

## عنوان مقاله:

Psychological Intervention and Pain Severity among a Sample of Iranian Nurses Suffering from Chronic Low Back Pain: a Randomized Clinical Trial

## محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 1، شماره 1 (سال: 1394)

تعداد صفحات اصل مقاله: 5

## نویسندگان:

Maryam Alighias - *Department of Health Education, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran*

Sedigheh Sadat Tavaifan - *Department of Health Education, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran*

Shamsedin Niknami - *Department of Health Education, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran*

## خلاصه مقاله:

**Background:** Chronic Low back pain (CLBP) is one of the most prevalent health problems which is affected by psychological disorders. The aim of this study was to evaluate the role of psychological intervention on chronic low back pain among a sample of Iranian nurses. **Material and Methods:** This is a randomized clinical trial. The participants of this study consisted of 84 nurses suffering from chronic back pain and working in Valiasr hospital, Tehran-Iran. The recruited nurses were randomly assigned to intervention and control groups (42 nurses in each group). The demographic questionnaire and Visual Analog Assessment scales (VAS) and a Depression Anxiety Stress Scale (DASS) were used to collect data at the beginning of the study and 3 months following completion of the intervention. Data were analyzed using Chi-square, T-test and paired T-test. **Results:** Forty-two nurses, with a mean age of  $32 \pm 8.2$  and  $31.5 \pm 7.4$  years in the intervention group and control group respectively, took part in this study. The two groups were not significantly different at the beginning of the study in terms of demographic data ( $P > 0.05$ ). At the 3-month follow up, the pain rate in the intervention group was significantly decreased from 4.47 to 4.09 ( $P < 0.0001$ ). Furthermore in intervention group, the mean scores of anxiety intervention group were decreased from 17.73 to 9.76 ( $P < 0.0001$ ). Decreased Stress scores decreased from 15.52 to 9.52 ( $P < 0.0001$ ), and the depression score from 17.66 to 10.45 ( $P < 0.0001$ ). **Conclusions:** The findings of this study showed that psychological interventions reduced stress anxiety, depression as well as low back pain among Iranian nurses. It is recommended that further research with larger sample and longer follow up be conducted to confirm the findings of this study.

## کلمات کلیدی:

Chronic low back pain, Nurses, Mental health, Psychological intervention. Randomized control trial

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/682361>



