

The Effect of Benson's Relaxation on Anxiety and Depression among Patients with Heart Failure

(القلب قصور مرضى لدى والاكتئاب القلق على بينسون استرخاء تأثير)

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ABSTRACT

Background: Heart failure(HF) is one of the most common cardiovascular disorders and is considered a chronic progressive and debilitating disorder, As treatment for HF has expanded, it is still a leading cause of death, These high rates of A&D among patients with HF can negatively affect their quality of life, increase (the depletion of health resources, hospitalizations, mortality, and morbidity rates), Benson relaxation technique (BRT) is a non-pharmacological method, which is an easy way to learn use and apply, to reduce A&D.

Purpose: The main purpose of this study was to check the effect of BRT on A&D among patients with HF.

Methods: This is a quasi-experimental pre and post-design study with a consecutive sample of 204 participants with a confirmed diagnosis of heart failure. It included two groups of patients diagnosed with HF. The intervention group and the control group. Data were collected from four hospitals in Jordan, during the collection period between (7 July 2021 to 9 September 2021).

Results: A total of 204 patients were included in this study. There were 138 males and 66 were females. The total mean score for the sample pre-anxiety and pre-depression was 11.09 ± 2.60 - 10.80 ± 2.30 . The intervention group on pre-anxiety and post-anxiety level results showed a statistically significant difference between them $P < 0.00$. The post-anxiety level was significant $P < 0.00$. On contrary to the control group on pre-anxiety and post-anxiety levels there was no statistically significant difference between them $P = 0.83$.

The intervention group on pre-depression and post-depression levels showed a statistically significant difference between them $P < 0.00$. The post-depression level was significant $P < 0.00$. Also, the control group on pre-depression and post-depression levels showed that there were no statistically significant differences between them $P = 0.34$.

Conclusion: Benson relaxation (BRT) effect has a positive effect in reducing A&D among outpatient HF. It is strongly recommended that healthcare providers use BRT among patients with heart failure who have high levels of A&D and include this in treatment protocols for these patients.

Keywords: Anxiety, depressive symptoms, heart failure, Benson relaxation technique