

عنوان مقاله:

The Effect of Spirulina on Anxiety in Patients with Hypertension: A Randomized Triple-Blind Placebo-Controlled Clinical Trial

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خلاصه مقاله:

Background: High blood pressure, coronary heart disease (CHD), and anxiety ailments entirely lead to many illness in patients and impose expenses on the health care system. Anxiety can significantly predict future CHD consequences. Spirulina is a known antioxidant that has a role in anxiety. The hypothesis was that Spirulina could alleviate anxiety and positively affect hypertension and its consequences. Nonetheless, there are scarce recently developed investigations on assessing the effect of consuming Spirulina on anxiety in human beings. Methods: The present study assessed the effect of Spirulina on anxiety in ۴۸ Iranian patients with hypertension (female and male) aged ۲۴–۶۵ years in a randomized triple-blind, placebo-controlled clinical trial. The patients were given either ۲ g Spirulina in the form of spirulina-fortified dressing or placebo. Anxiety levels were evaluated for each patient before and after eight weeks following consumption products with the Beck Anxiety Inventory. Results: Forty-one participants completed the intervention. At the baseline, there was no significant difference in anxiety levels between groups, and they also had the same levels of stress based on the Holmes-Rahe questionnaire. The results showed no significant difference in the level of anxiety between groups after the intervention ($P = ۰.۹۳$). Conclusion: Although no positive results were seen in this study, this novel issue has a potential for further investigations to make comprehensive decisions

کلمات کلیدی:

Spirulina, Anxiety, Beck anxiety inventory, Hypertension

