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The effect of auriculotherapy on stress, anxiety and depression in MS patients: A double blind randomized clinical control trial parallel design**Mahboubeh Valiani**

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Background: MS (multiple sclerosis) is one of the central nervous system diseases, which is of relatively high prevalence among neurological diseases. Multiple studies have shown that stressful life is associated with an increased risk of MS.

Aim: The aim of this study is to investigate the impact of using the auriculotherapy technique on stress, anxiety and depression in MS patients.

Materials & Methodology: This study was a double blind randomized clinical trial in two groups. The sample size was estimated to be 64 subjects in each group. The Center for MS at Kashani Hospital in the Province of Isfahan was the location of research. DASS-21 questionnaire were completed before, after and one month after intervention. The auriculotherapy technique began in the intervention group and at the end of each session, herbal vaccaria seeds were fixed at three main points on the ear, for at least 3 days. All the tests were carried out using the SPSS19 software at an error level of 5%.

Results: The results showed that the mean score of stress, anxiety and depression decreased in the auriculotherapy group compared with that in the placebo group. The analysis of variance showed significant differences between the two groups after intervention and one month later ($P < 0.05$). Whereas the stress, anxiety and depression score did not undergo any significant changes before intervention in two groups ($P > 0.05$).

Conclusions: Auriculotherapy is thus a safe and effective technique that reduces stress, anxiety, and depression in MS patients.

Biography

Mahboubeh Valiani pursued her PhD in Clinical Neurosciences and is currently an Assistant Professor in the Midwifery Departement at Isfahan University of Medical Sciences, Iran respectively. She has been a supervisor for more than 60 thesis of MS and PhD students. She is also the Director of Midwifery Institue of Isfahan Province (2004 till now). She is also an Auriculotherapist and has done a lot of research in this field. Her studies on MS have started since the last five years and have come with very great results. She has published 6 books and more than 55 papers in reputed journals and has been serving as an Editorial Board Member of *Iranian Journal of Nursing and Midwifery Research*.

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