

Importance of the psychological nursing approach in pre-surgical adult patients

Importância da abordagem de enfermagem psicológica em pacientes adultos pré-cirúrgicos

Importancia del abordaje psicológico de enfermería en pacientes adultos prequirúrgicos

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Psychological preparation towards the patient is of great importance to reduce fear, anxiety, worry, fear and stress, it must be done in a way that allows quality care to be provided with a more humanized treatment. This article addresses this issue, little explored in Ecuadorian regional literature.

ABSTRACT

Introduction: Psychological preparation in the patient is very important before the surgical intervention regardless of the diagnosis and procedure to be performed, in this way it helps to reduce the degree of anxiety, fear and anguish presented before, during and after surgery. Providing the necessary information that the patient should know is important to clarify all types of doubts and concerns regarding the condition they present; it is necessary to inform the benefits and risks that surgical treatment entails, as well as to remain calm so as not to inhibit the administration of medication such as analgesics. **Objective:** Determine the importance of the psychological approach by nursing staff in pre-surgical adult patients to reduce anxiety and fear as well as reduce complications in the operating room. **Methodology:** A review of scientific articles from the databases PubMed, Scielo, Google Scholar was carried out, where the years of publication were considered to be from 5 years ago, in order to know the psychological preparation before surgery. **Results:** It was identified that psychological preparation is the fundamental phase to reduce anxiety before a surgical intervention, it helps to remain calm throughout the procedure, reducing complications and favoring the patient's prompt recovery. **Conclusions:** Psychological preparation towards the patient is of great importance to reduce fear, anxiety, worry, fear and stress, it must be done in a way that allows quality care to be provided with a more humanized treatment.

Keywords: Pre-surgical care; attention; anxiety; psychological approach; pre-surgical preparation.

RESUMO

Introdução: O preparo psicológico do paciente é muito importante antes da intervenção cirúrgica independente do diagnóstico e procedimento a ser realizado, desta forma ajuda a diminuir o grau de ansiedade, medo e angústia apresentados antes, durante e após a cirurgia. Fornecer as informações necessárias que o paciente deve saber é importante para esclarecer todo tipo de dúvidas e preocupações quanto à condição que apresenta; É necessário informar os benefícios e riscos que o tratamento cirúrgico acarreta, bem como manter a calma para não inibir a administração de medicamentos como analgésicos. **Objetivo:** Determinar a importância da abordagem psicológica pela equipe de enfermagem em pacientes adultos pré-cirúrgicos para reduzir a ansiedade e o medo, bem como reduzir complicações na sala cirúrgica. **Metodologia:** Foi realizada uma revisão de artigos científicos da base de dados Pubmed, Scielo, Google Acadêmico, onde foram considerados os anos de publicação a partir de 5 anos atrás, para conhecer o preparo psicológico antes da cirurgia. **Resultados:** Identificou-se que o preparo psicológico é a fase fundamental para diminuir a ansiedade antes de uma intervenção cirúrgica, pois ajuda a manter a calma durante todo o procedimento, diminuindo complicações e favorecendo a pronta recuperação do paciente. **Conclusões:** O preparo psicológico diante do paciente é de grande importância para reduzir o medo, a ansiedade, a preocupação, o receio e o estresse, deve ser feito de forma que permita uma assistência de qualidade com um tratamento mais humanizado.

Palavras-chave: Cuidados pré-cirúrgicos; atenção; ansiedade; abordagem psicológica; preparação pré-cirúrgica.

