

APPENDIX A

Date : Code: Hospital code :

CARING PRACTICES IN REDUCING PRE-OPERATIVE ANXIETY (CPRPA) FOR SURGICAL NURSES

This instrument is divided into two parts. Part 1 is related to your demographic data. Part 2 is related to your perception of caring practices in reducing patients' pre-operative anxiety.

Part 1: Demographic Data

Instruction: Please, fill the blank and give mark "✓" your answers in the bracket where indicated.

- 1. Age years old
2. Gender () 1 Female () 2 Male
3. Marital Status () 1 Single () 2 Married () 3 Divorced () 4 Widow or widower
4. Religion () 1 Islam () 2 Christian/Catholic () 3 Hinduism () 4 Buddhism
5. The levels of education () 1 Diploma III of Nursing () 2 Bachelor of Nursing () 3 Master of Nursing
6. Length of experience in working at surgical ward..... years.
7. Have you attended any courses for in-service training, workshops, and seminars regarding anxiety management or caring practices? () 0 No () 1 Yes if yes, please specify : yearplacelength of the courses

Part 2: Surgical Nurses' Perception of CPRPA

Instruction: This part is self-report about the caring practices that you have done in order to lessen pre-operative anxiety. Each item is assessed in terms of how well you have performed caring actions for patients with varying from 1 to 5. Please read each statement carefully and please, give mark "✓"

1 = Very poor 2 = Poor 3 = Moderate 4 = Good 5 = Very good

No	Caring practices regarding assessment and evaluation of pre-operative anxiety	Quality of caring practices				
		1	2	3	4	5
1	You check patients' anxiety level before surgery					
2	You really listen to patients when they express their anxiety.					
3	You accept patients' feelings of anxiety without judging them.					
4	You tell patients what you are going to do to reduce their anxiety.					
5	You give patients full attention when they feel anxiety.					
6	You respond quickly when they feel anxiety					
7	You encourage patients to talk about how they feel anxious.					
8	You ask your patients to evaluate their anxiety experience before surgery.					
9	You encourage your patients to tell why they feel anxious					
10	You ask your patients about factors that can make more severe pre-operative anxiety.					
11	You ask your patients to determine the level of anxiety.					
12	You encourage your patients to describe the most severe and least anxiety that they have experienced during the past 24 hours					
13	You observe signs of anxiety.					

No	Caring practices regarding assessment and evaluation of pre-operative anxiety	Quality of caring practices				
		1	2	3	4	5
14	You ask patients about factors that can reduce the severity of their anxiety.					
15	You ask patients about coping methods or alternative therapies that they use to reduce the anxiety.					
16	You ask patients what pre-medication can reduce pre-operative anxiety.					
17	You ask patients how they feel after taking pre-medication.					

No	Caring practices regarding pharmacological and non-pharmacological intervention	Quality of caring practices				
		1	2	3	4	5
18	You are willing to care for patients encountering pre-operative anxiety.					
19	You encourage patients to release their anxiety.					
20	You are sensitive to patients' feelings of anxiety.					
21	You treat patients encountering pre-operative anxiety as an individual.					
22	You treat patients encountering pre-operative anxiety with respect.					
23	You encourage patients to be self-confident in dealing with pre-operative anxiety.					
24	You encourage patients to ask any questions about their anxiety and treatments.					
25	You explain patients about relevant alternative therapies for reducing pre-operative anxiety.					
26	You explain your patients about pre-medication.					
27	You explain your patients about surgical procedures and possible sensory effects that patients may experience.					
28	You explain your patients about early ambulation, deep breathing, and exercise.					

No	Caring practices regarding pharmacological and non-pharmacological intervention	Quality of caring practices				
		1	2	3	4	5
29	You explain your patients about operating-room environment.					
30	You teach patients how to evaluate and report the anxiety to nurses.					
31	You facilitate your patients to perform some distracted activities when they feel anxiety.					
32	You visit patients to give psychological support.					
33	You apply touching therapy to provide comfort when they feel anxiety.					
34	You cheer patients up when they encounter pre-operative anxiety.					
35	You consider patients' spiritual need related to their anxiety.					
36	You offer magazine or newspaper to make patients more comfortable when they feel anxiety.					
37	You encourage patients to do what they can relieve anxiety.					
38	You manage a calm and safe environment to reduce pre-operative anxiety					
39	You allow patients' family to stay with your patients during pre-operative phase.					
40	You inform patients that their family has known the progress of patients' pre-operative anxiety.					
41	You provide some alternative therapy or activities to reduce patients' anxiety.					
42	You administer required anxiety medications when alternative therapies do not work to reduce pre-operative anxiety.					

