



TO STUDY THE EFFECT OF ANXIETY AND SUICIDAL IDEATION IN HEMODIALYSIS PATIENTS

****Dr. Hosamani Marilingappa,**

Associate Professor, Department of Psychology,
Maharani Cluster University, Bengaluru-560001,

ABSTRACT

Anxiety is defined as apprehension, tension, or uneasiness that stems from the anticipation of danger which may be internal or external. A suicidal thought, or suicidal ideation, means thinking about or planning suicide. Thoughts can range from a detailed plan to a fleeting consideration. The aim of the research is to study the effect of anxiety and suicidal ideation among hemodialysis patients. The hypothesis of the study states that there is no correlation between anxiety and suicidal ideation among hemodialysis patients. The sample of the study included 60 hemodialysis patients of both the genders from the hospitals of Bangalore. The purposive sampling method of data collection was used, the tools used for data collection were Beck's suicidal ideation scale and Beck's anxiety inventory scale.

KEYWORDS: Anxiety, suicidal ideation, hemodialysis patients.

INTRODUCTION

Dialysis is a treatment that removes wastes and excess fluid from the blood. It is a treatment for people whose kidneys are failing. When kidneys are failed, they don't filter blood the way they should. As a result, wastes and toxins build up in the bloodstream. Dialysis does the work of your kidneys, removing waste products and excess fluid from the blood.

Anxiety

Anxiety is an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. People with anxiety disorders usually have recurring intrusive thoughts or concerns. They may avoid certain situations out of worry. They may also have physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat. Anxiety disorders include disorders that share features of excessive fear and anxiety and related behavioral

disturbances. Fear is the emotional response to real or perceived imminent threat, whereas anxiety is anticipation of future threat. Obviously, these two states overlap, but they also differ, with fear more often associated with surges of autonomic arousal necessary for fight or flight, thoughts of immediate danger, and escape behaviors, and anxiety more often associated with muscle tension and vigilance in preparation for future danger and cautious or avoidant behaviors. Sometimes the level of fear or anxiety is reduced by pervasive avoidance behaviors.

The anxiety disorders differ from one another in the types of objects or situations that induce fear, anxiety, or avoidance behavior, and the associated cognitive ideation. Thus, while the anxiety disorders tend to be highly comorbid with each other, they can be differentiated by close examination of the types of situations that are feared or avoided and the content of the associated thoughts or beliefs.

Suicidal Ideation

Suicidal ideation, or suicidal thoughts, means having thoughts, ideas, or ruminations about the possibility of ending one's own life. It is not a diagnosis but is a symptom of some mental disorders and can also occur in response to adverse events without the presence of a mental disorder.

Suicidal ideation is associated with depression and other mood disorders; however, many other mental disorders, life events, and family events, can increase the risk of suicidal ideation. Mental health researchers indicate that healthcare systems should provide treatment for individuals with suicidal ideation, regardless of diagnosis, because of the risk for suicidal acts and repeated problems associated with suicidal thoughts. There are a number of treatment options for people who experience suicidal ideation. Most people who experience suicidal ideation do not carry it through, although some may make suicide attempts.

Suicidal ideation and anxiety are the most prevalent psychological disorders among renal disease patients and are associated with various conditions that result in poorer health outcomes, e.g. reduced quality of life and survival, comorbidities, frequent hospitalizations, chronic pain, sleep disturbances, chronic inflammation, increased fatigue, decreased sexual functioning, uremia, failure of family support restrictions in daily life.

METHODOLOGY

Aim: To Study the effect of Anxiety and Suicidal Ideation in Hemodialysis Patients.

Objectives of the study:

1. To study the effect of Socio-demographic factors such as age, gender, educational qualification, marital status on anxiety and suicidal ideation in hemodialysis patients.
2. To study the significant correlation between anxiety and suicidal ideation in hemodialysis patients.

Operational Definition:

Anxiety: Anxiety may be defined as apprehension, tension, or uneasiness that stems from the anticipation of danger which may be internal or external.

Suicidal Ideation: A suicidal thought, or suicidal ideation, means thinking about or planning suicide. Thoughts can range from a detailed plan to a fleeting consideration. It does not include the final act of suicide. Suicidal thoughts, or suicidal ideation, means thinking about or planning suicide. Thoughts can range from a detailed plan to a fleeting consideration. It does not include the final act of suicide.

Hypothesis:

- 1 There is a positive correlation between anxiety and suicidal ideation in hemodialysis patients.
- 2 Socio-demographic factors such as age, gender, educational qualification, marital status will have significant effect on anxiety and suicidal ideation in hemodialysis patients.

Variables:

1. **Independent variable:** Socio-Demographic factors, hemodialysis patients
2. **Dependent variable:** Anxiety and Suicidal Ideation

Research Design: The research design in this study is single group design.

Description of the Sample: Consecutive patients of CKD and ESRD who are undergoing HD at the Nephrology department of the hospital, meeting the inclusion and exclusion criteria were included in the study after obtaining written informed consent.

Sample Size: Total Sample will be of 60.