RESUMEN

Introducción: La preparación psicológica en el paciente es muy importante antes de la intervención quirúrgica independientemente del diagnóstico y procedimiento a realizar, de esta manera facilita a disminuir el grado de ansiedad, temor y angustia que presenta antes, durante y después de la cirugía. Brindar la información necesaria que el paciente debe conocer es importante para aclarar todo tipo de dudas e inquietudes con respecto a la condición que presenta; es necesario informar los beneficios y riesgos que conlleva el tratamiento quirúrgico, así también que se mantenga con tranquilidad para no inhibir la administración de medicación como los analgésicos. **Objetivo:** Determinar la importancia del abordaje psicológico por parte del personal de enfermería en pacientes adultos prequirúrgicos para reducir la ansiedad y temor además de reducir complicaciones en el quirófano. **Metodología:** Se realizó una revisión de artículos científicos de la base de datos Pubmed, scielo, google académico, donde se consideró que los años de publicación sean desde hace 5 años, con la finalidad de conocer la preparación psicológica antes de una cirugía. **Resultados:** Se identificó que la preparación psicológica es la fase fundamental para disminuir la ansiedad antes de una intervención quirúrgica, ayuda a mantener la calma durante todo el procedimiento, reduciendo las complicaciones y favoreciendo a la pronta recuperación del paciente. **Conclusiones:** La preparación psicológica hacia el paciente es de gran importancia para disminuir el temor, ansiedad, preocupación, miedo y estrés, se lo debe hacer de forma que permita brindar una atención de calidad con un trato más humanizado.

Palabras clave: Cuidados prequirúrgicos; atención; ansiedad; abordaje psicológico; preparación prequirúrgica.

INTRODUCTION

Anxiety, fear and ignorance are among the main factors affecting patients in the preoperative period. A psychological nursing approach is important because it allows you to control the patient's situation, since the first impressions of the patients will help to distinguish how serious their health problems are, thus providing tools for better management of the situation and reassuring the patient (Ajenjo, 2020).

Patients undergoing surgery for the first time often experience emotional problems, including cognitive and behavioral changes that manifest as nervousness or anxiety. It begins when the patient is informed of the need for intervention and ends before entering the operating room. The main components were fear of the surgical procedure, fear of surgical complications, fear of the postoperative period and fear of recovery (Ajenjo, 2020).

History of mental illness, uncertain outcome, loss of independence, loss of privacy, fear of recovery or death, alcoholism, smoking or female gender. Education levels and low social support may also be associated with an increased risk of preoperative anxiety. Patients with previous surgery may have lower levels of anxiety, which may be related to less uncertainty (Wormwood, 2020).

In addition to the unpleasant emotional and psychological impact on the patient, preoperative anxiety can have physiological consequences, manifested as tachycardia, hypertension, or sweating. Assessing anxiety before entering the operating room may help us to better understand the hemodynamic changes in patients, as it is considered a predictor of intraoperative hypertension. This also has clinical implications, as preoperative anxiety increases the risk of postoperative mortality and morbidity and is described as the most common predictor of postoperative pain, which is directly related to its intensity. Postoperative pain can sometimes become chronic if intense, so it is important to address pain risk factors such as preoperative anxiety. It was also associated with increased postoperative nausea and vomiting and a longer hospital stay (Porcar & Peral, 2020).

Preoperative anxiety should be taken into account in clinical practice for proper management. We need to be able to determine if a patient has anxiety and be able to quantify it. There are some physiological indicators that correlate with the presence of anxiety, such as vital sign measurements like blood pressure, heart rate or respiratory rate. Measurement of serum cortisol levels is also used to monitor anxiety. Most of the literature uses the scale because of its ease of processing and implementation, as well as its low financial cost. Among the most widely used scales are the Goldberg Anxiety Inventory the Spielberg State Trait Anxiety Inventory; Anxiety, Depression and Stress Tests; Hospital Anxiety Scale; Visual Analog Scale for Alarm. Although these scales are widely used to measure anxiety, they have not been validated in preoperative patients and are not specific for preoperative anxiety (Porcar & Peral, 2020).

Nursing professionals perform psychological preparation based on a set of techniques and procedures aimed at eliminating or reducing emotional problems that affect the user before a surgical intervention and prevent a good development of the procedure. Surgical intervention, curative treatment of the pathology present in the patient. It helps to have a better tolerance of pain and thus also to the rapid recovery from the process to which he was subjected or exposed (Cobiella Panices et al., 2019).

The primary objective of psychological preparation in the patient who will undergo surgery is to prevent, eliminate and counteract all kinds of emotional feelings, such as: anxiety, stress prior to and during surgery, fear, fear, anguish, worry, etc. Facilitate the understanding of the procedure to be performed by explaining in words that the patient can understand (effective communication) according to their level of student preparation; explain everything that will be done and the complications that could lead in case the intervention goes out of plan, taking a new course. Encourage them to remain calm at all times, from the moment they enter the operating room until they leave the recovery room. Provide support and security at all times so that, if the patient presents feelings of anxiety and fear, they are minimal sensations (Cobiella Panices et al., 2019).

