

عنوان مقاله:

THE EFFECT OF BENSON RELAXATION METHOD ON ANXIETY IN THE EMERGENCY CARE

محل انتشار:

چهاردهمین کنگره سالانه طب اورژانس ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

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خلاصه مقاله:

Background and Aim : To analyze clinical and sociodemographic properties of the patients as measured by the Hospital Anxiety and Depression Scale-HADS including the subscale regarding anxiety (HAD-A) in emergency department (ED) and to detect the effect of a session of Benson relaxation method (BRM) on high anxiety level. Methods : Adult patients presented to the state hospital ED in seven days were recruited in this prospective study. Patients with high (≥ 8) scores were randomized to the treatment or control groups. They were asked to pursue BRM to alleviate anxiety. Results : Two hundred patients were recruited (mean age 45 and 56% were female). Patients with acute exacerbation or with psychiatric illness, with a systemic disease and higher acuity level had higher HAD-A scores ($P < .05$). BRM group had a mean score change higher than controls (7.7 ± 2.4 vs 3.8 ± 2.2 , t test, $P = .033$). Conclusion : Patients who underwent BRM had larger decreases in HAD-A scores than others

کلمات کلیدی:

Benson relaxation method, anxiety, emergency care

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