

Original Paper

## Effect of *Chamomile* tea on the severity of dyspnea and anxiety in patients with chronic heart failure: a clinical trial study

Masoomeh Rahimi (B.Sc)<sup>1</sup>, Akram Sanagoo (Ph.D)<sup>\*2</sup>, Zeynab Al Sadat Fatah (M.D)<sup>3</sup>  
Naser Bahnampour (Ph.D)<sup>4</sup>, Leila Jouybari (Ph.D)<sup>2</sup>

<sup>1</sup>M.Sc Student of Critical Care Nursing, Student Research Committee, Golestan University of Medical Sciences, Gorgan, Iran. <sup>2</sup>Ph.D in Nursing, Associate Professor, Nursing Research Center, Golestan University of Medical Sciences, Gorgan, Iran. <sup>3</sup>Cardiologist, Assistant Professor, Department of Cardiology, Motahari Hospital, Jahrom University of Medical Sciences, Jahrom, Iran. <sup>4</sup>Ph.D in Biostatistician, Assistant Professor, Health School, Golestan University of Medical Sciences, Gorgan, Iran.

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### Abstract

**Background and Objective:** Dyspnea is the main cause of hospitalization of patients with heart failure and it is often associated with anxiety. This study was conducted to determine the effect of *Chamomile* tea on the severity of dyspnea and anxiety in patients with chronic heart failure.

**Methods:** This randomized clinical trial study was conducted on 60 patients with chronic heart failure in an outpatient clinic of Jahrom University of Medical Sciences, Iran during 2014. Patients were randomly divided into intervention and control groups. Subjects in intervention group consumed *Chamomile* tea for 4 weeks. Oxygen cost diagram (OCD) and Beck anxiety inventory were recorded for each subject.

**Results:** The mean of severity of dyspnea in the intervention and control groups was  $16.66 \pm 5.76$  and  $29.43 \pm 13.1$ , respectively ( $P < 0.05$ ). The mean anxiety severity in the intervention and control groups was  $12.07 \pm 1.1$  and  $6.7 \pm 6.2$ , respectively ( $P < 0.05$ ).

**Conclusion:** *Chamomile* tea can reduce the severity of dyspnea and anxiety in patients with chronic heart failure.

**Keywords:** Chronic heart failure, Dyspnea, Anxiety, *Chamomile* tea

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\* Corresponding Author: Sanagoo A (Ph.D), E-mail: sanagoo@goums.ac.ir, a\_sanagoo@yahoo.com

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Masoomeh Rahimi (<https://orcid.org/0000-0002-6756-7234>), Akram Sanagoo (<https://orcid.org/0000-0002-4769-4703>)