

عنوان مقاله:

Anxiety Control in the Iranian Children with Chronic Leukemia: Use of a Non-drug Method

محل انتشار:

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خلاصه مقاله:

Background Among all malignances, leukemia has the greatest effects on patients psychological aspects. Anxiety is common problem in leukemia patients (especially in children). Since no study has addressed the effect of Slow-stroke back massage (SSBM) on anxiety in the pediatrics with chronic leukemia, this investigation aimed to controlling anxiety through a non-drug method (such as SSBM) in children with chronic leukemia. Materials and methods In this Randomized double-blind trial, 35 children with chronic leukemia were placed in the intervention or control groups. The intervention group received 5-minute SSBM sessions, 3-time a week (every other day) for 4 weeks. The data were collected using the Revised Children's Manifest Anxiety Scale (RCMAS). Before the investigation, anxiety levels were measured in both groups, at the 2th, 4th weeks and also two weeks after the end of intervention (6th weeks). Chi-square, repeated measure, and t-test were used for analysis with using SPSS-16. Results Most of children were suffered from chronic myeloid leukemia (62.8%). The repeated measure ANOVA showed that, the SSBM significantly reduced progressive mean of anxiety over time ($P < 0.05$). While in the control group, mean of anxiety did not change over time. Also, the mean of anxiety increased in the massage group two weeks after end of the intervention, however, it was still lower than the baseline ($P < 0.05$). Conclusion The findings of this study are suggesting that SSBM, as a non-drug, easy and safe method, is effective for controlling anxiety in children with chronic leukemia. Therefore, caregivers should pay attention to this method

کلمات کلیدی:

Anxiety, Children, Complementary Medicine, Leukemia, Massage, Non-drug

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