Part of the psychological and emotional preparation is to inform about the effects that the patient will feel during the intervention, as well as the effects of the administration of spinal anesthesia (tingling and heat in the lower extremities) and general anesthesia (sedation slowly until falling asleep). The emotions of anguish, anxiety, worry and fear have repercussions on the patient in physiological and behavioral changes, as well as the varied fluctuation of blood pressure, heart rate, respiratory rate, temperature, among others. These are clear indicators that allow us to know possible failures in the organism and even the time it takes due to the signs presented by the user before and during the procedure to be performed (Lemos et al., 2019).

The best technique to reduce this emotional problem is communication with an understandable language that can be understood by the patient and resolve all kinds of concerns and doubts about what is going to be performed, as well as the help or collaboration of a psychology professional in case it is needed for the proper satisfaction of the patient to remain

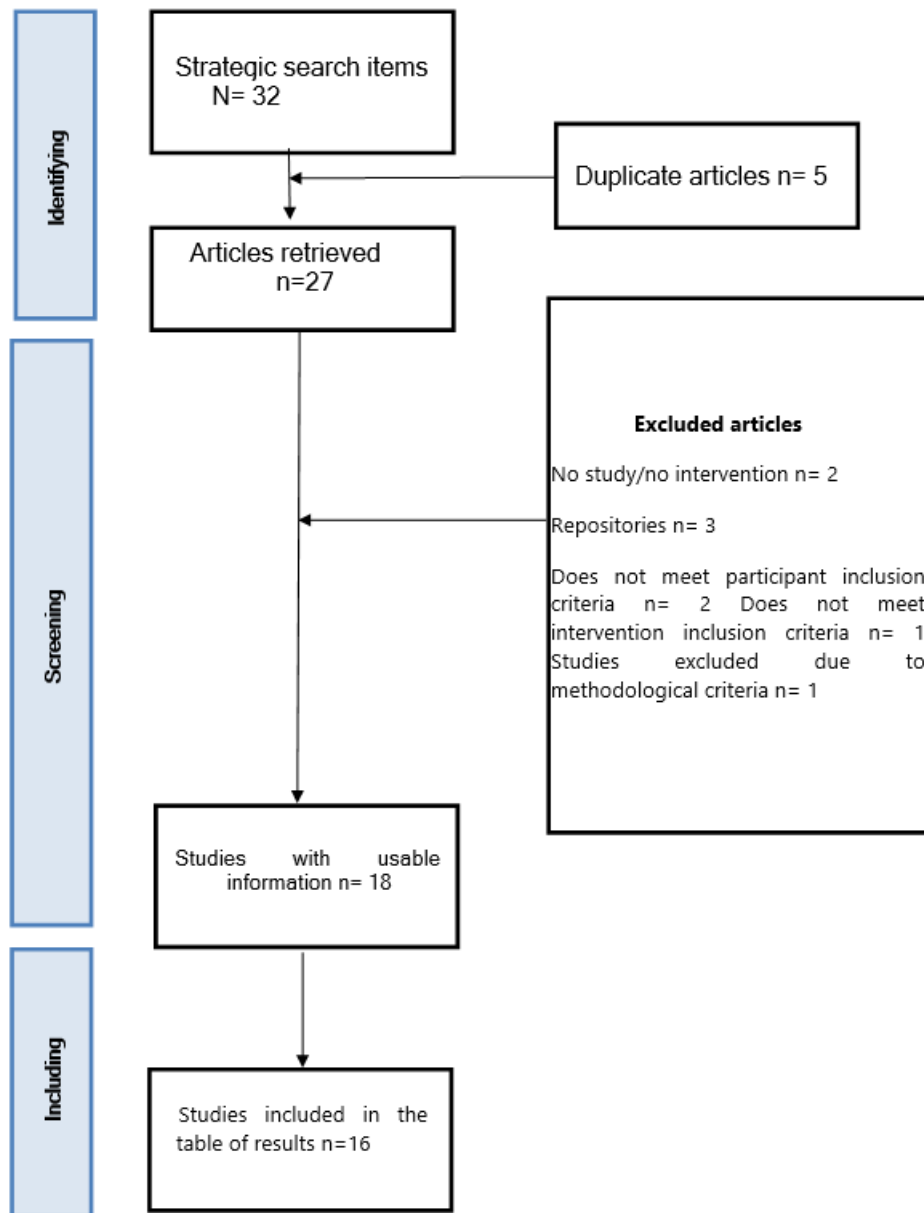
safe and determined to undergo the surgical procedure (Piñón-García et al., 2020a).

