

JOINT EVENT

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The effectiveness of progressive muscle relaxation on reducing pain, anxiety and chemotherapy side-effectsAsli Niyazi¹ and Buse Apel²¹Middle East Technical University Northern Cyprus Campus, Northern Cyprus²University College London, UK

Statement of the Problem: Chemotherapy leads to several physical and psychological side effects including fatigue, nausea, vomiting, pain and anxiety which decrease the patients' quality of life. Current research demonstrates that some psychological techniques might help such as the Progressive Muscle Relaxation.

Methodology & Theoretical Orientation: The study employed a 2 (intervention and control groups) × 2 (pre-test and post-test) mixed design ANOVA. Participants involved were 30 cancer patients attending a state hospital in Nicosia and they were randomly assigned to the intervention (N=15) and control (N=15) groups. A brief demographic questionnaire, the Beck Anxiety Inventory (BAI), the Short Form of the McGill Pain Questionnaire (SF-MPQ), the Fatigue Symptom Inventory (FSI) and the Morrow Assessment of Nausea and Emesis (MANE) were used. Patients in the intervention group received PMR training and were provided with a PMR CD for home practice but the patients in the control group did not.

Findings: 1. Patients who performed PMR reported less anxiety, pain, nausea and vomiting than patients who did not perform PMR. 2. After receiving PMR training (post-PMR) patients reported less anxiety, pain, fatigue, nausea and vomiting than baseline (pre-PMR).

Conclusion & Significance: As the results suggest, PMR is effective relaxation technique in reducing anxiety, pain and the side effects of chemotherapy. Given the easy accessibility and application of PMR, it should be used widely in oncology services.

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