

Evaluation of type, severity and amount of stress in H. pylori positive individuals in Persian cohort clients

Abstract

Background: Stress is a psychological and emotional pressure beyond a person's endurance. It is a psychological, behavioral, and physiological process that interrupts normal functioning. Helicobacter pylori, which is known as the causative agent of ulcer disease and gastric cancer, and environmental factors such as stress play a role in determining the consequences of Helicobacter pylori infection.

Aim: The aim of this dissertation was to evaluate the amount, severity and type of stress (anxiety trait and state) in people with Helicobacter pylori infection in those who referred to Persian Cohort.

Materials and methods: In this descriptive study, 120 people were randomly selected from Persian cohort clients and evaluated with the Spielberger questionnaire. The questionnaire was conducted individually and the number of questions was 40. Data were described using descriptive statistics in SPSS software version 26.

Results: The results of the study on state anxiety showed that 11 cases (9.5%) experienced moderate to low anxiety, 98 cases (84.5%) experienced moderate to high anxiety, 6 cases (5.2%) experienced relatively severe anxiety. The results of the study on anxiety Traits: 11 cases (9.5%) experienced moderate to low anxiety, 83 cases (71.6%) experienced moderate to high anxiety, 22 cases (19%) experienced moderate to severe anxiety.

Conclusion : Given the high levels of stress experienced in people with H. pylori infection, stress should be considered as an important risk factor along with other risk factors for Helicobacter pylori infection and planned for these individuals to be screened and the risk factors to be examined and compared.

Keywords: Stress, Spielberger Questionnaire, Helicobacter pylori