

ANXIETY LEVELS AND CLINICAL SYMPTOMS IN THYROID CANCER PATIENTS UNDERGOING IODINE-131 ABLATION THERAPY AT DR. SARDJITO HOSPITAL, YOGYAKARTA

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ABSTRACT

Background: Thyroid cancer is one of the most common endocrine malignancies. Iodine-131 ablation therapy is one of the main treatment modalities; however, the procedure often triggers anxiety and clinical symptoms due to radiation exposure, isolation, and subsequent physical changes.

Objective: To describe the levels of anxiety and clinical symptoms in thyroid cancer patients undergoing Iodine-131 ablation therapy at Dr. Sardjito General Hospital, Yogyakarta.

Methods: This study employed a quantitative descriptive design with a cross-sectional approach. The sample consisted of thyroid cancer patients undergoing Iodine-131 ablation therapy, recruited using purposive sampling. The *State-Trait Anxiety Inventory (STAI)* was used to measure anxiety levels, and a clinical symptom questionnaire was utilized to assess physical complaints. Data were analyzed descriptively using frequency distribution and percentages.

Results: The majority of patients demonstrated mild levels of state anxiety (32,8%) and moderate levels of trait anxiety (60,7%). Demographic characteristics such as late adulthood, female gender, married status, higher education, and middle income dominated the moderate anxiety group. The most frequently reported mild clinical symptoms were shortness of breath (93.4%), sadness (78.7%), and pain (73.8%). Severe symptoms included loss of appetite (21.3%), fatigue (14.8%), and poor perceived health status (13.1%). Validity and reliability tests indicated that all instruments were valid and reliable.

Conclusion: Patients with thyroid cancer undergoing Iodine-131 ablation therapy generally experience mild to moderate levels of anxiety accompanied by mild to moderate clinical symptoms. These findings highlight the need for comprehensive nursing interventions addressing not only physical aspects but also psychological support to improve patients' quality of life.

Keywords: Thyroid cancer, anxiety, clinical symptoms, Iodine-131 ablation

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