

A Study to Assess the Anxiety and Health Related Quality of Life among Women Suffering from Selected Gynaecological Cancers

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Abstract

Original Research Article

Background of the study: Gynecological cancers are one of the most common cancers in a woman's life and have high morbidity and mortality rates. Cancers are also commonly associated with psychiatric disorders. The most common psychiatric disorders in cancer patients include adjustment disorder, anxiety and depression. Anxiety has been reported to increase the possible disease symptoms and to have a negative impact on the quality of life. **Methods:** It was a descriptive correlational study with 140 subjects, selected through non-probability purposive sampling technique. Data was collected by using generalized anxiety disorder scale and WHO quality of life BREF scale. Data was analyzed by using descriptive and inferential statistics in terms of mean percentage, standard deviation and chi square test for association. **Results:** By using generalized anxiety scale percentage wise percentage of women suffering from selected gynecological cancer attending oncological units of Bagalkote reveals that out of 140 cancer patients' highest percentage (43%) had moderate anxiety, (31%) of them had mild anxiety, (20%) of them had severe anxiety and (6%) of them had minimal anxiety. Findings related to assessment of quality of life among women suffering from selected gynecological cancers reveals that highest percentage of women had moderate quality of life (58%), some of them had good quality of life (26%) and where as some women had poor quality of life (16%). There was significant association found between anxiety scores of women suffering from selected gynecological cancers with educational status of the participant ($\chi^2=19.7826$), Duration of cancer treatment family ($\chi^2=12.9092$) and with Form of cancer treatment receiving ($\chi^2=12.7675$). There was significant association found between health-related quality of life scores of women suffering from selected gynecological cancers with Marital status ($\chi^2=8.8837$). **Conclusion:** The study findings reveals that higher percentage of women suffering from selected gynecological cancers higher anxiety with low quality of life. The researcher felt that the women suffering from selected gynecological cancers need to decrease their level of anxiety and need to improve their quality of life.

Keywords: gynecological cancers, anxiety quality of life, descriptive correlational study, BREF Scale.

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INTRODUCTION

Cancer is a malignant growth or tumor resulting from an uncontrolled division of cells. Cancer is the leading cause of morbidity and mortality worldwide, with approximately 14 million new cases and 8.2 million cancer related deaths (W.H.O) [1].

Anxiety has been reported to increase the possible disease symptoms and to have a negative impact on the quality of life. Individuals with cancer representing symptoms of anxiety and decreased coping skills and social interaction and support, reducing the performance for fighting against the disease and

adversely affecting the quality of life, increasing the duration and cost of hospitalization. Therefore, the diagnosis and treatment of psychiatric disorders and associated factors in cancer patients will increase the treatment adherence and quality of life [2].

HRQoL is a multidimensional construct that covers the patients' perceptions of his or her physical, emotional, social and cognitive functions. HRQoL assessment is an important aspect of cancer care. HQoL parameters providing prognostic information can facilitate clinical decision making in terms of better treatment selection for cancer patients [3].

Cancer has become an important public health problem with over 800,000 new cases occurring every year in India. It is estimated that there are nearly 2.5 million cases in the country with nearly 400,000 deaths occurring due to cancer. Cancers of the female reproductive tract and breast has a high incidence amongst Indian women [9].

Breast and cervical cancer accounted for 32 per cent of the new cases in India as per new estimates on February 1 by the Global Cancer Observatory for 2022. India reported over 14.13 lakh new cancer cases and 9.16 lakh deaths in 2022 according to latest estimates released by the World Health Organization (WHO)'s cancer agency, the International Agency for Research on Cancer (IARC) ahead of the World Cancer Day on February 4 [10].

MATERIALS AND METHODS

The Research approach adopted in this present study is Quantitative non-experimental research approach because this study is intended to assess the anxiety and health related quality of life among women suffering from selected gynaecological cancers attending oncology units of selected hospitals of Bagalkot.

Study design:

The study design adopted for this study was descriptive correlational design, here women suffering from selected gynaecological cancers attending oncology units of selected hospitals of Bagalkot were selected by purposive sampling technique.

Setting of the study:

The present study was conducted in wards of oncological Unit at selected hospitals of Bagalkot; HSK Hospital and Research Centre, Halamma Kerudi Cancer Hospital.

Participants:

In the present study participants were the women suffering from selected gynecological cancers. The sample consisted of 140 women suffering from selected gynecological cancers who met inclusion criteria.

Instruments:

The study was conducted using a generalized anxiety disorder scale to assess level of anxiety among women suffering from selected gynecological cancers and WHO-BREF used to assess level of quality-of-life women suffering from selected gynecological cancers.

