

Psychological Problems among Patients Suffering from Liver Cirrhosis

Abstract

Background: Advanced chronic liver disease (cirrhosis) is a growing international public health problem and often affects people of working age. It is the third most common cause of death in Egypt. For liver cirrhosis patients, life becomes meaningless and hopeless due to psychological problems such as depression, anxiety and sleep disturbance. **Aim:** The current study aimed to assess the psychological problems among patients suffering from liver cirrhosis. **Study design:** This study used an exploratory descriptive design. **Subjects and sitting:** It performed on 100 patients suffering from liver cirrhosis at Benha University Hospital. **Tools:** Data were collected using Socio-demographic Questionnaire and clinical data, Beck Anxiety Inventory, Beck Depression Inventory, and Level 2 Sleep Disturbance – Adult - APA. **Results:** The result of this study showed more than half of the studied subjects are males. About sixty of them more than 50 years with the mean age (52.60 ± 9.85), about sixty diagnosed with liver cirrhosis from less than a year, about forty have comorbidity with another chronic medical disease especially diabetes and hypertension. Half of them hospitalized for the first time. about a quarter has severe anxiety, more than forty has severe depression and about a quarter has a moderate level of sleep disturbances. **Conclusion:** patients with liver cirrhosis experienced anxiety, depression and sleep disturbances. There was a highly significant relation among anxiety, depression and sleep disturbances. **Recommendations:** The current study recommended development of educational program and health promotion program for cirrhotics to manage their psychological problems.

Keywords: liver cirrhosis, psychological problems, depression, anxiety, sleep disturbances.