

P01-158 - THE LEVEL OF ANXIETY SYMPTOMS PRIOR A THORACIC SURGERY IS ASSOCIATED WITH GENDER AND AGE

C. Sikaras¹, G. Moussas¹, G. Voyagis¹, A. Maria¹, M. Anagnostopoulou¹, A. Tselebis¹, D. Bratis¹, A. Moulou¹, I. Ilias², K. Toutouzas³, E. Kiritsi⁴, C. Stefanadis³

¹*Sotiria General Hospital of Chest Diseases*, ²*Endocrinology, Elena Venizelou Hospital*, ³*Cardiology, Hippokration Hospital, Medical School, University of Athens*, ⁴*Nursing A, Technological Educational Institute of Athens, Athens, Greece*

Objectives: An operation is undoubtedly a stressful event, which can induce emotional, cognitive and physiological reactions in preoperative patients. Aim of our study is to investigate the associations between the levels of state - trait anxiety and the demographics (gender and age) in patients prior a thoracic surgery.

Methods: Seventy-six (57 males and 19 females) patients, with ASA I-III and with mean age 45.65 ± 15.17 years were included in the study. All subjects fulfilled the Spielberger State-Trait Anxiety Inventory (SSTAI), 12 - 15 hours before the thoracic surgery.

Results: Mean state and trait anxiety scores were 42.35 ± 11.50 and 38.55 ± 9.03 , respectively and presented a strong positive correlation (Pearson Correlation, $p < 0.001$, $r = 0.585$). Percentages of 30.3% and 13.2% of the sample were presented with clinically significant anxiety levels (t-test, $p = 0.001$). Females appeared with higher state (t-test, $p = 0.001$) and trait (t-test, $p = 0.076$) anxiety scores compared to males. As to age, we observed a negative correlation with the levels of state and trait anxiety. (Pearson Correlation, $p = 0.05$, $r = -0.226$ and $p = 0.006$, $r = -0.313$, respectively).

Conclusions: Our findings suggest that females and younger patients are more vulnerable to anxiety symptoms prior a thoracic surgery. Thus, gender and age should be taken into account for the preoperative assessment in order to develop supportive psychological interventions.