Description of data collection instruments

Section I: Socio demographic variables:

In this study socio demographic variables refers to selected variables of women suffering from selected gynecological cancer are, Age, Religion, Educational status of participant, Occupation of participant, Family

monthly income, Marital status, Duration of cancer treatment, Form of cancer treatment receiving, Type of gynaecological cancer.

Section II: Generalized Anxiety Disorder 7-Item Scale (GAD-7)

The level of anxiety was measured by using the generalized anxiety disorder 7- item scale, a 7-item scale and it is 3-point scale that assess the level of anxiety among primipara mothers admitted at selected maternity hospitals of Bagalkot.

SECTION III: Consists of WHO BREF Quality assessment scale by WHO with 26 items to assess the quality of life among women suffering from selected gynecological cancers.

Scoring of items in WHO-BREF scale, there are 26 items on the WHO-BREF scale, each scored from 1-5, thus the maximum score is 130 and minimum is 26. The scores of women suffering from selected gynecological cancers were categorized into different categories on the basis of these levels of quality of life,

Data Collection Procedures:

Step 1: Obtaining formal administrative approval from the Principal of Sajjalashree institute of nursing science, Bagalkot.

Step 2: Obtaining approval from institutional ethical clearance committee.

Step 3: Obtaining administrative approval from concerned authorities of Oncology unit of selected hospitals of Bagalkot.

Step 4: Screening the subjects for Eligibility Criteria, who are willing to participate in the study.

Step 5: Inviting Eligible subjects to participate in the study.

Step 6: Obtaining the written consent from patients attending Oncology units selected hospitals of Bagalkot.

Step 7: Assessment of Anxiety and Quality of life among patients with GAD-7 and WHOQOL BREF attending Oncology units of selected hospitals of Bagalkot

Variables under study:

Study Variable 1: Anxiety among Women suffering from selected gynecological cancers.

Study Variable 2: Quality of life among Women suffering from selected gynecological cancers.

Socio Demographic Variables:

In this study socio demographic variables refers to selected variables of married women such as, Age,

Religion, Educational status of participant, Occupation of participant, Family monthly income, Marital status, Duration of cancer treatment, Form of cancer treatment receiving, Type of gynaecological cancer.

Statistical analysis:

The obtained data were statistically examined in terms of the objectives of the study using descriptive and inferential statistics. A master sheet was prepared with responses given by the study participants. Frequency and percentage distribution was used for analysis of socio-demographic and clinical variables of patients with GAD-7 and BREF. Calculation of mean, standard deviation was used to describe the study Variables; anxiety and Quality of life among patients with GAD-7 and BREF attending Oncology units of selected hospitals of Bagalkot and Chi square test was used to associate the anxiety and quality of life with selected socio-demographical and clinical variables of patients with GAD-7 and BREF.

Ethical Approval:

A certificate of ethical permission was obtained from ethical committee of the institution and written consent was taken from each participant.

RESULTS

PART I: Description of socio-demographic variables of women suffering from selected gynecological cancers.

In the present study majority of patients with selected gynecological cancers 33% were belonging to 51-60 years of age, 30% of them belonging to 41-50 years of age, 25% of them belonging to 60 years and above and 12% of them belonging to 31-40 years of age, majority of patients with selected gynecological cancers 59% were belonging to Hindu religion, 28% were

Muslims, 10% of them were to Christians and 9% of them belonging to 4% to others religion, majority of patients with selected gynecological cancers 51% were belonging to nuclear family and 49% were belonging to joint family, majority of patients with selected gynecological cancers 46% had no formal education, 31% of them had primary education, 19% had secondary education and 4% had degree, majority of patients with selected gynecological cancers 45% were house wives, 23% were coolie workers, 16% were self-employed, 13% were belongs to other occupation and 4% were government, majority of patients with women with selected gynecological cancers 43% had their family monthly income between 10,001-15,000/-, 38% of them had between 15,001-20,000/-, 11% of them had above 20,000/- and 9% had below 9%. majority of patients with women with selected gynecological cancers 67% were married, 24% were widow and 9% were unmarried. majority of women had (51%) had between 1-2 years of duration, (41%) had between 0-1 years of duration and (8%) had between >2 years of duration. majority (36%) of women receiving chemotherapy, (24%) of women receiving radiation therapy, (22%) of women receiving both chemotherapy and radiation therapy, (12%) of women receiving only surgery and least (6%) of women receiving chemotherapy, radiation therapy with surgery. majority of the women with selected gynecological cancer suffering from (55%) breast cancer, (31%) from cervical cancer and (14%) from uterine cancer.