Anxiety is a psychological state of response of despair and uneasiness that the patient presents before surgery is common in patients who do not receive adequate and sufficient information about the procedure because it is conceived as a threat to his life. Fear of the process, death, medication and possible complications that could occur are the factors that intervene for the appearance of anxiety, therefore, the importance of educating the user before surgery helps significantly to avoid abnormalities that may occur in the surgical room (Piñón-García et al., 2020a). Therefore, the objective of the present research is to determine the importance of the psychological approach by the nursing staff in pre-surgical adult patients to reduce anxiety and fear in addition to reducing complications in the operating room.

METHODS

The methodology used in the present investigation comprises a non-experimental, descriptive, observational, retrospective and cross-sectional design. Information was acquired from a bibliographic review covering the last 5 years, through various databases such as Scielo, Scopus, Pubmed and Google Scholar.

Figure 1. Flowchart of literature survey research



RESULTS

Table 1. Summary of results

Title of article, author, year of publication.	Participants	Study design	Results	Authors' interpretation	Categories
Influence of the preoperative nursing interview on anxiety in the surgical patient. Jessica Cobiella Panicerces et al. 2019.	63 participants	Quasi-experimental	The group that received the preoperative interview presented lower levels of anxiety than the group that did not receive the interview. There is a statistically significant difference. Although there was no significant relationship between gender, age, and anxiety, women reported more anxiety than men and were more anxious when they were younger (Cobiella Panicerces et al., 2019).	Preoperative nursing interviews significantly reduce anxiety in surgical patients.	Pre-surgical.
Preoperative information reduces preoperative anxiety in cancer patients undergoing surgery: usefulness of the Beck Anxiety Inventory. Rev Bras Anesthesiol. Lemos MF et al. 2019.	72 participants	Observational study	Educating patients about the procedure resulted in a reduction in anxiety levels from mild to minimal, while there was no change in the group that did not receive preoperative education (Lemos et al., 2019).	Patient counseling in the preoperative setting should be the standard of care to minimize patient anxiety prior to surgery.	Pre-surgical.
Preoperative anxiety level in patients scheduled for elective noncardiac surgery Karell Piñón- García et al., 2020	100 participants	Descriptive-cross-sectional study	They are mostly young adult female patients. Stress is one of the mental manifestations secondary to anxiety states, while the primary physical manifestation is cardiovascular. In most of the patients, the level of anxiety was assessed as moderate anxiety according to the application of the Amsterdam scale. (Piñón-García et al., 2020a)	The indications for surgical treatment resulted in a moderate level of anxiety, which reached its maximum intensity on the day of surgery, justifying the use of anxiety control methods.	Pre-surgical.
Role of preoperative anxiety in pain perception in patients undergoing office-based surgical hysteroscopy.Jordi Luengo López et al. 2020	179 participants	Cohort study	The mean score on the VAS scale during surgery was 3.32 and 12.84% of patients reported severe pain, compared to patients who did not feel severe pain, most patients had anxiety before surgery (López et al., 2020)	Patients with preoperative anxiety are more likely to experience severe pain during surgery.	Pre-surgical - gynecology.
Role of neuropsychology in the evaluation and preparation of the awake craniotomy candidate patient. Gutiérrez-Gutiérrez R et al. 2020.	0 participants	Literature review	Providing care and ensuring the patient's psychological preparation is of great importance for the effective surgical intervention and prompt completion of the procedure. (Acuña et al., 2020).	It is necessary to prepare the patient to avoid physiological alterations of the organism by not having knowledge or idea of the process to be performed and to avoid anxiety throughout the process.	Pre-surgical
