

Original Paper

Effect of relaxation on the physical symptoms in women with multiple sclerosis

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Abstract

Background and Objective: Multiple sclerosis (MS) is a chronic inflammatory autoimmune disease, leading to progressive disability, reduces daily activity and function and emerges with a wide range of physical symptoms. This study was done to determine the effect of relaxation on the physical symptoms in women with Multiple Sclerosis.

Methods: In this clinical trial study, 50 patients with MS were randomly divided into relaxation and control groups. In the interventional group, Jacobson and Benson method was performed for 4 weeks, twice a week for 40 minutes and patients in the control group were received only care and routine medical treatment. Data was collected via fatigue severity scale (FSS), numerical rating scale (NRS) before, immediately after and two months after intervention.

Results: The mean severity of fatigue score, before, immediately and two months after the intervention were not the same and time trends was effective on severity of fatigue score ($P<0.05$). The mean of fatigue score were significantly reduced in intervention group (immediately and two months after intervention) in compared to pre-intervention. The mean severity of pain score ,before, immediately and two months after the intervention were not the same and time trends was effective on mean severity of pain score ($P<0.05$). The mean intensity of pain score over time in the relaxation group non-significantly reduced in compared to the control group.

Conclusion: Relaxation technique is effective as a low-cost, safe and easy method to reduce fatigue and pain in patients with MS.

Keywords: Multiple sclerosis, Relaxation, Fatigue, Pain

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Received 17 May 2014

Revised 2 Sep 2015

Accepted 20 Sep 2015