Sampling Method: Purposive sampling method (It involves in choosing the participants based on the need of the study and possess certain characteristics that are of interest to the study)

Criteria:

Inclusion Criteria

- Patients undergoing Hemodialysis
- Willing to give consent

Exclusion Criteria

- Those who refuse to give consent were excluded from the study
- Patients who are unable to participate in the study due to severity of physical illness.

Procedure for Data collection:

Data would be collected from patients meeting inclusion and exclusion criteria. After the establishment of rapport between the researcher and the patient, an informed consent form would be handed over to the patient, after which the required instructions would be given and data would be collected, the researcher would clarify the doubts as and when arises to the client. The data collected would be collated and tabulated using the relevant statistical technique with SPSS.

Ethical considerations:

1. Informed consent of the patients was taken to ensure confidentiality.
2. No information about that patient has been discussed or mentioned to a third party.
3. It was ensured that no physical or emotional harm is caused to the patients during and after research.
4. The patient was given the liberty to drop out of the study whenever required.

Tools:

1. The Beck Anxiety Inventory (BAI) consists of 21 self-reported items (four-point scale) used to assess the intensity of physical and cognitive anxiety symptoms during the past week.
2. The Beck Scale for Suicide Ideation (BSI; Beck & Steer, 1991) is a 19-item self-report instrument for detecting and measuring the current intensity of the patient's specific anxiety, behavior, and plans to commit suicide during the past week.

Statistical techniques:

1. Pearson's R correlation test would be employed to check the relationship between the variables.
2. Descriptive statistics were computed to analyze Standard deviation and Mean for the data collected.
3. Independent sample T test would be computed to understand the mean differences between anxiety and suicidal ideation in hemodialysis patients.

DISCUSSION

The aim of the study was to see the effect of anxiety and suicidal ideation in Hemodialysis patients. Based on the review of literature it was hypothesized that there is a significantly positive correlation between anxiety and suicidal ideation. This chapter presents the results obtained from the statistical analysis of the data collected. Descriptive statistics are interpreted by analyzing mean and standard deviation. Inferential statistics were calculated to determine relationship using Pearson's R correlation and full fill the objectives of the study.

Table 1: shows the descriptive statistics for anxiety and suicidal ideation of the samples

Descriptive Statistics

Variables	N	Minimum	Maximum	Mean	Std. Deviation
Beck's suicidal ideation	60	.00	17.00	.53	2.45
Beck's anxiety questionnaire	60	.00	44.00	5.71	8.82

The aim of the study is to find effect of Anxiety and Suicidal Ideation in Hemodialysis Patients. Table one shows the descriptive statistics for anxiety and suicidal ideation for the samples, N=60, with a mean of 0.5333 and a SD of 2.45, for Beck's suicidal ideation, and a mean of 5.716, with a SD of 8.826 for Beck's anxiety questionnaire.

Table 2: showing the Pearson's r correlation between anxiety and suicidal ideation

Variables	Correlation	Beck's suicidal ideation	Beck's anxiety questionnaire
Beck's suicidal ideation	Pearson Correlation	1	.518**
	Sig. (2-tailed)		<.001
Beck's anxiety questionnaire	Pearson Correlation	.518**	1
	Sig. (2-tailed)	<.001	
**. Correlation is significant at the 0.01 level (2-tailed).			

Table 2: showing the Pearson's r correlation between anxiety and suicidal ideation

	Correlation	Beck's suicidal ideation	Beck's anxiety questionnaire
Beck's suicidal ideation	Pearson Correlation	1	.518**
	Sig. (2-tailed)		<.001
	N	60	60
Beck's anxiety questionnaire	Pearson Correlation	.518**	1
	Sig. (2-tailed)	<.001	
	N	60	60
**. Correlation is significant at the 0.01 level (2-tailed).			

Table 02 shows the correlation between the two variables which are anxiety and suicidal ideation. The hypothesis of this study states that there is a positive correlation between anxiety and suicidal ideation in hemodialysis patients. On suicidal ideation scale the mean is 0.5333 and in anxiety scale it is 5.716. Pearson's correlation was run to understand the relation between two variables, the p value is (0.518) which is significant at the 0.01 level which is higher at 0.05 level indicating positive correlation. The above table is indicative of the statement that there exists a positive correlational relationship between anxiety and suicidal ideation, thus proves with the hypothesis which stated that there is positive correlation between anxiety and suicidal ideation in hemodialysis patients. If one variable changes value, the other variable tends to change in a specific direction.

Table 3: showing the independent sample t test

Variables	t value	significance
Beck's Suicidal Ideation	1.88	.084
Beck's Anxiety Questionnaire	.48	.427

The above table shows the independent sample t-test among 02 groups that is Anxiety and Suicidal ideation in Hemodialysis patients with the t-value of 1.484 and 58 df for Beck's anxiety inventory and for Beck's suicidal ideation

scale the t-value is 0.406 with the df of 58. Hence it its significantat 0.01 level which is higher at 0.05 level thus proves the hypotheses.

The aim of the research was to study the effect of Anxiety and Suicidal ideation in Hemodialysis patients. The obtained results from the study shows that there is positive correlation between the two variables of the study which is significant at 0.05 level, thus proves the hypothesis of the study,where one variable changes value, the other variable tends to change in the specific direction.

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