Relação entre ansiedade pré-operatória e consciência durante a anestesia: estudo observacional. Braz J Anesthesiol. Altinsoy S- ed al. 2020	799 Participants	Prospective, observational and cross-sectional survey	It is important to determine the anxiety levels of patients in the preoperative period in order to prevent prevent associated complications. Preoperative anxiety, in addition to preventing awareness during anesthesia (ADA), should be treated in a multidisciplinary manner (Altinsoy et al., 2020).	The anxiety scores of patients who were conscious during anesthesia were higher than those of other patients. When anxiety scores were compared, scores were higher in women than in men.	Pre-surgical
Effects of preoperative anxiety on anesthetic recovery and postoperative pain in patients undergoing donor nephrectomy. Turksal E- ed al. 2020	48 participants	Analytical prospective observational cohort study.	Their preoperative anxiety was measured with the STAI-I inventories, which allows to identify the degree and the situation in which the patient is, regardless of the pathological process or treatment to which he/she is submitted and concludes with the surgical intervention (Turksal et al., 2020)	Study showed that patients who underwent surgery with high levels of anxiety had delayed recovery times which significantly impaired the treatment and maintenance treatment process and maintenance of postoperative pain	Pre-surgical
Level of preoperative anxiety in patients scheduled for surgery Silvia Angelica Lopez- Graciano et al. 2021	152 participants	Observational, cross-sectional, prospective and analytical	A total of 152 patients were included. According to the Spielberg scale, the rate of mild anxiety was 99.3% and the rate of moderate anxiety was 0.7%. The predisposing factors are: age, gender, education, marital status and type of anesthesia and surgery (Piñón-García et al., 2020b).	Manage information needs about interventions and activities. Anesthesia plays a crucial role in reducing the preoperative anxiety level of patients.	Pre-surgical
Pre-surgical anxiety: a challenge for Nursing. Olga Mestres Soler et al. 2021	2 groups	Quantitative and cross-sectional	Through health care information and education, the nursing professions can reduce patients' anxiety, thereby improving the quality of care and providing more humane and comprehensive care. (Soler et al., 2021).	In her own professional experience, preoperative visits are an alternative that can help reduce anxiety in patients who have a high emotional burden. Empathy, information companionship and trust are important resources in nursing interventions.	Pre-surgical
Psychological intervention for neurosurgery with the awake patient.Ferrer S et al. 2021.	2 participants	Descriptive study	It is of great importance to inform about the patient's state of health and about the process to be carried out in the surgical room in order to facilitate the complete understanding of the process, as well as to contribute to reduce the degree of stress and anxiety that the patient experiences during this process. (Solernou Ferrer et al., 2021).	The previous evaluation of the patient allowed us to identify the facial features that show concern, doubts and fears that they had regarding their condition and that they maintained when undergoing surgery, which is why psychological and neuropsychological preparation is of great importance.	Pre-surgical
Focused attention training to reduce anxiety to reduce anxiety in patients who are candidates for craniotomy Martínez- Vázquez et al. 2022	11 participants	Experimental analytical study	Exposure to a surgical procedure implies a psychological preparation for patients due to the symptoms they present before the process. This preparation may include psychoeducation may include psychoeducation about the operation, anticipated discomfort, expected level of, preoperative, intraoperative and postoperative activities to be carried out, mention of some possible adverse events and reduction of psychological distress associated with the symptoms of the procedure. (Martínez-Vázquez et al., 2022).	Preoperative psychological preparation can reduce anxiety. There were differences between the patients before and after surgery: all managed to reduce high levels of anxiety, despite knowing the type of anesthesia to be used and all that it entailed. reduced high levels of anxiety, despite knowing the type of anesthesia to be used and all that it entails.	Pre-surgical
