Prevalence of Anxiety Disorder using Zung Scale

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Abstract
This study was presented to Illustrate the concept in a comprehensive manner and symptoms of anxiety disorder and what are the factors that lead to anxiety disorders in adults. Sample was taken from a group of staff and both sexes working in three hospitals in the province of Babylon and test the data using T- Test depend on Zung measure.
Keywords: T- test , Anxiety disorder, Test Zung Anxiety , Zung Scale For   Anxiety.

1. Introduction
Anxiety disorders are psychological preparations for the individual cases of suffering from emotional anxiety as a result of external risk, which is one of the common mental disorders and is usually accompanied by physical symptoms. Anxiety is considered satisfactory clinical case when it is severe to the point of causing severe tension and narrow and has a very negative impact on daily life. Since the anxiety disorder is a condition for the diagnosis of anxiety disorder, then it is important to differentiate between normal and pathological anxiety.
As in the table below
Women are more prone to anxiety disorders than men, where that double the number of women reviewing general practitioner concerned and this applies to all ages, but can be caused by this disparity is that men usually do not expose themselves to the doctor when they are concerned. And in the United States concerned in the incidence of women to men is 2: 3. Most anxiety disorders occur in childhood and adolescence and early adulthood. Phobias and panic and increase in age between 15-24 years and 45-54 years disorders. The obsessive-compulsive disorder begins to emerge in the mid-twenties and early thirties

A lot of people have worried about personal (sensitive) and are affected by the events quickly, making them prone to anxiety disorders than others. And many of them live with my lifestyle or a certain relaxation mechanisms so that it can coexist with character … etc .

Robert Pike also mentioned in the personal training with master peace to every man and added him coach in human development Hasanain Abakah to be planned as follows:-

Pressures and tensions of life of the individual, such as thinking about what is to happen in the near future, cause more anxiety than the incident itself. Some people make a big effort to reduce anxiety during the incident at the time, but then suffer a painful thing. And more of the things that cause anxiety are exams and solace (death of a loved one), and the transmission housing and the problems of relations.

2. Statistical Analysis
A range of varieties staff (male, "female") am working "in hospitals (H. Morgan Specialist, General H.Al_Hilla, H. Gynecology and childbirth) in the center of the province of Babylon, a 1176 to since 2011   . Stratified sample a range of different types of staff for both sexual in hospitals (H. Morgan Specialist, Al_Hilla General Hospital, Hospital Gynecology and childbirth), a sample of 210 in Babel province by 18%.

Zung anxiety Scale (ZAS) Zung Anxiety Scale
Includes test (20) containing a single four answers to choose from, including the right. Designed to measure the presence and degree of depression in adolescents and adults. Each paragraph of the test Zung anxiety is trying to assess the specific position or a special offer patients anxiety and harmonious with the description of anxiety in psychological books. Although the author William Zung has participated in the development of cognitive theory for anxiety, but the test is designed to assess the anxiety is not supported and is biased to a certain theory.

Each paragraph of the test describe the appearance of specific behavioral anxiety and be graded series of four sentences to self-assessment. These sentences are arranged and weighed to reflect the severity of the symptoms of the normal to the Great intensity and put many values have one, two, three, four. To represent the degree of severity.

Although the test is mainly designed for self-assessment, but that the researcher is reading every single clear voice to those who are meant to test, and the latter in turn answer to every single describe its present condition, it is scientifically've been using a lot of researchers, this test as a tool for correct self-assessment after explaining the instruction for those who to be evaluated.

The study testing the stability and re-test of the thirty-eight patients were given test Zung anxiety (ZAS) on two occasions . The discovery that changes in the measurement of test Zung anxiety (ZAS) tend to be

parallel to changes in the clinical reading of the depth of anxiety, and this shows the relationship between the measurement of anxiety constancy and the status of the patient's clinical stability was here more than (0.94). Internal studies also showed discreet correlation coefficient (0.99) which is very high "for the vocabulary test Zung anxiety _ Brown and Spearman correlation coefficient for persistence.

