

BACKGROUND

- Chemotherapy effectively treats cancer but causes physical and psychological side effects.
- Anxiety is a major concern affecting patients’ quality of life (Choi et al., 2022).

OBJECTIVE

To measure anxiety levels among cancer patients undergoing Neo-aadjuvant chemotherapy.

HYPOTHESIS

There are significant differences in anxiety levels among cancer patients undergoing neo-adjuvant chemotherapy

METHODOLOGY

**Study Design:** A cross-sectional analytical.

**Setting:** Chemotherapy Department at SKMCH & RC Lahore, Pakistan.

**Duration:** Approved by IRB. Siddiqui Anxiety Scale, Tool use for data collection.

**Sample Size:** 123 Patients

**Sampling Techniques:** Random sampling technique

**Tool:** Siddique Anxiety Scale

CONCLUSION

- In a nutshell, understanding the patient’s background, educational level, cancer type, and emotional needs can help nurses and doctors to provide better care and reduce anxiety during chemotherapy and treatments.
- In future other study design should be used to see variance of anxiety level over the time in others cycles and including multiple study setting, so that the finding can be generalized

DATA ANALYSIS AND SATISTICAL METHODS

- Use SPSS version 25.
- Frequencies and percentages were calculated for categorical variables.
- The Chi-Square test use to see the associations among variable.

RESULTS

- The Results showed that the majority (85%) of patients experienced low anxiety, and only 15% had moderate anxiety.
- No significant association were observed across demographics.
- No high anxiety level found in any participants.

TABLE: ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES AND ANXIETY LEVELS (N = 123)

Variable	Categories	Low Anxiety n (%)	Moderate Anxiety n (%)
Age (years)	31–50	69 (85.2%)	12 (14.8%)
Gender	Female	65 (82.3%)	14 (17.7%)
Language	Urdu	77 (90.6%)	8 (9.4%)
Birthplace	Punjab	75 (85.2%)	13 (14.8%)
Marital Status	Married	87 (85.3%)	15 (14.7%)
Education Level	No Formal Education	39 (81.3%)	9 (18.7%)
Type of Cancer	Breast	44 (84.6%)	8 (15.4%)
	Blood	33 (84.6%)	6 (15.4%)
Time Since Diagnosis	< 3 months	70 (83.3%)	14 (16.7%)
Family History of Cancer	No	82 (84.5%)	15 (15.5%)

SIDDIQUE ANXIETY SCALE LEVELS

Anxiety Score	Level	Intervention
0-27	Low	Not required
28-54	Moderate	Refer to Psychologist
55-81	Severe	Immediate intervention by Psychologist

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REFERENCE

Choi, J.-I., Jung, S., Oh, G. H., Son, K.-L., Lee, K.-M., Jung, D., Shin, M.-S. (2022). The effect of temperament on the association between pre-treatment anxiety and chemotherapy-related symptoms in patients with breast cancer. *Psychiatry Investigation*, 19(11), 949