Thank you for your cooperation

APPENDIX B

Date : Code : Hospital code :

CARING PRACTICES IN REDUCING PRE-OPERATIVE ANXIETY (CPRPA) FOR PATIENTS

This instrument is divided into two parts. Part 1 is related to your demographic data. Part 2 is related to your perception of caring practices in reducing patients' pre-operative anxiety.

Part 1: Demographic Data

Instruction: Please, fill the blank and give mark "✓" your answers in the bracket where indicated.

1. Age years old
2. Gender

<input type="checkbox"/> 1 Female	<input type="checkbox"/> 2 Male
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3. Marital Status

<input type="checkbox"/> 1 Single	<input type="checkbox"/> 2 Married
<input type="checkbox"/> 3 Divorce	<input type="checkbox"/> 4 Widow or widower
4. Religion

<input type="checkbox"/> 1 Islam	<input type="checkbox"/> 2 Christian/Catholic
<input type="checkbox"/> 3 Hinduism	<input type="checkbox"/> 4 Buddhism
5. The levels of education

<input type="checkbox"/> 1 Primary School	<input type="checkbox"/> 2 Secondary School
<input type="checkbox"/> 3 High School	<input type="checkbox"/> 4 Diploma
<input type="checkbox"/> 5 Bachelor	<input type="checkbox"/> 6 Graduate School
6. Patients' Occupation

<input type="checkbox"/> 1 Retired	<input type="checkbox"/> 2 Student
<input type="checkbox"/> 3 Farmer	<input type="checkbox"/> 4 Private employee
<input type="checkbox"/> 5 Government employee	<input type="checkbox"/> 6 Entrepreneurship
7. Have you ever had an operation?

<input type="checkbox"/> 0 No	<input type="checkbox"/> 1 Yes
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If yes, please specify number of operation
8. Medical diagnosis
9. The type of surgery
10. Anxiety level

0

No sensation

10

As much as could
possible be

Part 2: Pre-operative Patients' Perception of CPRPA

Instruction: This part is self-report about the caring practices that you have received from surgical nurses in order to lessen your pre-operative anxiety. Each item is assessed in terms of how well you have received caring actions from nurses with varying from 1 to 5. Please read each statement carefully and please, give mark "✓"

1 = Very poor 2 = Poor 3 = Moderate 4 = Good 5 = Very good

No	Caring practices regarding assessment-evaluation of pre-operative anxiety	Quality of caring practices				
		1	2	3	4	5
1	Nurses check your anxiety level before surgery.					
2	Nurses really listen to you when you express your anxiety.					
3	Nurses accept your feelings of anxiety without judging them.					
4	Nurses tell you what nurses are going to do to reduce your anxiety.					
5	Nurses give you full attention when you feel anxiety.					
6	Nurses respond quickly when you feel anxiety.					
7	Nurses encourage you to talk about how you feel anxious.					
8	Nurses ask you to evaluate your anxiety experience before surgery.					
9	Nurses encourage you to tell why you feel anxious					
10	Nurses ask you about factors that can make more severe anxiety.					
11	Nurses ask you to determine the level of anxiety.					
12	Nurses encourage you to describe the most severe and least anxiety that you have experienced during the past 24 hours					
13	Nurses observe signs of anxiety.					

No	Caring practices regarding assessment- evaluation of pre-operative anxiety	Quality of caring practices				
		1	2	3	4	5
14	Nurses ask you about factors that can reduce the severity of your anxiety.					
15	Nurses ask you about coping methods or alternative therapies that you use to reduce the anxiety.					
16	Nurses ask you what pre-medication can reduce pre-operative anxiety.					
17	Nurses ask you about how they feel after taking pre-medication.					

No	Caring practices regarding pharmacological and non-pharmacological intervention	Quality of caring practices				
		1	2	3	4	5
18	Nurses are willing to care for you encountering pre-operative anxiety.					
19	Nurses encourage you to release your anxiety.					
20	Nurses are sensitive to your feelings of anxiety.					
21	Nurses treat you encountering pre-operative anxiety as an individual.					
22	Nurses treat you encountering pre-operative anxiety with respect.					
23	Nurses encourage you to be confidence to deal with pre-operative anxiety.					
24	Nurses encourage you to ask any questions your anxiety and treatments.					
25	Nurses explain relevant alternative therapies to you for alleviating anxiety					
26	Nurses explain you about pre-medication.					
27	Nurses explain you about surgical procedures and possible sensory effects that you may experience.					
28	Nurses explain you about early ambulation, deep breathing, and exercise					

No	Caring practices regarding assessment- evaluation of pre-operative anxiety	Quality of caring practices				
		1	2	3	4	5
14	Nurses ask you about factors that can reduce the severity of your anxiety.					
15	Nurses ask you about coping methods or alternative therapies that you use to reduce the anxiety.					
16	Nurses ask you what pre-medication can reduce pre-operative anxiety.					
17	Nurses ask you about how they feel after taking pre-medication.					

