

The researcher collected data by using Zung's self-rating anxiety scale (Zung 1971 : 371 - 379) and Zung's self-rating depression scale (Zung 1965 : 63 - 66). The study was first conducted in the control group for 6 weeks and then 6 weeks later in the experimental group.

The difference between pre-testing and post-testing of anxiety and depression score were analysed by using t-test and ANCOVA to test the difference of anxiety and depression score between the two groups.

The results were as follow :

1. The anxiety and depression score after practicing Anapanasati Smadhi was significantly lower than the pre-practicing score. ($P < .01$)

2. The anxiety and depression score after practicing Anapanasati Smadhi was significantly lower than the control group. ($P < .01$)

The study showed that practicing "Anapanasati Smadhi" could decreased anxiety and depression in hemodialysis patients. The researcher recommends that nurses should implement practicing Anapanasati Smadhi in patients with chronic illness such as hypertension, myocardial infarction and cancer, in order to reduce anxiety and depression.