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Determining the causes of anxiety during gynecologic examination: A case from Turkey

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As it comprises known, predictable and unknown initiatives gynecologic examination causes anxiety. This study aims to determine the causes of anxiety during the gynecologic examination. 110 women, who live in Istanbul applied to the gynecology polyclinic for an examination and consented to participate in this research, constitutes the sample set of this descriptive study. The data were collected with a questionnaire form and frequency and percentage tests are employed. It is detected that, 33,6% of the women are aged between 36-45, 67,3% of them are single and 40% of them have 2-4 children. While 61,8% of them acknowledged that every woman should undergo an examination once a year, 48,2% of them suggested gynecological examination should be done regularly. It is determined that 43,6% of participants were having their first gynecologic examination during the pregnancy, 34,9% of the participants stated that nobody made an explanation during the gynecologic examination. 80,9% of the informed patients expressed that the explanations are made by the doctor and 85,5% of them were thinking that an explanation before the examination would make them less anxious. 50,9% of the participants did not wish to be accompanied by anyone. 34,9% women felt uncomfortable and 33,9% of women were disturbed by the attitude of the doctor. 39,1% of women felt shame and 26,4% felt fear. Conclusion, some responsibilities taken by nurses like helping women to prepare for examination, informing them about the procedures, protecting their privacy and supporting them are expected to contribute to the reduction of anxiety in women.

Biography

Pinar Dogan is 34 years old and living in Istanbul, Turkey. She is PhD graduated from fundamentals of nursing at Istanbul University Health Sciences Institute. She is lecturer at Istanbul Medipol University Health Sciences Faculty, Nursing Department. She has articles about simulation education in nursing, nursing informatics.

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