

ANXIETY AND DEPRESSION AMONG CANCER AND NON CANCER PATIENTS

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Abstract: Cancer is one among the life threatening diseases in present days it has biological, psychological and sociological impact on individual's life. People living with this deadly disease have numerous psychological abnormalities like stress, depression and anxiety. The present study aimed to investigate the levels of anxiety and depression among cancer and non cancer patients. **Methods:** 80 patients were randomly selected among them 40 were cancer patients and 40 were non cancer patients. The Sinha's Anxiety scale and Depression scale constructed by Karim & Tiwari was used to measure the anxiety and Depression among patients. For statistical analysis independent sample t-Test was applied. **Findings:** The results show significant differences between the mean scores of cancer and non cancer patients in respect to anxiety and depression. **Conclusion:** On the basis of our results we may concluded that cancer patients have higher levels of anxiety and depression than non cancerous patients.

Key Words: Cancer, Anxiety, Depression, Delirium, Chemotherapy.

INTRODUCTION:

Cancer is a disease of an uncontrolled growth and spread of abnormal cells in the body, which produces tumours known as neoplasms. It is the second most leading cause of death after heart diseases. Every year 8.2 million (13%) people die by this deadly disease. Scientists believe that over the next 2 decades 70% new cases of cancer will be increased globally [1]. In India cancer is one of the major causes of death every day 1300 people die by cancer. Every year, almost 500,000 people die by this dangerous illness. India Council of Medical Research Reports that the death rate owing to cancer increase up to 6 that in 2012-2014 [2].

Cancer can have devastating psychological impact on patients and their families. To many people, a diagnosis of cancer is an irreversible death sentence. Fear of disfigurement, prolonged disability and the cost of treatment threaten the psychological well-being of patients and the long term stability of their families. Cancer often involves complex medical problems that can lead to organically induced mental disorders. Some of the psychological problems experienced by cancer patients may be due to the damage of central nervous system like delirium; symptoms of delirium include attention and memory deficits, disorientation, perceptual distortion, psychomotor disturbances and insomnia. People living with cancer are inclined of anxiety, stress, depressions, etc. which affects their quality of life, psychological wellbeing, interpersonal relationships, self care and treatment adaptation [3, 4, 5].

The treatment of cancer is sometimes dreaded more than the disease. Unfortunately the chemicals and radiations used to kill the cancer cells also damaged the healthy tissues of central nervous system results some severe results even psychological abnormalities like pain, stress, anxiety, depression, mild or sever dementia, loss of concentration even sexual dysfunction. Sometimes chemotherapy can produce symptoms that vary from anxiety and hallucinations to drowsiness and sluggishness. Besides the drugs like depressants, tranquilizers and sleeping pills prescribed to cancer patients may have aversive side effects like daytime sedation, confusion, memory loss and poor coordination, mental fatigue etc.

Clinical observations and researchers suggested that cancer patients are generally stressed, depressed and have anxiety. Sangeeta *et al.*, (6) found that out of 60 cancer patients 14 (23.33%) were found normal, while as 24(40%), 20 (33.33%) and 2(3.33%) patients have mild, moderate and severe depression respectively. Similarly Jin & Jun (7) investigated 6.49 % cancer patients have anxiety and 66.72 % have depression while as Alacacioglu (8) found 96 (29.1%) cancer patients have mild and 60 (18.2%) had severe depression. Findings also show that female patients high level of anxiety and depression. Yasmin & Maryam (9) highlighted that patients with uterus cancer have higher levels of depression and anxiety than patients with breast cancer. Elanur *et al.*, (10) 61.5%

patients have anxiety and 81.3% have depression while as Nauman et al., (11) found 66.0% cancer patients have depression and anxiety. Sariah & Zainal (12) researched that 19.1%, patients with breast cancer have depression while as 24.1% have anxiety. Simonelli *et al.*, (13) indicated that uterus cancer patients have high level of anxiety and depression than patients with breast cancer. Tavoli *et al.*, (14) cancer patients with high pain have higher depression as compare to those patients having little or no pain. Eller *et al.*, (15) found women with cancer have higher depression than cancerous men. Mete & Onen (16) reported that depression and anxiety are commonly found in female cancer patients. Schlebusch (17) 62.5%-85% cancer patients have depression and anxiety disorders.

METHODOLOGY:

Problem: To investigate the level of anxiety and depression among cancer and non cancer patients.

Objectives:

1. To examine the level of anxiety among cancer patients.
2. To examine the level of anxiety among non cancer patients.
3. To examine the level of depression among cancer patients.
4. To examine the level of depression among non cancer patients.