Part -II: Assessment of anxiety and health related Quality of Life of women suffering from selected gynecological cancers

Section-A: Assessment of levels of anxiety among women suffering from selected gynecological cancers

Frequency and Percentage wise distribution of women suffering from selected gynecological cancer attending oncology unit of selected hospitals of Bagalkote according to the level of anxiety N=140.

SI/NO	Level of anxiety	Frequency	Percentage (%)
1	Minimal	8	6%
2	Mild	43	31%
3	Moderate	61	43%
4	severe	28	20%

Table 1 shows assessment of levels of anxiety among women suffering from selected gynecological cancers reveals out findings that majority of the women had moderate anxiety (43%), (31%) had mild anxiety, (20%) had severe anxiety and (6%) had minimal anxiety. Hence as per the above stated results it is very much clear

that, high percentage of the women suffering from selected gynecological cancers had moderate anxiety.

Section-B: Mean and SD of anxiety score in women suffering from selected gynecological cancers.

Mean and standard deviation of anxiety score in women suffering from selected gynecological cancers N=140.

Variable	mean	SD
Anxiety	10.94	3.92

Table 2 shows, the mean and SD of anxiety scores of women suffering from selected gynecological cancers is 10.94 and 3.92 respectively.

Section-C: Assessment of levels of health-related quality of life in women suffering from selected gynecological cancers.

Assessment of levels of health-related quality of life in women suffering from selected gynecological cancers N=140

Level of QOL	Range of scores	Number of scores	Percentage
Very good QOL	105-130	0	0%
Good QOL	79-104	37	26%
Moderate QOL	53-78	81	58%
Poor QOL	27-52	22	16%
Very poor QOL	1to 26	0	0%

Table 3 shows, Findings related to assessment of quality of life among women suffering from selected gynecological cancers reveals that highest percentage of women had moderate quality of life (58%), some of them

had good quality of life (26%) and where as some women had poor quality of life (16%).

Section-D: Mean and SD of health-related quality of life in women suffering from selected gynecological cancers.

Mean and SD of health-related quality of life in women suffering from selected gynecological cancers N=140

Area	Maximum score	Mean	SD
Health-related quality of life in women suffering from selected gynecological cancers.	130	70	13.28

Table 4 depicts that, the mean and SD of health-related Quality of life scores of women suffering from selected gynecological cancers is 70 and 13.28 respectively

Part-III: Correlation between anxiety and health related quality of life scores of gynecological cancer patients.

Correlation between anxiety and health related quality of life scores of gynecological cancer patients N=140.

Variable	Mean	Median	Range	Sd	R _{vaule}	Significance
Anxiety	10.92	11	17	2.607	-0.6674	negative correlation
Quality of life	70.00	73	55	4.01		

Table 5 data shows that there is negative correlation between anxiety and health related quality of life among women suffering from selected gynecological cancers with (r=-0.6674) and p value at 0.5348

gynecological cancers with their selected sociodemographic variables and clinical characteristics.

Part-IV: Association of the anxiety and health-related quality of life scores of women suffering from selected

A: Association of anxiety score in women suffering from selected gynecological cancers with their selected sociodemographic variables and clinical characteristics

Association of anxiety score in women suffering from selected gynecological cancers with their selected sociodemographic variables and clinical characteristics N=140

S/No	Socio Demographic Variables	Df	Chi Square	Table Vaule	P Vaule	Significance
1	AGE IN YEARS	3	0.3142	7.84	0.9573	Not Significant
2	Religion	3	6.4614	7.84	0.0395	Not Significant
3	Type of family	1	2.0246	3.84	0.1548	Not Significant
4	Educational status of the participant	3	19.7826	7.84	0.0002	significant
5	Occupation of participant	4	2.8432	11.84	0.5844	Not Significant
6	Family Monthly Income	3	2.095	7.84	0.5529	Not Significant
7	Marital Status	2	0.2905	5.84	0.8648	Not Significant
8	Duration of Cancer Treatment	2	12.9092	5.84	0.0016	significant
9	Form of Cancer Treatment Receiving	4	12.7675	11.84	0.5756	significant
10	Type of Gynecological Cancer	2	0.6655	5.84	0.7169	Not Significant

Table 6 depicts Findings related association between Anxiety scores of women suffering from selected gynecological cancers with their selected socio-demographic variables reveals that there was significant association found between anxiety scores of women suffering from selected gynecological cancers with

Educational status of the participant ($\chi^2=19.7826$), Duration of cancer treatment family ($\chi^2=12.9092$) and with Form of cancer treatment receiving ($\chi^2=12.7675$) hence H₂ stated was accepted for only Educational status of the participant, Duration of cancer treatment and Form

of cancer treatment receiving and rejected for other variables.

B: Association of health-related quality of life in women suffering from selected gynecological cancers with their selected sociodemographic variables and clinical characteristics.