Nursing intervention nursing intervention to reduce anxiety in the perioperative period in cardiovascular surgery. Álvarez Pelegino, Annia et al. 2022	88 participants	longitudinal and pre-experpre-experimental	There were mostly men (57.9%) with a mean age of 57.73 ± 11.9 years with a mean age of 57.73 ± 11.9 years. After the nursing intervention, anxiety was reduced by 36.6% and, despite a significant reduction in postoperative complications, no correlation was found between anxiety and length of hospitalization after the intervention. after the intervention (Álvarez Pelegino et al., 2022).	Nursing interventions reduced nursing interventions reduced anxiety and were significantly associated with fewer complications.	Pre-surgery - cardiology.
Oral antibiotics bowel preparation without mechanical preparation for minimally invasive colorectal surgeries: Current practice and future prospects. Abd A. et al. 2022.	30.939 patients	Retrospective study of the analysis.	This study shows widespread use of mechanical bowel preparations and oral antibiotics and increased adoption of oral antibiotics during the study period. From a clinical perspective, the incidence of surgical site infection appears to be similar in preparing them psychologically and preventing health incidents (Abd El Aziz et al., 2022).	Patients are reassured and their emotional state is reduced by having prior education on antibiotic stewardship to reduce the risks of infectious complications at the time of surgery, as well as the administration of antibiotics to reduce the risks of infectious complications at the time of surgery, so that they remain relaxed throughout the remain relaxed at all time.	Pre-surgical
Recommendations for preoperative patient preparation for cardiac surgeries: scoping review. Silva LC-et al. 2022.	0 participants	Bibliographic review Bibliografía	In order to provide a safe surgery without major complications, the relevant factors to be addressed are: preoperative education, administration of medication as prophylaxis, providing all relevant information to the patient about the process and its complications (Silva et al., 2022).	The recommendations were effective in improving hemodynamic stability, such as: decreasing the patient's fear and anxiety about surgery, arrhythmias, length of hospital stay, mortality rate and postoperative complications that complications.	Pre-surgery
Humanized treatment in surgical patients as a strategy to reduce anxiety. Michelle et al. 2023	0 participants	Bibliographic review	Health care professionals interact with patients on a daily basis to understand how they feel, but we may not be fully aware of the possible consequences of not noticing excessive anxiety. daily to understand how they are feeling, but we may not be fully aware of the potential consequences of excessive anxiety. Phrases such as "please relax, this is a minor operation and nothing will happen" can make patients feel that they are not being heard they are not being listened to (Chicaiza et al., 2023).	Health professionals should provide humane treatment through holistic patient care and preparation that includes a transpersonal approach to receiving, enhancing and maintaining the patient's well-being; assisting in self-management and self-healing. Prior to intervention or surgery, patients should be well prepared physically and emotionally, and anxiety can be reduced through various strategies, including humane treatment by healthcare professionals.	Preoperative
Nursing evaluation of pediatric preoperative anxiety: a qualitative study. Rev Lat Am Enfermagem. Jerez M- et al. 2023.	100 participants	Cross-sectional descriptive study	Facial tension manifests an alteration of the emotional state, anxiety and fear so the most noticeable sign is somatic changes such as heart rate. The anxiety level of most of the patients was moderate and this was evaluated by means of the Amsterdam scale (Jerez Molina et al., 2023).	The indication for surgery produced moderate to high levels of anxiety, its maximum intensity was the day of the operation, so techniques for anxiety control should be applied and information should be provided to the patient to reduce signs and symptoms of anxiety.	Pre-surgical

