

Anxiety disorders and quality of life among patients with hematological cancer in a Malaysian hospital

ABSTARCT

Objective: The purpose of this study is to access the prevalence of anxiety disorders and quality of life factors among hematological cancer patients in a Malaysian hospital. **Methods:** This study used a cross-sectional research design. It was conducted at the Ampang Hospital in Kuala Lumpur, a tertiary referral center for hematological cancer. Anxiety disorders were diagnosed using the Mini International Neuropsychiatric Interview (MINI); quality of life was assessed using the European Organization for Research and Treatment of Cancer Quality of Life Questionnaire (EORTC QLQC30) questionnaire. **Results:** A total of 105 hematological cancer patients participated in the study, which constituted a response rate of 83.3%. The prevalence of anxiety disorders in our sample ranged from 1% to 24.8%. Overall, compared to patients without anxiety disorders, hematological cancer patients with anxiety disorders reported impaired quality of life in regards to emotional functioning, cognitive functioning, insomnia, dyspnoea, nausea and vomiting, appetite loss and constipation ($p < 0.05$). **Conclusion:** The findings of this study support the notion that, like other cancer patients, hematological cancer patients are vulnerable to developing anxiety disorders that could impact their overall quality of life. Therefore flexible cancer treatments should include a referral to a health professional or psychiatrist who is able to address a patient's mental health status and quality of life.

Keyword: Anxiety disorders; Hematological cancer; Quality of life