

The prevalence of generalised anxiety disorder and its associated factors among nurses in primary health care facilities in Kota Bharu district, Kelantan

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ABSTRACT

Introduction: Our health care system significantly relies on nursing, and patient care depends on their ability to work and provide the best care possible. Anxiety is the most common mental health disorder and nurses are at risk of anxiety as they are the frontliner of the patient care. The objective of this study is to determine Generalized Anxiety Disorder (GAD) prevalence and its associated factors among nurses in primary health care facilities in Kota Bharu in 2022. **Materials and Methods:** This cross-sectional study was conducted in September up to December 2022 among nurses in primary health care in the district of Kota Bharu, Kelantan. All nurses working in Government Healthcare facilities in Kota Bharu were recruited in this study. The study participants were required to complete the online Generalized Anxiety Disorder-7 (GAD-7) questionnaire. Those who scored ≥ 8 represent a reasonable cut-point for identifying probable cases of generalized anxiety disorder. No sampling method was done since all available data were included in the study as it was approximate to the number of the sample size calculated. The data was entered into IBM SPSS Statistics 26 and analysed with simple and multiple linear regression analysis to determine factors associated with anxiety among primary health care nurses in Kota Bharu. **Results:** The response rate was 85.4%, where 392 out of 459 nurses participated in the study. The prevalence of Generalized Anxiety Disorder in this study was recorded at 3.0% where 12 samples out of 392 got score 8 and above. Factors associated with GAD include marital status (β : -1.19, 95% CI: -2.3, -0.13), having people who needs special care at home (β : 1.07, 95% CI: 0.62, 2.78) and working experiences in KKM, (β : 0.626, 95% CI: 0.07, 1.19). **Conclusion:** The prevalence of generalized anxiety disorder of nurses in this study was lower than other published studies. This study can serve as evident baseline data and can initiate comprehensive strategies to promote mental health and wellbeing of nurses in Kota Bharu hence ensuring the best professional performance and quality of patient care.