**INVESTIGATION OF ANXIETY AND PAIN LEVELS OF PATIENTS AFTER LUMBAR SURGERY**

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**Background and aims:** Pain intensity negatively affects the emotional state in patients with low back pain. The aim of this study was to investigate pain and anxiety levels related to surgery in patients after lumbar surgery.

**Methods:** Fifty-three lumbar surgery scheduled patients (30 female, 23 male) due to various reasons were included in study. Patients’ socio-demographics and clinical information were noted and a questionnaire was formed to investigate concern situation related to surgery. Additionally, State-Trait Anxiety Inventory (STAI-I) was used to measure state-trait anxiety and Visual Analog Scale (VAS) was used to investigate pain intensity on preoperative, postoperative and discharge term.

**Results:** The mean age of patients was 57.64±12.24 years. The mean pain intensity was 5.28±3.46 cm, 3.60±2.92 cm and 1.09±1.89 cm at preoperative, postoperative and discharge, respectively. The mean STAI-I score was found 47.60±17.99, 39.98±12.83 and 27.86±9.27 at preoperative, postoperative and discharge, respectively. It was found a significant difference between preoperative and discharge VAS score (p=0.001); postoperative and discharge VAS score (p=0.001). There was a significant difference between preoperative and discharge STAI score (p=0.001); postoperative and discharge STAI score (p=0.001).

**Conclusion:** The anxiety level and pain intensity of patients were high on preoperative term. We have found that appropriate patients undergoing lumbar surgery reduce pain intensity and anxiety level in early postoperative period. We think that the long term effects of the study should also be investigated.

**Keywords:** Anxiety Level, Lumbar surgery, Pain Intensity.