No	Caring practices regarding pharmacological and non-pharmacological intervention	Quality of caring practices				
		1	2	3	4	5
18	Nurses are willing to care for you encountering pre-operative anxiety.					
19	Nurses encourage you to release your anxiety.					
20	Nurses are sensitive to your feelings of anxiety.					
21	Nurses treat you encountering pre-operative anxiety as an individual.					
22	Nurses treat you encountering pre-operative anxiety with respect.					
23	Nurses encourage you to be confidence to deal with pre-operative anxiety.					
24	Nurses encourage you to ask any questions your anxiety and treatments.					
25	Nurses explain relevant alternative therapies to you for alleviating anxiety					
26	Nurses explain you about pre-medication.					
27	Nurses explain you about surgical procedures and possible sensory effects that you may experience.					
28	Nurses explain you about early ambulation, deep breathing, and exercise					

No	Caring practices regarding pharmacological and non-pharmacological intervention	Quality of caring practices				
		1	2	3	4	5
29	Nurses explain you about operating-room environment.					
30	Nurses teach you how to evaluate and report the anxiety to them.					
31	Nurses facilitate you to perform some distracted activities when you feel anxiety.					
32	Nurses visit you to give psychological support.					
33	Nurses apply touching therapy to provide comfort when you feel anxiety.					
34	Nurses cheer you up when you encounter anxiety.					
35	Nurses consider your spiritual need related to your anxiety.					
36	Nurses offer magazine or newspaper to make you more comfortable when you feel anxiety.					
37	Nurses encourage you to do what you can relieve anxiety.					
38	Nurses manage a calm and safe environment to reduce pre-operative anxiety					
39	Nurses allow your family to stay with you during pre-operative phase.					
40	Nurses inform you that your family has known the progress of your pre-operative anxiety.					
41	Nurses provide some alternative therapy or activities to reduce your anxiety.					
42	Nurses administer required anxiety medications when alternative therapies do not work to reduce pre-operative anxiety.					

Thank you for your cooperation

APPENDIX C
INFORMED CONSENT FORM

I am Mardiyono, lecturer at the Health Polytechnic Semarang in the Study Program of Nursing in Purwokerto campus, Central Java. Currently, I am a student in the master of nursing science in nursing science program at the Prince of Songkla University (PSU), Thailand. I am carrying out a research project entitled “Caring Practices in Reducing Pre-operative Anxiety, as Perceived by surgical nurses and patients in Banyumas, Central Java, Indonesia.”

The purpose of this study is to examine caring practices in reducing pre-operative anxiety, as perceived by surgical nurses and patients. This information will help nurses improve the quality of nursing practice in surgical patients, provide initial information of surgical care quality, and stimulate further interventions. This study is intended for the care-givers as well as the care-receivers.

Your participation in this study is voluntary and should you decide not to participate in this study, your decision is respected and will in no way make a difference in your work, treatment, care, and stay here. Should the interview tire or stress you, you have the right to stop or withdraw from the study. If you agree to participate in this study, you are required to complete the self-report questionnaires: Demographic Data and Caring Practices in Reducing Pre-operative Anxiety. This may take around 20 minutes of your time. All gathered information and your responses in the questionnaire will be kept in strict confidence and your identity will not be reflected in any part of the document.

Date:

Signature of the subject

Name of the researcher

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(Mardiyono)

APPENDIX D

Table A-1 The score range of caring practices in reducing pre-operative anxiety as perceived by surgical nurses (N=70) and patients (N=70)

