

# Anxiety and Depression Prevalence among Hospitalized Patients

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**Abstract:** *The act of a patient being admitted to a hospital or the duration of that admission is referred to as hospitalization. The majority of medical experts focus on potential physical illnesses, frequently ignoring the psychological aspects of suffering, handicap, and uncertainty about how to handle the condition, which can exacerbate anxiety and depressive symptoms. Depression is characterized by a depressed mood or a loss of interest in or enjoyment from nearly all activities, whereas anxiety is a state of worry or unease brought on by the expectation of danger. Despite the fact that anxiety and depression symptoms are now widespread, screening for these conditions is not often used. The purpose of the prospective, cross-sectional study was to assess hospitalized patients for depression and anxiety and determine whether there was a relationship between the two. The Beck Anxiety and Depression Inventory was used to assess thirty individuals, aged 30 to 50, who had been hospitalized for at least ten days, were conscious, and had not previously been hospitalized or been diagnosed with a mental illness. Males were reported to have a greater prevalence of anxiety symptoms (16.64.97, 11.92.92), while females had a higher frequency of depression symptoms (16.69.51, 15.75.94). A significant connection with a p-value of less than 0.05 was seen between the anxiety and depression scores. The study demonstrated the frequency of depressed and anxious symptoms in hospitalized patients as well as their relationship. It implies that the use of these scales in routine general hospital procedures would streamline the difficult process of identifying and treating emotional disorders in hospitalized patients and guarantee a comprehensive approach to recovery.*

**Keywords:** Anxiety, Depression, Hospitalization