DISCUSSION

The group that received the preoperative interview presented lower levels of anxiety than the group that did not receive the interview so there is a statistically significant difference. Although there was no significant relationship between gender, age and anxiety, women reported more anxiety than men and were more anxious when they were younger. Indications for surgical treatment resulted in a moderate level of anxiety, which reached its maximum intensity on the day of surgery, justifying the use of anxiety management methods. It is important to determine the anxiety levels of patients preoperatively to prevent anxiety-associated complications, in addition to preventing alterations of consciousness during anesthesia (ADA) and should be treated in a multidisciplinary manner with psychological induction and assertive communication (Piñón-García et al., 2020a) (Altinsoy et al., 2020).

Educating patients about the procedure produced a reduction in anxiety levels from mild to minimal, while there was no change in the group that did not receive preoperative education. Providing care and taking care of the psychological preparation of the patient is of great importance for the effectiveness of the surgical intervention and prompt completion of the procedure without complications. Through information and health care education, nursing professions can reduce patient anxiety, and improve quality of life by providing more humane and comprehensive care (Lemos et al., 2019) (Acuña et al., 2020), (Soler et al., 2021).

The mean score on the VAS scale during surgery was 3.32 and 12.84 % of patients referred severe pain, compared to patients who did not feel severe pain, most patients had anxiety before surgery. The study showed that patients undergoing surgery related to high levels of anxiety had delayed recovery times which significantly impaired the recovery process and maintenance of postoperative pain. After nursing intervention, anxiety was reduced by 36.6%, resulting in anxiety acting significantly on the physiological and structural processes of the body, as well as significantly reducing postoperative complications by staying in harmony and being able to maintain pain control after surgery with the help of medication (Lopez et al., 2020) (Turksal et al., 2020) (Lemos et al., 2019).

Patients should be well prepared physically and emotionally, so it is important to assess the patient beforehand to identify the signs that show concern, doubts and fears they had regarding the surgical procedure, so it is important to provide information to the patient so that this anxious feeling is controlled and diminished. In addition, it is important to provide a holistic preparation with a transpersonal approach to improve and maintain the patient's wellbeing, to help the patient's self-control and self-healing. As for anesthesia education plays a crucial role in reducing the level of preoperative anxiety of patients. There is evidence that there were differences between patients before and after psychological preparation, all managed to reduce high levels of anxiety, despite knowing the type of anesthesia to be used and all that it entails (Piñón-García et al., 2020a) (Solernou Ferrer et al., 2021) (Martínez-Vázquez et al., 2022) (Chicaiza et al., 2023) (Jerez Molina et al., 2023).

Patients are reassured and their emotional state decreases when they have a previous education on the administration of antibiotics to reduce the risks of infectious complications at the time of surgery, thus they remain relaxed all the time, for this reason the education prior to the administration of preoperative medication is effective to improve hemodynamic stability, such as: decrease the patient's fear and anxiety about surgery, arrhythmias, length of hospital stay, mortality rate and postoperative complications that may present (Abd El Aziz et al., 2022).

CONCLUSIONS

The psychological preparation of the patient is of great importance to reduce the fear, anxiety, worry, fear and stress that arise in the patient due to the lack of knowledge about the surgical procedure or other people's experiences. The nursing staff, who is in direct contact with the patient and provides the necessary information about the procedure, should provide education to the patient in a holistic manner in order to welcome, improve and preserve the patient's well-being.

Any patient who has received adequate information about his pathology and prior surgical intervention is less prone to suffer complications in the operating room at emotional and physiological level, also favors the rapid recovery of the user. Empathy, information, accompaniment, assertiveness and active listening are essential resources within the psychological approach that should be used by the nursing staff in order to provide quality care with a more humanized treatment.

In the field of surgical nursing, psychological preparation in the preoperative period plays a crucial role. Prior to surgery, it is essential to address the patient's emotional and mental needs to ensure a more positive experience and reduce anxiety. Here are some key strategies: clear and understandable communication, setting realistic expectations, empathy and active listening, encouraging social support, relaxation techniques, highlighting personal strengths and resources: Identifying

and highlighting the patient's personal strengths and resources can increase their confidence and sense of control over the situation, written information.

Psychological preparation not only benefits the patient but can also have a positive impact on postoperative outcomes. By addressing emotional needs, nurses contribute to a comprehensive, patient-centered care environment.

Limitations of the research

For this research, not enough information was found directly in relation to the topic of study, making it difficult to obtain reliable information from different bibliographic sources. No studies were found carried out in Ecuador in relation to the psychological approach to nursing, limiting an exhaustive bibliographic review of the country exclusively.

During the bibliographic search, articles were found that were not open access and that contained topics of great importance for the research, limiting the collection of results and important data on the psychological approach. During the search for information, results were found from unreliable sources for the investigation, preventing the relationship of their content with the main topic, in addition to limiting the scope that the investigation can reach.

Table 2. A proposed research agenda

Title	Study design
Nursing care to reduce the level of stress and anxiety in preoperative patients.	Qualitative
Intraoperative complications in patients with poor management of anxiety and depression.	Quantitative
Importance of emotional support from nursing staff in patients with anxiety	Descriptive

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Contribution of each author to the manuscript:

Task	% of contribution of each author				
	A1	A2	A3	A4	A5
A. theoretical and conceptual foundations and problematization:	20%	20%	20%	20%	20%
B. data research and statistical analysis:	20%	20%	20%	20%	20%
C. elaboration of figures and tables:	20%	20%	20%	20%	20%
D. drafting, reviewing and writing of the text:	20%	20%	20%	20%	20%
E. selection of bibliographical references	20%	20%	20%	20%	20%
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