

ANXIETY AND DEPRESSION DISORDERS IN ONCOLOGY PATIENTS

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Introduction - Purpose : Anxiety and depression disorders are expected to arise following a cancer diagnosis. These disorders can significantly lower the quality of life for cancer patients. In this research study, we plan to assess the rate of hospitalized cancer patients that are affected by anxiety and depression disorders and the effect of these disorders on their quality of life.

Methods - Tools : We convey a qualitative survey with 14 questions on a population of 20, non-psychiatric cancer patients at Acibadem Maslak Hospital in Istanbul, Turkey. We use the "Hospital Anxiety and Depression Scale" (HADS) post-completion of the survey in order to quantify our results. We use the Turkish translation of the form. Our research is on the adult non-psychotic cancer patients who are hospitalized at Maslak Acibadem Hospital or adult chemotherapy patients. The questionnaire has seven questions for anxiety and seven questions for depression. It takes 2 to 5 minutes to complete and after that we evaluate the results and make our inventory. Before asking the questions, we give the patients an informed consent form. After the patients read our form, if they accept it, then we give them the questionnaire. A score of 0-7 corresponds to a patient "without symptoms of anxiety and depression", 8-10 to a patient with "mild symptoms of anxiety and depression" and "11-21" to a patient with "symptomatic anxiety and depression" in HADS.

Discussion : We expect to see higher than 50% of hospitalized cancer patients demonstrate symptomatic anxiety and depression. We will present the data at the meeting. As a result of this study, we hope to identify the significance of the mental health problems brought on by cancer on hospitalized patients in order to be able to develop strategies that will increase the quality of life for these patients. Cancer is a kind of disease that can have significant impact on people's mental health. Feelings of shock, sadness and fear are common in cancer patients. Nowadays, cancer is no longer a disease solved only by medical methods. The psychosocial well-being of cancer patients also needs to be sustained. We used the HADS scale to study levels of depression and anxiety in cancer patients at Acibadem Maslak Hospital and we tried to sum up the data on what kind of situation they were in, using questions we had directed at them. As is known, depression is a common condition in many cancer patients, but anxiety is a difficult situation to understand. However, thanks to HADS we think we have achieved this. The questions that were asked about anxiety made them think. We believe that the questions seem easy but at the same time they bring out some feelings that people have been suppressing in their minds.