Caring practices	Mean	SD	Score range of caring practices		
			Low	Moderate	High
Overall caring practices					
Nurses	151.7	16.2	118.0-135.4	135.5-167.9	168.0-181.0
Patients	147.5	21.7	102.0-125.7	125.8-169.2	169.3-193.0
Assessment-evaluation					
Nurses	60.8	7.3	45.0-53.4	53.5-68.1	68.2-73.0
Patients	60.3	9.6	37.0-50.6	50.7-69.9	70.0-78.0
Helping-trust relationship					
Nurses	22.9	2.6	18.0-20.2	20.3-25.5	25.6-30.0
Patients	22.5	3.7	5.0-18.7	18.8-26.2	26.3-30.0
Expression of feelings					
Nurses	20.5	2.9	15.0-17.5	17.6-23.4	23.5-27.0
Patients	20.9	4.4	10.0-16.4	16.5-25.3	25.4-30.0
Existential-phenomenological forces					
Nurses	17.5	2.8	11.0-14.6	14.7-20.3	20.4-21.0
Patients	16.9	3.2	10.0-13.6	13.7-20.1	20.2-23.0
Intervention					
Nurses	90.9	9.8	68.0-81.0	81.1-100.7	100.8-108.0
Patients	87.2	13.1	59.0-74.0	74.1-100.4	100.5-115.0
Human-faith-hope-sensitivity					
Nurses	22.7	2.1	17.0-20.5	20.6-24.8	24.9-26.0
Patients	22.7	3.6	15.0-19.0	19.1-26.3	26.4-30.0
Teaching-learning					
Nurses	28.4	3.1	20.0-25.2	25.3-31.5	31.6-34.0
Patients	26.9	5.0	18.0-21.8	21.9-31.9	32.0-38.0
Supportive-protective-corrective environment					
Nurses	30.0	4.0	19.0-25.9	26.0-34.0	34.1-39.0
Patients	27.7	4.6	18.0-23.0	23.1-32.3	32.4-39.0
Human-need assistance					
Nurses	9.7	2.3	5.0-7.3	7.4-12.0	12.1-13.0
Patients	9.8	2.0	5.0-7.7	7.8-11.8	11.9-13.0

Table A-2 The ten highest mean scores of caring actions in reducing pre-operative anxiety as perceived by nurses (N=70) and patients (N=70)

Surgical nurses		Pre-operative patients	
Item of caring practices	Mean	Item of caring practices	Mean
1. You allow patients' family to stay with your patients during pre-operative phase (39)	4.16*	1. Nurses allow your family to stay with you during pre-operative phase (39)	4.06*
2. You really listen to patients when they express their anxiety (2)	4.13*	2. Nurses treat you encountering pre-operative anxiety with respect (22)	4.04*
3. You explain your patients about early ambulation, deep breathing, and exercise (28)	4.06	3. Nurses encourage you to be confidence to deal with pre-operative anxiety (23)	4.01*
4. You visit patients to give psychological support (32)	4.00*	4. Nurses visit you to give psychological support (32)	3.90*
5. You cheer patients up when they encounter pre-operative anxiety (34)	3.96	5. Nurses really listen to you when you express your anxiety (2)	3.86*
6. You encourage patients to release their anxiety (19)	3.93*	6. Nurses give you full attention when you feel anxiety (5)	3.81*
7. You give patients full attention when they feel anxiety (5)	3.90*	7. Nurses are willing to care for you encountering pre-operative anxiety (18)	3.81
8. You encourage patients to be self-confident in dealing with anxiety (23)	3.87*	8. Nurses accept your feelings of anxiety without judging them (3)	3.80
9. You respond quickly when they feel anxiety (6)	3.86*	9. Nurses respond quickly when you feel anxiety (6)	3.74*
10. You treat patients encountering pre-operative anxiety with respect (22)	3.84*	10. Nurses encourage you to release your anxiety (19)	3.69*

* Item is ranked between surgical nurses and patients in the ten highest mean score.

Table A-3 The ten lowest mean scores of caring actions in reducing pre-operative anxiety as perceived by nurses (N=70) and patients (N=70)

Surgical nurses		Pre-operative patients	
Item of caring practices	Mean	Item of caring practices	Mean
1. You offer magazine or newspaper to make patients more comfortable when they feel anxiety (36)	2.74*	1. Nurses offer magazine or newspaper to make you more comfortable when you feel anxiety (36)	2.46*
2. You encourage your patients to describe the most severe and least anxiety that they have experienced during the past 24 hours (12)	2.99	2. Nurses explain you about operating environment (29)	3.06*
3. You ask your patients to determine the level of anxiety (11)	3.01	3. Nurses ask you what pre-medication can reduce pre-operative anxiety (16)	3.21*
4. You ask patients what pre-medication can reduce pre-operative anxiety (16)	3.16*	4. Nurses ask you about factors that can make more severe anxiety (10)	3.21
5. You teach patients how to evaluate and report the anxiety to nurses (30)	3.23*	5. Nurses teach you how to evaluate and report the anxiety to them (30)	3.29*
6. You inform patients that their family has known the progress of pre-operative anxiety (40)	3.24	6. Nurses ask you about coping methods or alternative therapies that you use to reduce the anxiety (15)	3.29
7. You ask your patients to evaluate their anxiety experience before surgery (8)	3.34	7. Nurses ask you about how they feel after taking pre-medication (17)	3.31*
8. You explain your patients about operating-room environment (29)	3.36*	8. Nurses encourage you to do what you can relieve anxiety(37)	3.34
9. You facilitate your patients to perform some distracted activities when they feel anxiety (31)	3.37*	9. Nurses facilitate you to perform some distracted activities when you feel anxiety (31)	3.34*
10. You ask patients how they feel after taking pre-medication (17)	3.39*	10. Nurses consider your spiritual need related to your anxiety (35)	3.37

