

**Thesis Title**                    The effect of informational preparation on the  
   level of anxiety among relatives of the patients  
   admitted in the intensive care unit

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### ABSTRACT

This experimental study was designed to determine the effectiveness of systematic informational preparation on anxiety level among relatives of the critically ill patients admitted to the intensive care unit (ICU) at Ramathibodi Hospital from October 1989 - January 1990. Purposive sampling was used to select one relative for each patient according to the predetermined criteria. Using patients' condition and type of relationship with the patients as strata, the relatives were systematic randomly assigned to either experiment or control groups until 26 subjects in each group were obtained. Relatives in both groups were treated the same by the staffs of the ICU, but prior visiting the patients' relatives in the experiment group received additional information about the intensive care environment and the patients' condition. Anxiety level was measured by the State-Trait Anxiety Inventory form X-1 developed by Spielberger both pre and post visit for both groups.

The results of the study showed that after visiting the patients, the mean scores on anxiety level for both groups were not statistically significant different ( $P > .05$ ). However, mean scores on anxiety level for both groups were significantly reduced after visiting the patient ( $P < .01$ ).