

عنوان مقاله:

The Effect of Bio-Resonance Therapy in the Treatment of Insomnia: An Experimental Study

محل انتشار:

ششمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1400)

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خلاصه مقاله:

The aim of this study was an evaluation of Bio-Resonance therapy in the treatment of patients with insomnia. Methods: A quasi-experimental design on ۸۳ adults presenting with sleep and stress and anxiety problems. They were divided into two groups. Group, I was composed of ۴۸ patients who were under-treated utilizing Bio-Resonance and Group II (control) contained ۳۵ patients who received any treatments. Statistical data processing involves a study of several parameters such as age, gender, studies, occupation, sleep quality and anxiety, depression, and stress by PSQI and DASS questionnaires. Results: The study population consisted of subject and case group patients with a mean (\pm SD) age of 40.94 ± 11.6 . The average night sleep improves after intervention ($t=2.6$, $p=0.012$). Also, depression, anxiety, and stress were treatment after an intervention ($p<0.001$). There was a significant change between before and after Bio-Resonance therapy quality of sleep Subject group ($p<0.001$). With regards to the results, there was a significant correlation between the quality of sleep and depression, stress, anxiety, and sleep quality in the subject group. Conclusion: Bio-Resonance therapy can be considered as a method for the treatment of insomnia and stress .and anxiety and depression among adults

کلمات کلیدی:

Bio-Resonance therapy sleep problems, PSQI, DASS

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