suffering from untreated anxiety or depression may struggle to maintain medication routines or healthy lifestyle habits due to fatigue or lack of motivation. They may also isolate themselves from family and social networks, reducing their access to essential emotional and financial support. This withdrawal can further intensify stress and feelings of hopelessness. As a result, routine screening for psychological distress is now internationally recognized as a vital component of comprehensive cancer care.

II OBJECTIVES

1. To assess the level of anxiety and depression among cancer patient at selected hospital Hyderabad.
2. To find out the significant association between level of anxiety and depression among cancer patient with socio-demographic variable at selected hospital Hyderabad.

III HYPOTHESIS

H1: There is a significant association between level of anxiety and depression among cancer patient with selected socio demographical variable

IV RESEARCH METHODOLOGY

- a) Research Design: Descriptive non experimental
- b) Research approach: Quantitative
- c) Research Instrument
- d) Research period
- e) Sample design
 - i. Population: Cancer patient admitted to cancer hospital
 - ii. Sample unit: Cancer hospital
 - iii. Sample size: 30
 - iv. Sampling procedure: Convenient sampling technique
 - v. Tools used for analysis: Hospital anxiety and

depression scale

V ANALYSIS AND INTERPRETATION

According to the objectives, various tests were used. Analysis and Interpretation were done with the help of descriptive and inferential statistics. Based on the objectives, the following analysis was done and the interpretations were made

i) Objective 1: Level of anxiety and depression among cancer patient at selected hospital Hyderabad.

This objective aims at exploring the anxiety and depression among cancer patient at selected cancer hospital Hyderabad

Table 1
Level of anxiety among cancer patient

LEVEL OF ANXIETY	SCORE	FREQUENCY (f)	PERCENTAGE (%)	MEAN \bar{X}	STANDARD DEVIATION
Normal	0 to 7	15	53.57%	0.3954	0.1512
Borderline Abnormal	8 to 10	6	21.43%		
Abnormal	11 to 21	7	25.00%		

Inferences: table 1 shows that the majority of cancer patients 15(53.57%) are not having anxiety, 6(21.43%) of patients had Borderline Abnormal level of anxiety and 7(25.00%) of patient had Abnormal level of anxiety.

Table 2
Level of Depression among cancer patients

LEVEL OF DEPRESSION	SCORE	FREQUENCY (f)	PERCENTAGE (%)	MEAN \bar{X}	STANDARD DEVIATION
Normal	0 to 7	13	46.43%	0.4107	0.1065
Borderline Abnormal	8 to 10	12	42.86%		
Abnormal	11 to 21	3	10.71%		

Inferences: table 1 shows that the majority of cancer patients 13(46.43%) belongs to No depression, 12(42.86%) of patient had Borderline Abnormal depression and 3(10.71%) of them had abnormal level of depression.

ii)Objective 2: Association between level of anxiety and depression among cancer patient with socio-demographic variable at selected hospital Hyderabad.

This objective focuses on association between level of anxiety and depression among cancer patient with socio-demographic variable at selected hospital Hyderabad

Table 3
Association between level of anxiety among cancer patient with socio- demographic variable

(n=30)

S. No	Demographic Variable		Calculated (χ^2) value	χ^2 table value	df	Significance
1	Age	18-25	1.596	9.488	4	NS
		26-33				
		34-41				
		42-49				
		>50				
2	Gender	Male	2.338	5.991	2	NS
		Female				
3	Religion	Hindu	5.782	12.59	6	NS
		Muslim				
		Christian				
		Sikh				
4	Type of Family	Nuclear	0.027	5.991	2	NS
		Joint				
5	Level of Education	Illiterate	6.286	15.50	8	NS
		Primary				
		Secondary				
		Higher Education				
		Graduate & above				
6	Marital Status	Divorced/ Separate	1.016	9.488	4	NS
		Married				
		Single/ Never Married				
		Widowed				
7	Type of Occupation	Government	0.144	5.991	2	NS
		Private				
		Self-Employee				
8	Monthly Income (Rs.)	<10,000	2.163	5.991	2	NS
		10,001-20,000				
		20,000 & Above				
9	Social Support	Spouse	3.872	12.59	6	NS
		Children				
		Relatives				
		Any other Specific				

S= Significance at $p > 0.05$ level of significance. NS= non-significant at $p > 0.05$ level of significance

Inference: Table 3 shows that there is no significant association between level of anxiety and selected demographic variables

Table 4

Association between level of depression among cancer patient with socio- demographic variable

(n=30)

S. No	Demographic Variable	culated (χ^2) value	χ^2 table value	df	Significance	
1	Age (in years)	18-25	1.596	9.488	4	NS
		26-33				
		34-41				
		42-49				
		>50				
2	Gender	Male	2.338	5.991	2	NS
		Female				
3	Religion	Hindu	5.782	12.592	6	NS
		Muslim				
		Christian				
		Sikh				
4	Type of Family	Nuclear	0.027	5.991	2	NS
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5	Level of Education	Illiterate	6.286	15.507	8	NS
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		Secondary				
		Higher Education				
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6	Marital Status	Divorced/Separate	1.016	9.488	4	NS
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7	Type of Occupation	Government	0.144	5.991	2	NS
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		20,000 & Above				
9	Social Support	Spouse	3.872	12.592	6	NS
		Children				
		Relatives				
		Any other Specific				

S= Significance at $p > 0.05$ level of significance. NS= non-significant at $p > 0.05$ level of significance

Inference: Table 4 shows that there is no significant association between level of depression and selected demographic variables

VI CONCLUSION

The study was carried out among cancer patients aged 18 to 60 years who were admitted to a cancer hospital for treatment, with the objective of assessing their levels of anxiety and depression. A few participants exhibited borderline or abnormal levels of these psychological conditions. However, no significant association was observed between anxiety and depression levels and the selected demographic variables. Hence the H1 is rejected and null hypothesis is accepted.

VII RECOMMENDATION

- Replication of the study could be done with a large sample to validate and generalize the findings.
- Study can be done in different settings.
- Replication of the study can be done with various psychological aspects of issues bothering cancer patients.
- The study can be done as an experimental study with combining psychotherapy as an intervention.

Longitudinal prospective study on anxiety and depression among cancer patients could be done with the same method

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