

***Comparison the effect of Benson relaxation and slowe
stroke back massage on level of anxiety and vital signs of
unstable angina patients.***

A Thesis

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In

Critical care nursing

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Abstract

This study is a randomized clinical trial which has been done in 2013 in Imam on the level of anxiety and vital signs among unstable angina patients admitted to ccu wards. 114 patients with unstable angina randomly divided into 3 different groups (38 people in each group) . Before any intervention

anxiety and vital signs of patients in each group were measured and recorded and then intervention done (Benson relaxation for 20 minutes and 10 minutes massage in the first two days of hospitalization days) in the two groups. In the control group no such intervention was done. After intervention, the Mean of anxiety and the vital signs would be measured and recorded. The results were analysed and compared in three groups. Data collection tool was a questionnaire, which consists of three parts; (demographic data, Spielberger questionnaire, Check list vital signs). Khomeini Hospital Poldokhtar related to Lorestan University of Medical Sciences. The aim of this study was to determine and compare the effects of Benson relaxation and slow stroke back massage. After data collection, data placed on SPSS software. For data analysis, descriptive statistics such as frequency tables and statistical indicators (mean, standard deviation and range) and ANOVA and Tukey test were used. Finding showed that there was significant decrease in Mean of anxiety and vital signs in both intervention groups, and effect of slow stroke back massage behind level of anxiety and vital signs was more. It has been shown that Benson relaxation and slow stroke back massage decreased level of anxiety and vital signs in unstable angina patients.

Key words: Unstable angina, Benson relaxation, Slow stroke back Massage, Anxiety, Vital Sign.