



ORIGINAL ARTICLE

Comparison of Primary Dysmenorrhea, Anxiety, Depression, Sexual Experience, and Quality of Life in Women Receiving a Copper-containing and Levonorgestrel-releasing Intrauterine Device

Bakır İçeren ve Levonorgestrel Salgılayan Rahim İçi Araç Uygulanan Kadınlarda Primer Dismenore, Anksiyete, Depresyon, Cinsel Deneyim ve Yaşam Kalitesinin Karşılaştırılması

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Abstract

Objective: This study aimed to compare primary dysmenorrhea, anxiety, depression, quality of life, and sexual life in women who have inserted copper-containing intrauterine devices (TCu380A-IUD) and levonorgestrel-releasing intrauterine devices (LNG-IUD).

Method: This comparative, descriptive, cross-sectional study with a pretest-posttest design was conducted on 160 women, including 80 who received TCu380A-IUDs and 80 who received LNG-IUDs. Data were collected using the visual analog scale, spielberg state and trait anxiety, beck depression, short form (SF) 36-quality of life, and Arizona sexual experiences scale. The data were analyzed by number, percentage, mean, standard deviation, chi-square test, Fisher's exact test, and t-test for independent/dependent samples.

Results: The pain level of the LNG-IUD group was lower at the last follow-up. The levels of anxiety and depression were moderate in both groups. The posttest scores of the SF 36-quality of life scale of the TCu380A-IUD group were statistically significantly higher than those of the LNG-IUD group in physical function, physical and emotional role difficulty ($p<0.05$). Furthermore, the posttest measures of the LNG-IUD group's SF 36-quality of life scale were significantly higher than the pretest in pain, general health, energy/vitality, and mental health ($p<0.05$). It was noted that at the first follow-up, the Arizona sexual experiences scale scores were similar in both groups.

Conclusion: LNG-IUD insertion may be preferred in patients with increased pain and decreased quality of life. Health professionals should provide effective training and counseling services to women using IUDs.

Keywords: Anxiety, dysmenorrhea, intrauterine device, sexuality, women

Öz

Amaç: Bu çalışmada, bakır içeren rahim içi araç (TCu380A-RİA) ve levonorgestrel salınımlı rahim içi araç (LNG-IUD-RİA) uygulanan kadınların primer dismenore, anksiyete/depresyon, yaşam kalitesi ve cinsel yaşantılarının karşılaştırılması amaçlandı.

Yöntem: Ön test-son test karşılaştırmalı tanımlayıcı ve kesitsel nitelikte olan bu araştırma TCu380A-RİA (n=80) ve LNG-RİA (n=80) uygulanan toplam 160 kadın ile tamamlandı. Veriler anket formu, görsel analog ölçeği, Spielberg durumluluk ve süreklilik anksiyete, beck depresyon, kısa form (SF)-36-yaşam kalitesi ve Arizona cinsel yaşantılar ölçeği kullanılarak toplandı. Verilerin analizinde sayı, yüzde, ortalama, standart sapma, ki-kare, Fisher's exact test ve bağımsız/bağımlı örneklem t-testi kullanıldı.

Bulgular: Araştırmada, son izlemde LNG-RİA grubunun ağrı düzeyinin daha düşük olduğu tespit edilmiştir. Her iki grubun durumluluk, süreklilik kaygılarının ve depresyonlarının orta düzeyde olduğu belirlenmiştir. TCu380A-RİA grubunun SF 36-yaşam kalitesi ölçeğinin son test puanları fiziksel fonksiyon, fiziksel ve emosyonel rol güclüğü alanlarında LNG-RİA grubundan istatistiksel olarak anlamlı derecede daha fazladır ($p<0,05$). Bununla birlikte, LNG-RİA grubunun

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