

Communicating with patients as a Factor in creating health anxiety thoughts and meta concern among the nursing students of clinical practice

Maryam moghinian (MSc of Mental health Nursing Education, nursing and Midwifery Faculty, Islamic Azad University, Najafabad Branch)

Introduction: Health Anxiety chain of negative thoughts and perceptions and relatively uncontrollable physical dimension that is very closely associated with fear are processed. Although it is , but it is manageable and a coping strategy that can be your next source of concern, is the person who is called meta concern. Individuals can be infected with this type of thinking after being placed I special situations. This study examines the impact of communication with the patient as a factor in establishing health and anxiety thoughts meta concern in the nursing students of clinical practice .

Methods: In the study which was done through demographic questionnaire and Wells anxiety thoughts(AnTI) questionnaire, 51 nursing students of Najaf Abad Azad University were selected with simple random sampling and then were investigated. Software and data were analyzed by SPSS 17 .

Discussion: the finding of this research showed that the mean scores of health anxiety and meta concern has increased significantly after training. ($P < 0/05$) and Pearson correlation test showed that there is a direct relation between health anxiety thoughts and meta concern scores.

($r = 0/837$, $P < 0/001$)

Conclusion: In order to prevent meta concern troublesome thoughts of the nursing students in specific situations, the related training programs should be designed in coordinated with clinical training. Also effective teaching methods should be used.

Keywords: health anxiety thoughts, meta concern, students, patients