**Anxiety and Its Associated Socio-Demographic Characteristics**

**among Nurses in Tertiary Care Hospital Karachi**

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## ABSTRACT

**OBJECTIVE:** To find out the frequency of anxiety and its associated demographic factors among nursing workforce.

**STUDY DESIGN:** An analytical cross-sectional.

**PLACE AND DURATION:** Dow University Hospital and Dr. Ruth K.M. Pfau Civil Hospitals Karachi, 2nd May to 28th June 2017

**METHODOLOGY:** Data were collected through purposive sampling technique (only registered staff nurses) using Generalized Anxiety Disorder (GAD-7) scale. The GAD 7 scale consisted on 7 items scores ranging from 0 to 21.Collected data include socio-demographic variables such as, age, educational level, job nature, monthly income, duty shift etc. and anxiety score based on GAD 7 items.

**RESULTS:** There were 55.8% male participants and 71.42% belonged to age group of 26-35 years. From this study it was found that 63.63% nurses working in clinical area had any one of the anxiety level (mild (39%), moderate (18.2%) or severe (6.5%)) with score ≥ 5.Participants’ age, monthly income and duty shift variables showed significant associations with anxiety (p-values < 0.05).

**CONCLUSION:** Among all study participants mild anxiety was found to be prominent. From this research study some significant factors of anxiety among nurses was also found which includes age, monthly Income and Duty Shift.

**KEYWORDS:** Nurse, Anxiety, Shift duty, Generalized Anxiety, Tertiary care, Psychological health

**HOW TO CITE THIS:**

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