

Surgery is a life threatening and critical situation which can produce stress and anxiety in most patients; especially, patients who are experiencing such situations as fear of unknown and changing environment, or separation from the family. These situations can stimulate anxiety. Anxiety may cause certain physiological, psychological and behavioral changes in surgical patients which may produce problems during the surgery procedure. In nursing, there are several methods of reducing the patient's anxiety, i.e., teaching relaxation to the patients, music listening, and touching. Thus, the researcher is interested in studying the effect of touch on anxiety in preoperative patients. A quasi-experimental research design was implemented. The sample was consisted of 60 adult female surgical patients who were admitted in Vajira Hospital. These patients did not received any preoperative medicine while waiting for surgery in

the waiting room. The sample was divided equally into two groups: experimental and control group. The sample in experimental group received touching from the researcher while staying in waiting room, but the control group received routine care from the personnel. The tools used in this study included trait anxiety scale, interviewing structure, demographic data form, and Visual analogue scale. The reduced anxiety scores between the two groups were compared by using t-test.

The results showed that the anxiety score in the experimental group was significantly lower than that in the control group. ( $p < .0005$ )

As the results of the study, the researcher recommends that nurses should implement touching method in order to reduce anxiety of the patients in the waiting room. For further studies, it is recommended to study the effect of touch in the patients under local anesthesia during surgery as well as to other patients who under investigation and other treatments in the hospital. Furthermore, comparison of effect of touch in adult male and female patients should be studied.