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BENJAMAPORN POOLSAWAT: THE EFFECTS OF RELAXATION TRAINING ON PRE AND POSTOPERATIVE ANXIETY OF PATIENTS UNDERGOING A TOTAL ABDOMINAL HYSTERECTOMY. THESIS ADVISORS. SOMSAK SUTHUTVORAVUT, M.D. (THAI BOARD OF OB.&GYN.), PRATAK O-PRASERTSAWAT, M.D. (THAI BOARD OF OB.&GYN.), SANYA PATRACHALM.D. (THAI BOARD OF OB.&GYN.), AND AMMARIN THAKKINSTIAN, M. MED. STAT. 69 P. ISBN 974-664-058-5

The purpose of this randomized controlled trial (RCT) was to determine the effect of relaxation training on reducing anxiety during the pre and postoperative periods for patients who underwent a total abdominal hysterectomy(TAH). The subjects consisted of 89 patients who were non cancerous and underwent TAH at the Gynaecology Ward, Ramathibodi Hospital. The patients were randomly allocated to 2 groups, experiment (n=45) and control (n=44). Patients who were allocated to the experimental group would receive Benson's Respiratory One Method relaxation technique one day prior to the operation while the control group did not receive any relaxation training the relaxation technique. The Thai Hospital Anxiety and Depression Scale, which has good reliability and validity, was used for the anxiety assessment. General characteristics of patients were analyzed by using mean, standard deviation. Chi-square, t-test and ANOVA with repeated measurement were used for hypothesis testing.

Results of this study reveal that the anxiety scores of patients who received relaxation training were significantly decreased when compared to those of patients who did not receive the training ( $p < 0.0001$ ). Although after admission, the anxiety scores of the experimental group were significantly higher than of the control group, the scores of the experimental group after intervention at pre and postoperation were significantly lower than the control group. The significant differences were also shown when comparing the differential anxiety scores between stages of both groups.

In conclusion relaxation training should be given to patients who undergo TAH in order to reduce anxiety during both the pre and postoperative periods. It is effective even though it is given only once on the day before operation. The patients were advised to practice by themselves whenever convenient.