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Title: Anxiety and dyspnea relation in early stage COPD patients

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Body: Introduction: Anxiety is a co-morbid diseases in COPD. Anxiety prevalence in COPD patients is higher than general population. Although the relationship between anxiety and COPD can not be revealed yet, increased anxiety prevalence was associated with increased dyspnea level. Aim: To determine the rate of anxiety and relationship of anxiety and dyspnea in early stage COPD patients who do not have advanced functional restriction. Method: COPD patients that volunteered to participate the study who admitted to hospital with a reason other than COPD exacerbation was included to this cross-sectional/descriptive study consecutively. Beck anxiety inventory, medical research council (MRC) dyspnea scale applied. Results: 134 patients with GOLD1-2 COPD included. Mean age was 58,11±10,53. 92,5% of them were male. Active smokers and former smokers were 61,9%; and 38,1%; respectively. 64,9% did not have co-morbid diseases. According to MRC dyspnea scale 33,6% of the patients were in grade 1 and 55,2% were in grade 2. 34,1% of the patients that answered the question “Do you have shortness of breath?” answered as “No” were having MRC grade 2 and 3 dyspnea. 11,2% of 134 participants had mild and 9% had moderate anxiety. In patients with anxiety 89% were having MRC grade≥2. Although there was no statistically significant relationship between shortness of breath and level of anxiety, there was a significant relationship between MRC grade and level of anxiety (p=0,529 and p=0,004, respectively). Conclusion: MRC scale can be more effective in detection of dyspnea in early stage COPD. All COPD patients with MRC score ≥2 should investigate for anxiety.