Association of health-related quality of life in women suffering from selected gynecological cancers with their selected sociodemographic variables and clinical characteristic N=140

S/No	Socio Demographic Variables	Df	Chi Square	Table Vaule	P Vaule	Significance
1	Age in years	3	6.7395	7.84	0.0807	Not Significant
2	Religion	3	6.4614	7.84	0.0395	Not Significant
3	Type of family	1	0.508	3.84	0.4760	Not Significant
4	Educational status of the participant	3	1.2952	7.84	0.0002	Not significant
5	Occupation of participant	4	4.1777	11.84	0.3825	Not Significant
6	Family monthly income	3	6.2969	7.84	0.0980	Not Significant
7	Marital status	2	8.8837	5.84	0.0118	Significant
8	Duration of cancer treatment	2	3.08171	5.84	0.2142	Not significant
9	Form of cancer treatment receiving	4	10.7001	11.84	0.0301	Not significant
10	Type of gynecological cancer	2	8.8475	5.84	0.0120	Not Significant

Table 7 shows, Findings related association between health-related quality of life scores of women suffering from selected gynecological cancers with their selected socio-demographic variables reveals that there was significant association found between health-related quality of life scores of women suffering from selected gynecological cancers with Marital status ($\chi^2=8.8837$) hence H_2 stated was accepted for only marital status and rejected for other variables.

DISCUSSION

The findings of the present study are discussed in light of previous scientific studies in this chapter and discussion regarding findings of the study is presented in accordance with the objectives of the study and hypothesis. The current study finds that moderate negative correlation present between anxiety and health related quality of life scores of gynecological cancer patients.

The percentage wise distribution of subjects according their age depicts that, majority of patients with selected gynecological cancers 33% were belonging to 51-60 years of age, 30% of them belonging to 41-50 years of age, 25% of them belonging to 60 years and above and 12% of them belonging to 31-40 years of age.

A similar study was conducted by Yashoda Hadimani (2023) the result depicted that, majority of patients with selected gynecological cancers (44%) belongs to 30-60 years of age.

The percentage wise distribution of subjects according to their marital status illustrate that, majority of patients with women with selected gynecological cancers 67% were married, 24% were widow and 9% were unmarried.

A similar study was conducted by B M Traore. El Fakir (2018) the result depicted that, majority of

patients with selected gynecological cancers (70.1%) are married.

The percentage wise distribution of subjects according to type of type of gynecological cancers shows that majority of the women with selected gynecological cancer suffering from (55%) breast cancer, (31%) from cervical cancer and (14%) from uterine cancer.

In the present study by using generalized anxiety scale Percentage wise distribution of women suffering from selected gynecological cancer attending oncology unit of selected hospitals of Bagalkote according to the level of anxiety reveals out findings that majority of the women had moderate anxiety (43%), (31%) had mild anxiety, (20%) had severe anxiety and (6%) had minimal anxiety

The present study percentage wise distribution according to their mean and SD of anxiety scores of women suffering from selected gynecological cancers is 10.94 and 3.92 respectively.

Findings related to assessment of quality of life among women suffering from selected gynecological cancers reveals that highest percentage of women had moderate quality of life (58%), some of them had good quality of life (26%) and where as some women had poor quality of life (16%).

The mean and SD of health-related Quality-of-life scores of women suffering from selected gynecological cancers is 70 and 13.28 respectively

A similar study was conducted by Saravana Kumar Ramasubbu (2020) the result depicted that the mean and SD of health-related quality of life scores are 61.93 and 5.855 respectively.

There is negative correlation between anxiety and health related quality of life among women suffering from selected gynecological cancers with ($r=-0.6674$) and p value at 0.5348

Limitations:

The study limited to the sample of 140 women suffering from selected gynecological cancers admitted in BVVS HSK Hospital Bagalkot and Halamma Kerudi cancer hospital and research centre Bagalkot for assessing anxiety and health related quality of life.

CONCLUSION

The main focus of this study was to assess the anxiety and health related quality of life among women suffering from selected gynecological cancers admitted in HSK Hospital Bagalkot and Halamma Kerudi cancer hospital and research centre Bagalkot. The data was collected from 140 women suffering from selected gynecological cancers. The study proved that There is negative correlation between anxiety and health related quality of life among women suffering from selected gynecological cancers with ($r=-0.6674$) and p value at 0.5348.

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Research concept—Miss Pavitra Hondappagol, Mrs. Patel Nishthaben

Research design - Miss Pavitra Hondappagol, Mrs. Patel Nishthaben

Supervision-, Miss Pavitra Hondappagol, Dr. Deelip Somaninga Natekar.

Materials. - Miss Pavitra Hondappagol

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