To assess the veracity of the test Zung anxiety has to be clear reference to the face and easy to honesty and while this is a win-win situation that probably makes it easy to be tested than to know the test results. That the test has a wide range values "of symptoms and guidance relating to anxiety and were more than 0.50 sincerity test labs. It was more than apparent sincerity 84.0 This shows the accuracy and sensitivity of the measurement of the degree of turbulence Screened gives the answer can easily without delay.

Been applied to test Zung anxiety (ZAS) by the researcher on the research sample, adults (male and female), for workers in the hospitals center in the province of Babylon (Hilla, Margan, childbirth), where the sample of 210 male and female, and the distribution of the test they form and read them and clarify and then answer each question and how to answer on the test form. Forms were then corrected by the researcher by the patch that contains positive indicators and negative indicators of anxiety disorder keys collected.

Less than 35 no Anxiety

36-47 concern the average intensity

48-59 high intensity concern requiring psychotherapy

60 and older patients with psychological concern requiring drug therapy (Rabeaa .2010).

And the degree of extraction of each form and then evaluated according to the values of the original test. Any account the degree of each form for each unexamined and extract Rated by ladder evaluations of the original test as described by its designer. It is in order to test the stability of extraction correlation coefficient is fragmented into two paragraphs (individually, my husband) in order to apply the sequential correlation coefficient appropriate for such tests

The result of the test correlation coefficient (99.0), which is a very high & statistically significant correlation coefficient indicates the sensitivity of the test and its ability to measurement. And then the link is Spearmen Brown equation for the extraction of the correlation coefficient, which is: -

R.M = 99.0   (2*V / 1+ V)

The correlation coefficient high "also and The very good statistically significant, and when comparing grades firming measure after translated into Arabic and to Translation Iraqi with degrees original stability test shows that there is no difference between them, a clear indication that the test did not lose its sensitivity and its ability to measure something, and remained conservative the original characteristics of the possibility of measuring the qualities that situation for which the properties.

3. Results

Table 1: Stratified sample distributed by the hospital

female	male	Total Number	Hospital name
51	59	110	Al_Hilla General H.
30	35	65	Morgan Specialist H.
16	19	35	Childbirth and Gyno.H
97	113	210	Total

