The Relationship of Anxiety and Depression in the Sleep of Patients from a Unit of Intensive Therapy

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Cross-sectional and quantitative study. Developed by a multidisciplinary team from the UTI.

The objective was to find the relationship between anxiety and depression in the sleep of patients of an oncologic ICU.

Results
The sample consisted of 53 participants, mostly males, self-declared whites and married. The reason for ICU admission was due to elective surgery (83%). The levels of anxiety and depression were low.

Conclusion
There is a significant relationship between anxiety and quality of sleep. The level of depression in the sample was low and may be the reason for the non-significant relationship.

Introduction
Anxiety and depression are common consequences among people who have some type of illness and are hospitalized. Being a global reality, independent of specific population characteristics.

Methodology
Inclusion criteria:
- Both sexes
- Minimum age of 18 years
- Minimum stay of 2 nights
- No use of mechanical ventilation
- No use sedatives (without Delirium)
- Verbal communication preserved
- Absence of diagnosis of mental disorder

Data collection
Used Hospital Anxiety and Depression Scale (HADS) and participants self-reported sleep quality (bad, regular or good).

Graphic 1. Relationship of anxiety with sleep quality of patients at an oncologic ICU.

Graphic 2. Frequency of anxiety and depression in the sample.

References