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## Investigation of state-trait anxiety of women who have an abortion

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**Objective:** This descriptive study was conducted to investigate the anxiety condition of women who had an abortion.

**Methods:** The study population consisted of women admitted to the septic service of the Malatya State Hospital Beydağı Campus for an abortion in September 2016-April 2017. The sample of the study consisted of 220 women, selected by randomized sampling computed with the known-population method. The data were collected using a semi-structured questionnaire and the State-Trait Anxiety Inventory.

**Results:** Of the women participated in the research, 35.5% was in the 30-35 age group, 32.7% was primary school graduate, 66.8% was married in the age of 18-22, 86.4% was married for 2 years or more, 61.8% had at most 2 children, 58.2% had their last gestation at least 2 years ago, and 40.9% had at least one previous abortion. It was determined that 40.0% of participants had abortion on demand, 60.0% was therapeutic abortion, 40% had abortion due to fetal medical indications, and 43.6% gave abortion decision with their spouse. Of the respondents, 61.4% stated that they were afraid before the abortion. Participants' mean pre-abortion state score was  $50.76 \pm 9.42$ , and total trait score average was  $46.64 \pm 7.38$ . The levels of anxiety of participants were found to be high. The difference between the pre-abortion anger and guilt feelings and the state-trait anxiety inventory score mean of the participants in the study was statistically significant ( $p < 0.05$ ). In the study, there was a significant difference between pre-abortion fear and state-trait anxiety scale score ( $p < 0.05$ ).

**Conclusion:** In the study, it was concluded that the women's pre-abortion anxiety levels were high. It may be advisable to provide training to reduce the anxiety levels of women before abortion.

## Biography

Hatice Oltuluoglu has graduated from Florence Nightingale Nursing High School in Istanbul University. She completed her Master's degree at Erciyes University at Ataturk Health Sciences Faculty. She has been working at the Faculty of Health Sciences, Inonu University for 17 years in the field of Women Health and Diseases Nursing.

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