Table 2 : Male and Female data study

| Male										Female									
37	56	47	45	37	43	38	34	31	42	44	40	41	41	39	46	48	49	44	36
33	44	32	46	49	35	36	39	36	44	37	44	41	46	35	39	46	39	41	44
38	56	39	46	53	29	47	45	37	43	38	56	39	46	29	53	47	45	37	43
35	29	37	49	41	28	39	37	40	29	46	29	40	49	43	41	39	37	40	46
34	30	35	36	43	32	33	30	50	49	44	59	43	36	49	43	46	29	43	49
39	40	41	41	46	39	38	37	31	36	44	40	41	41	39	55	38	41	44	36
43	43	49	29	49	49	42	53	65	33	43	43	45	39	43	42	42	53	56	56
46	49	40	33	36	43	41	41	29	38	46	49	40	33	43	36	41	41	29	38
49	31	50	38	41	39	42	29	30	35	49	44	50	38	41	41	42	28	45	39
41	36	44	35	29	49	31	35	40	44				35	49	29	31	35	40	44
41	39	37	40	49	33	31	50	38	41										
								47	45										
T= 2.144																			
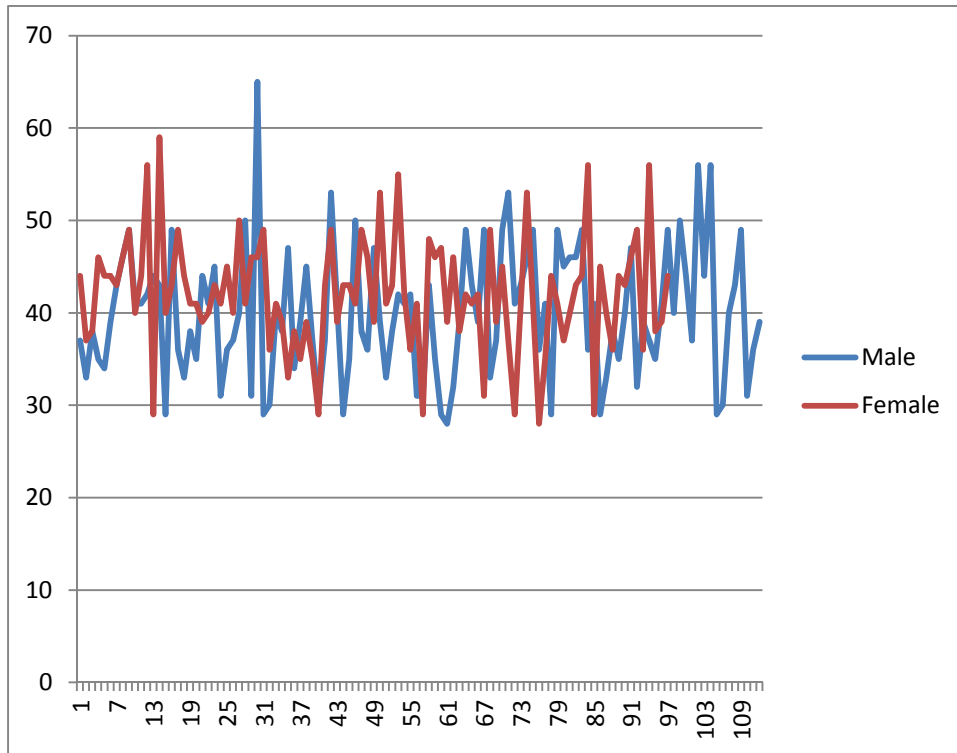
Fig. 1: Male and Female data study
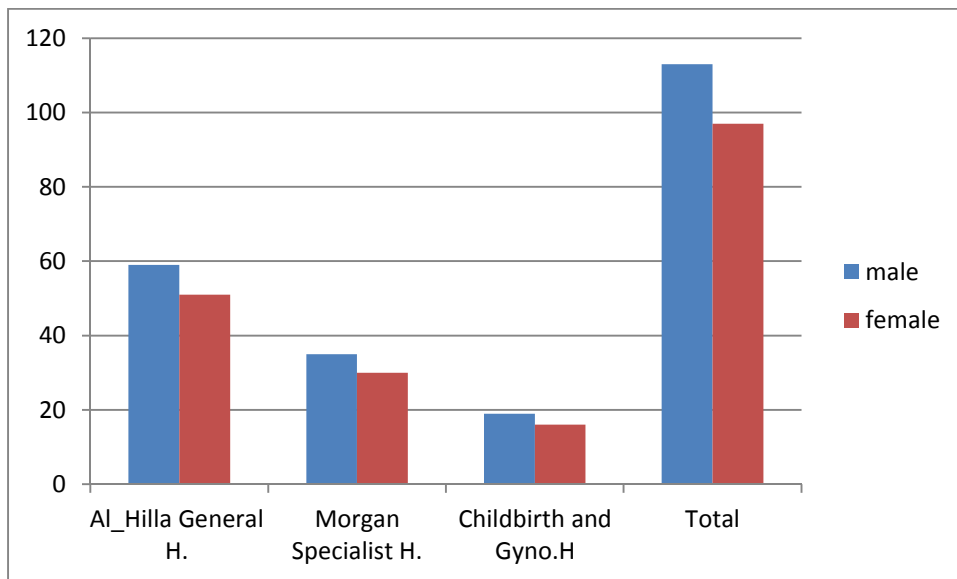
Fig. 2: Stratified sample distributed by the hospital
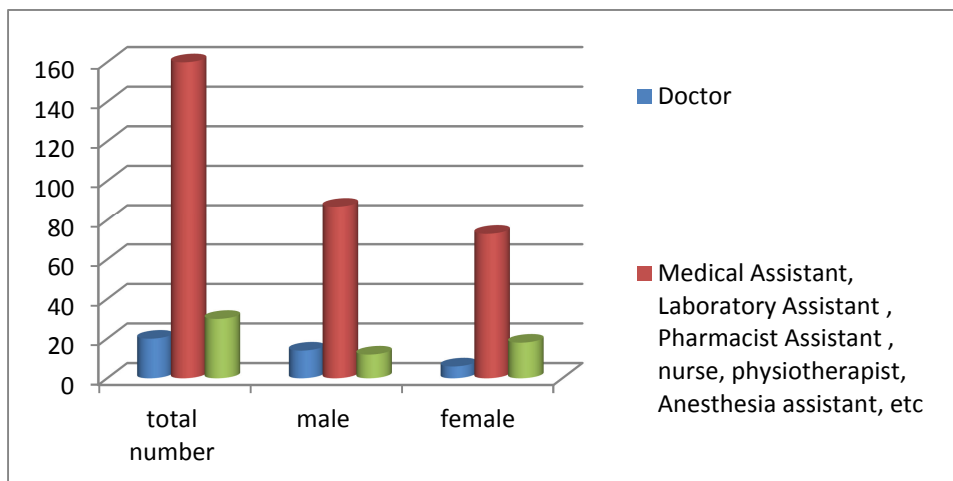
Fig. 3: stratified sample used in the study are distributed by profession
