

**Abstract**

**Original Article**

**Effectiveness of the Preparatory Clinical Education on Nursing Students Anxiety: A Randomized Controlled Trail**

**Altun Baksi, RN, PhD**

Assistant Professor of Surgical Nursing, Diyarbakir Ataturk School of Health Services, Dicle University, Diyarbakir, Turkey

**Funda Gumus, PhD of Psychiatric Nursing**

Diyarbakir Ataturk School of Health Services, Dicle University, Diyarbakir, Turkey

**Leyla Zengin, MSc of Nursing Principles**

Diyarbakir Ataturk School of Health Services, Dicle University, Diyarbakir, Turkey

**Correspondence:** Leyla Zengin, Diyarbakir Ataturk School of Health Services, Dicle University, Diyarbakir, Turkey. 21100/Diyarbakir, Turkey E-mail: leyla\_zen@hotmail.com

**Abstract**

**Background:** unknown elements about clinic environment and negative experiences cause anxiety; and accordingly, they are effective on students' concentration, memory and problem solving skills, learning/academic success and care given to clinic process

**Objective:** Effect of the clinical preparatory education given to the freshmen nursing students on their anxiety level was to examine.

**Method:** This is an experimental, randomized and a controlled study utilized in a pretest-posttest order. The research was conducted at a health college in Turkey in the period between February, 2014 and March, 2015. The necessary permission was received from the ethical board. By means of simple randomization, whereas 35 students were assigned to the intervention group; 39 students were assigned to the control group. The study data was collected by means of face-to-face interview method in the pre- and post-test periods. In this process, the intervention group was given clinical preparatory education. Data was analyzed in computer environment through statistical software based on mean, percentage, chi-square and t-test.

**Results:** Pre-intervention, nursing students received the intervention and control groups were similar to each other in terms of socio-demographical characteristics and state-trait anxiety starting data ( $p > 0.05$ ). As a result of the intervention, there was no statistically significant difference determined with the intervention group with respect to the control group in terms of state anxiety scores before the clinical experience in the pre-test period. When measurements within each group were taken into consideration, it was determined that state anxiety mean score of the intervention group reduced; and this reduction was statistically significant ( $p < 0.05$ ). It was observed that there was significant difference among groups in terms of the effect of the clinical preparatory education given before the first clinical experience on the anxiety; but there was significant difference among the measurements within the intervention group itself.

**Keywords:** Nursing student, first clinical experience, anxiety, clinical preparatory education, nursing education, randomized controlled trail.