

Thesis Title	The Effect of Biofeedback Training and Autogenic Training Programs towards Anxiety Levels of Patients who are Facing with Anxiety.
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ABSTRACT

This research study was a quasi-experimental design. The objective of this research was to study the effects of biofeedback training and autogenic training programs towards anxiety levels of patients who are facing with anxiety at Saraburi Hospital .

The sample group consisted of 60 male and female patients admitted to the medical department at Saraburi Hospital; they varied in terms of occupation, and their ages ranged from 20 to 60 years. Data were collected by multi-stage random sampling starting from stratified random sampling and quota sampling to simple random sampling. The sample group was divided into 2 groups, an experimental and a control groups. The experimental group participated in biofeedback training and autogenic training programs once every weeks for 6 consecutive weeks, whereas the control group received normal treatment. Data collection was achieved using a pre-test and post-test. Self-rating Anxiety Scale questionnaires and the Electromyogram biofeedback by Myotrac Infiniti instrument were used for both the experimental and control groups. A t-test for the independent sample, and a Chi-square test for percentage, means, and standard deviation, were used.

Major findings were the following: 1) Demographic data such as age, sex, occupation, and income were not different between the experimental group and the control group at the significant level of $p < .05$. 2) At the $p < .01$ level, there was a statistically significant difference between the mean scores in the experimental group and the control group according to anxiety levels assessed by the Self-rating Anxiety Scale questionnaires. 3) At the $p < .001$ level, there was a statistically significant difference between the mean scores of the experimental group and the control group according to anxiety levels assessed by the Electromyogram biofeedback training program.

The results of this study indicate that biofeedback training and autogenic training programs can decrease the level of anxiety in patients. These programs should be used with other groups and as a follow-up after the patients are discharged from the hospital. Finally, this program should be integrated into treatment programs in inpatient departments.