* Item is ranked between surgical nurses and patients in the ten lowest mean score.

Table A-4 Mean, SD, and t-value of caring practices in reducing pre-operative anxiety as perceived by female nurses (N=41) and male nurses (N=29)

Gender	Mean	SD	t	p
Female	3.64	.41	.83	.41
Male	3.56	.36		

Table A-5 Mean, SD, and t-value of caring practices in reducing pre-operative anxiety as perceived by female patients (N=23) and male patients (N=47)

Gender	Mean	SD	t	p
Female	3.42	.53	-.97	.33
Male	3.55	.51		

Table A-6 Mean, SD, and t-value of caring practices as perceived by patients having experience of surgery (N=50) and no experience of surgery (N=20)

Gender	Mean	SD	t	p
Experience of surgery	3.53	.51	.39	.69
No experience of surgery	3.47	.54		

Table A-7 Mean, SD, and F-value of caring practices in reducing pre-operative anxiety as perceived by patients (N=70) and the level of patients' pre-operative anxiety

Level of anxiety	Mean	SD	F	p
Low	153.34	21.49	1.84	.16
Moderate	143.35	20.86		
High	143.29	24.34		

Table A-8 Mean, SD, and F-value of caring practices in reducing pre-operative anxiety as perceived by surgical nurses (N=70) and patients (N=70) in the 3 hospitals

Hospital	Mean	SD	F	p
Surgical nurses				
Prof. Dr. Margono Soekarjo	152.12	14.53	2.87	.06
Banyumas District Hospital	159.25	17.62		
Purbalingga District Hospital	144.67	17.79		
Patients				
Prof. Dr. Margono Soekarjo	148.07	21.37	1.48	.234
Banyumas District Hospital	138.67	19.47		
Purbalingga District Hospital	152.87	23.61		

APPENDIX E

EXPERT OF THE CONTENT VALIDITY INDEX

Three experts were examined the content validity index of the Demographic Data and Caring Practices in Reducing Pre-operative Anxiety as Perceived by surgical nurses and patients. They are listed:

1. Associate Professor Dr. Wandee Suttharangsee
Faculty of Nursing, Prince of Songkla University, Thailand
2. Dr. Nongnut Boonyoung
Faculty of Nursing, Prince of Songkla University, Thailand
3. Asrin, MN
Study Program of Nursing, Health Polytechnics Semarang, Indonesia

APPENDIX F

BACK TRANSLATION OF THE INSTRUMENTS

Three persons worked on back translation of instruments: Demographic Data and Caring Practices in Reducing Pre-operative Anxiety as Perceived by surgical nurses and patients. They are listed:

1. Herry Prasetyo, MN

Study Program of Nursing, Health Polytechnics Semarang, Indonesia

He translated the instrument of English version into Indonesian.

2. Asrin Ahmad, MN

Study Program of Nursing, Health Polytechnics Semarang, Indonesia

He translated the instrument of Indonesian version into English version.

3. Eny Sundry

English expert, the International English Course Purwokerto, Indonesia

She checked the discrepancies both the original instruments and the English back translation to ensure the usable instruments.

APPENDIX G

READABILITY CHECK

Three persons worked on readability check of instruments: Demographic Data and Caring Practices in Reducing Pre-operative Anxiety as Perceived by surgical nurses and patients. They are listed:

1. Mrs. Muwarni Subagyo

Teacher of elementary school, Banyumas, Central Java, Indonesia

She was also a preoperative patient in Prof. Margono Soekarjo Purwokerto, Central Java, Indonesia. Her education is diploma III education.

2. Mr. Supriyo Dakim

His education is elementary school. He was a pre-operative patient in Prof. Margono Soekarjo Purwokerto, Indonesia.

3. Mrs. Sartinah Kasman

Her education is elementary school. She was a pre-operative patient in Prof. Margono Soekarjo Purwokerto, Indonesia.