Hypotheses:

1. Cancer patients have high levels of anxiety than non cancer patients.
2. Cancer patients have higher depression than non cancer patients.
3. There will be significant differences between the anxiety scores of cancer and non cancer patients
4. There will be significant differences between the depression scores of cancer and non cancer patients

Sample: The study was conducted on 80 patients among 40 have cancer and 40 with other illnesses selected through random sampling method.

Tools used: To assess the anxiety and depression level among Cancer and non Cancer patients Sinha's Anxiety scale and depression scale constructed by Shameem Karim and Rama Tiwari was used.

PROCEDURE

The main procedure of research work was started with data and information regarding the anxiety and depression level. The data were collected from the Jawhar Lal Nehru cancer Hospital Bhopal. All possible efforts were made by the investigator to collect the data carefully. The investigator met the patients individually to formulate the rapport and provide them all required information regarding the purpose of meeting. After this anxiety questionnaire were given to the patient and was asked to give his/ her response. After giving their responses, patients were given depression scale and were asked to do the same job as they do in early. After 20 minutes they hand over the questionnaire to the investigator and were thanked, for their participation and cooperation. Hence data was collected.

Analysis of data: The collected data was statistically analyzed by applying the mean, S.D, and t- test to get the results. The obtained results are shown in the table given below.

RESULTS:

Graph -1

Graphical representation of mean scores of anxiety and depression of cancer and non cancer patients

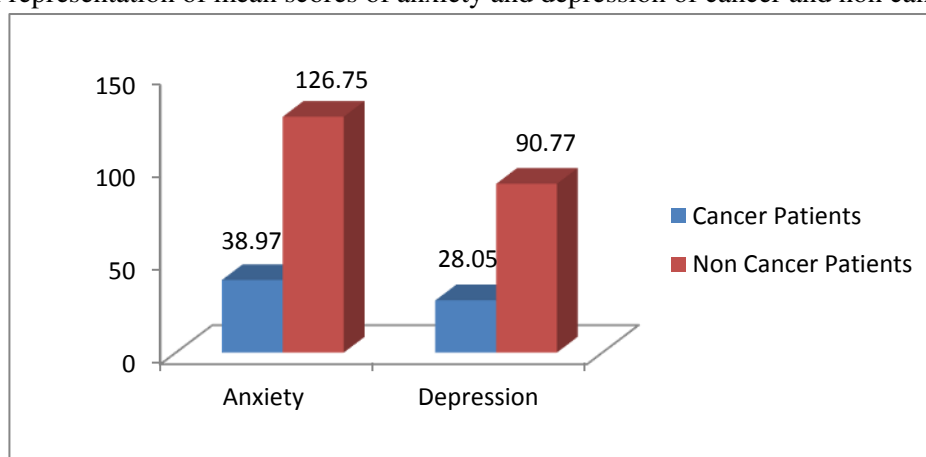


Table -1

Shows the mean, standard deviation and t ratio of Cancer patients and non-cancer patients on anxiety and Depression scores

	Subjects	No	Mean	S.D	t - ratio	P
Anxiety	Cancer Patients	40	38.97	13.96	3.04	<0.01
	Non Cancer Patients	40	28.05	16.69		
Depression	Cancer Patients	40	126.75	45.76	3.34	<0.01
	Non Cancer Patients	40	90.77	50.43		

DISCUSSION:

The results of the present study revealed that cancer patients have high level of anxiety and depression than non cancer patients. The obtained mean score of cancer patients in respect to anxiety and depression (38.97, 126.75) are more than the mean scores of anxiety and depression (28.05, 90.77) of non cancer patients. Significant differences were also found between the anxiety and depression scores of cancer and non cancer patients, as obtained t- values (3.04, 3.34) with df 38 was found significant more than tabulation value at 0.01 level of significance. Hence on the basis of our findings our all hypotheses are accepted. There for we can say that cancer patients have more psychological problems like anxiety and depression than non cancer patients. Our findings are supported by the previous researchers like Sangeeta *et al.*, (6), Elanur *et al.*, (10) as well as Mete & Onen (16).

CONCLUSION:

On the basis of our findings we may concluded that cancer patients are inclined to various psychological problems particularly to stress, anxiety, and depression. In initial stages patients are unaware about their illnesses after diagnoses they go in deep stress, even sometimes they have suicidal ideations, loneliness, and etc. Cancer thoroughly breaks the patients psychologically as well as biologically. Along these lines they should to be given psychological as well as emotional support by the family members and other relatives too. Psychologists, social workers, government and non government organizations should come forward to help cancer patients in each and every single corner of the country. So they found themselves secure and will enjoy their broken and remaining days of their life.

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