

## **Prevalence and factors associated with preoperative anxiety among children in Ethiopia**

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**Aim:** The aim of this study was to determine the prevalence of preoperative anxiety and associated factors in children in Ethiopia.

**Patients and methods:** A total of 173 children were included in this study. Data was collected by direct observation, chart review, and interview of child-parent by using a questionnaire. Descriptive statistics were conducted to summarize children's information and to determine the prevalence of preoperative anxiety. Binary logistic regression analysis was performed to identify the association between preoperative anxiety in children and independent variables. The bi-variable analysis had performed to determine each of the independent variables and only variables with p-value <0.2 were entered into the multivariable analysis. The strength of the association was present by the odds ratio and 95% Confidence interval. P-value <0.05 was considered as statistically significant.

**Results:** The prevalence of preoperative anxiety in children in the operation room was 75.44% (95% Confidence Interval (CI): 68.36, 81.34). Younger age (AOR: 5.65, 95%CI: 1.69, 18.80), previous surgery and anesthesia (AOR: 6.73, 95%CI: 1.25, 36.19), outpatient surgery (AOR: 5.16, 95%CI: 1.32,

20.23) and parental anxiety (AOR: 3.26, 95%CI: 1.30, 20.23) were significantly associated with preoperative children anxiety.

**Conclusion and recommendations:** The prevalence of preoperative anxiety in children was considerably high. Younger age, previous surgery and anesthesia, outpatient surgical setting and parental anxiety were the independent risk factors for preoperative anxiety. Therefore; we recommend that the operating staff should assess anxiety in children regularly during the preoperative period and appropriate anxiety reduction methods for children should be introduced in our hospital. Additionally, more emphasis should be given to children with young age, previous anesthesia and surgery, outpatient surgery, and those who have an anxious parent.

### **Speaker Biography**

Amare Belete Getahun has completed his Msc degree at the age of 25 years from University of Gondar, Ethiopia. He is the medical researcher within five years at multi-national journals and advisors of under and post graduate students he also works as senior clinical anesthetist at university of Gondar hospital. He has over six publications that have been cited.

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