

عنوان مقاله:

Efficacy of Anxiolytic and Preoperative Counseling on Preoperative Anxiety Reduction: A Randomized Comparison Study

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خلاصه مقاله:

Background: The incidence of preoperative anxiety is high. Anxiolytic agents have been used to reduce preoperative anxiety for many years. Recently the role of non-pharmacological interventions like preoperative information through interviews, counseling, and verbal reassurance for the reduction in preoperative anxiety has been established. But, the efficacy of these non-pharmacological interventions and the anxiolytic agent has not been compared previously. In this study, we compared the effectiveness of oral alprazolam and preoperative counseling by an anesthesiologist for the reduction of preoperative anxiety. **Materials and Methods:** A total of 110 patients were randomly divided into two groups. Group A received 0.5 mg oral Alprazolam tablets, the night before surgery. Group C received counseling from an anesthesiologist with a fixed protocol the night before surgery. Anxiety was assessed with a state-trait anxiety inventory (STAI) scale, and scores were assessed in the pre-anesthetic assessment room, at night before surgery before giving study interventions, and on the day of surgery before shifting to the operation room. Hemodynamic parameters and respiratory rate were monitored along with anxiety scores. Data were analyzed using an independent t-test, Chi-square test, and repeated variance analysis measures (ANOVA). **Results:** Anxiety scores and hemodynamic parameters were comparable between the groups at all times of measurement. Anxiety scores in the alprazolam group were less than counseling group on the day of surgery, but this difference was not statistically significant. **Conclusion:** Although treatment with Alprazolam resulted in lesser anxiety scores, overall, both methods were ineffective in reducing preoperative anxiety.

کلمات کلیدی:

Anxiety, Alprazolam, Counseling, Anesthesiologist

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