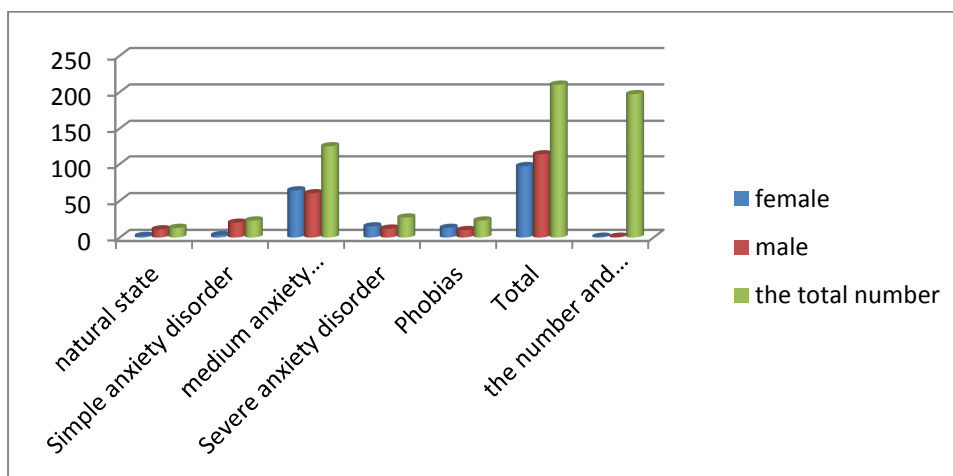
Fig. 4: Prevalence of anxiety disorders according to the sex of the patient.

4. Conclusions

1. There is a real indicator of the anxiety disorder for most workers in the hospitals for all disciplines (resident doctor, pharmacist, lab. assistant, medical assistant, assistant pharmacist, nurse, radial assistant, nurse Maher, Biology, chemical, etc ....) The proportion of females higher than males.

2-Existence index patients with a group of employees and 13%, which represents a serious proportion compared to Arabic studies and compared to "natural state, which represents 6% for the anxiety scale Zung.

3-Emergence of a high rate of anxiety disorder average by 59%, as well as the appearance of a high rate of social phobia (11%) had a higher proportion of females than males for both cases.

4. The emergence of a high proportion of generalized anxiety disorder and 94% had a higher proportion of females than males.

5. Acknowledgment

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