Anxiety and fear
Psychological aspects of blood donation

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Anxiety and fear

- Fear of needles
- Fear of blood
- Fear of pain
- Fear of fainting
- Fear of deferral
- Fear of medical environments

- Nervousness
- Tension
Why is it important to study anxiety in blood donors?

We want our donors to feel as comfortable as possible

Fear and anxiety are related to the occurrence of vasovagal reactions

Our study

We know that anxiety and fear are related to vasovagal reactions.

We do not know the relation of anxiety and fear to other adverse events and to behaviour.
Survey 1
4861 new donors
Response = 64%

Survey 2
Response = 78%

Survey 3
Response = 67%

Medical check
1st donation
1 year
Items:

1) Nervous/tense
2) Fear of needles
3) Fear of fainting
1) I feel nervous or tense about the donation
2) Before the first donation, I was nervous or tense
3) Before a donation I feel nervous or tense
1) I am afraid of needles
2) I am afraid of needles
3) I am afraid of needles

Covariates appearing in the model are evaluated at the following values: Age = 36.26
1) Sometimes I am afraid to feel faint at a donation
2) Before the donation I was afraid to feel faint
3) Sometimes I have been afraid to feel faint at a donation

Covariates appearing in the model are evaluated at the following values: Age = 36.36
Conclusion

Many donors are nervous or tense, mainly before their first donation

Fear of needles is generally low, and stays low

Fear of fainting is highest in anticipation of first appointment, then decreases
### Multivariate logistic regression

<table>
<thead>
<tr>
<th></th>
<th>OR 2\textsuperscript{nd} donation</th>
<th>CI(95%)</th>
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<tbody>
<tr>
<td>Nervousness 1\textsuperscript{st} donation</td>
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<tr>
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## Multivariate logistic regression

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Medical check → 1st donation → 1 year

Survey 3
### Multivariate logistic regression

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Conclusion

First time donors: Fear of needles & fear of fainting

Regular donors: Fear of fainting
Subjective distress

How unpleasant did you find the occurrence of the physical reaction(s)?

Univariate logistic regression

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<td>Subjective distress men</td>
<td>.62</td>
<td>.47 - .80</td>
</tr>
<tr>
<td>Subjective distress women</td>
<td>.73</td>
<td>.63 - .85</td>
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Coping with fear and distress
Assess level of fear:

How afraid are you of having blood drawn from your arm?

Distraction

Distract yourself

The sight of needles or blood can make some people uncomfortable. For others, waiting to donate can seem boring. If you plan ahead, you can prevent both boredom and discomfort by bringing something to distract yourself.

- LISTEN TO MUSIC
- READ
- TEXT or TALK
- DRAW or PLAY PUZZLES
- PLAY HANDHELD GAMES

Reappraising negative emotional stimulus

There’s no way around it - there is a momentary discomfort when the sterile lancet is used to take your blood sample, and most people report a brief stinging sensation when the donation needle is inserted. But don’t let this stop you. Keep in mind, your discomfort will last only a few seconds, but your donation will provide benefits that last someone else a lifetime.

Reappraisal by focusing on warm glow


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Donor Base Management
Donor Recruitment
Donor Retention
Donor Collection
Donor Health