

# Study of the relationship between the severity of preoperative anxiety and pain in office hysteroscopy

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## Background

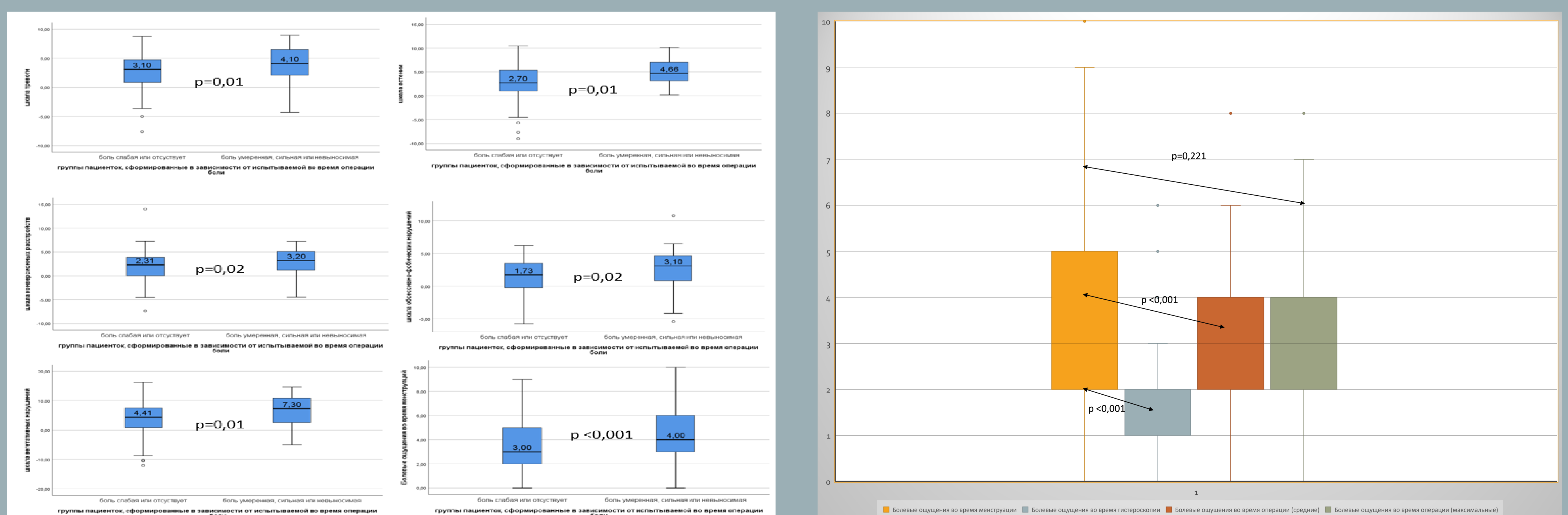
To study the relationship of preoperative anxiety with the intensity of pain during office hysteroscopy (OH).

## Methods

The level of anxiety was studied in 138 patients before (OH) using State-Trait Anxiety Index (STAI), Sheehan Patient-Rated Anxiety Scale (SPRAS) and Yakhin – Mendelevich questionnaires. On the visual analogue scale (VAS), the level of pain of one's menses was assessed, after OH - the painful sensations at the diagnostic and operational stages. Statistical data processing was performed using IBM SPSS Statistics 22, Wilcoxon, Kruskal-Wallis criteria; Mann-Whitney, Kolmogorov-Smirnov and Spearman correlations.

## Results

By STAI 79.1% of patients were in a state of moderate and high levels of situational anxiety, 81.9% of patients were in a state of moderate and high levels of personal anxiety, 16.4% had clinically significant anxiety. By SPRAS no patients rated anxiety as severe, 16,4% rated anxiety as moderate, 83,6% rated anxiety as light to absent. By Yakhin-Mendelevich test. The pre-disease character of neurotic disorders was within 10.4% - 20.9%, and the painful nature of neurotic disorders within 7.5% - 17.2%. A direct statistically significant correlation was observed between various anxiety states, the assessment of pain during menstruation, and the level of pain during surgery.



## Conclusions

It is necessary to rate the anxiety level and pain level during menstruation and during (OH). The level of anxiety, as assessed before hysteroscopy, is significant and it correlates with the level of pain during menstruation and surgery. The obtained data allow to predict the level of pain before (OH).