

General Evidence

Citation	Design/Method Sample/Setting	Variables and Intervention	Outcome Measures	Results/Analysis	Limitations	Quality and Nursing Implications
<p>Harorani, M., Davodabady, F., Farahani, Z., Hezave, A.K., & Rafiei, F. (2020). The effect of Benson's relaxation response on sleep quality and anorexia in cancer patients undergoing chemotherapy: A randomized controlled trial. <i>Complementary Therapies in Medicine</i>, 50, 102344. https://doi.org/10.1016/j.ctim.2020.102344</p>	<p>Design: Randomized controlled trial</p> <p>Method: Experimental group performed Benson's relaxation response (BRR) steps twice daily. Baseline, 24- and 48-hour measurements of anorexia and sleep were performed.</p> <p>Sample: 80 patients with cancer (50% male, 50% female) undergoing treatment with chemotherapy were randomized to experimental group (mean age = 45.8 years, SD = 12.1) and control group (mean age = 45.1 years, SD = 12.9 years); participants received at least 1 cycle of chemotherapy and were enrolled at least 6 months after diagnosis. Patients with solid and hematologic malignancies were included.</p> <p>Setting: Ayatollah Khansari Hospital affiliated to Arak University of Medical Sciences (Iran)</p>	<p>Independent Variable(s): BRR</p> <p>Dependent Variable(s): Anorexia, Sleep</p> <p>Intervention: BRR steps were completed twice daily for 5 days. Method is a progressive relaxation technique delivered over 20 minutes and guided by researcher.</p>	<p>St. Mary's Hospital Sleep Questionnaire (SMHSQ) Likert-type scale measuring sleep quality</p> <p>Anorexia measured using visual analog scale (VAS) 0 = good appetite, 10 = anorexia</p>	<p>BRR had a significant effect on anorexia in the experimental group at 24 hours (mean VAS difference = 7.5, SD = 1.6, $p = 0.0001$) and 48 hours (mean difference = 6.9, SD = 2.1, $p = 0.012$) after the intervention compared to baseline (mean difference = 7.6, SD = 1.4). Difference in the anorexia mean score in both groups was statistically significant ($p = 0.036$, $F = 4.57$). Repeated measures controlling for confounding variable (anorexia before the intervention) also showed that difference in the anorexia mean score between the two groups was statistically significant ($F = 5.066$, $p = 0.027$).</p> <p>BRR had a significant improvement in the sleep quality in the experimental group at 24 hours (mean SMHSQ difference = 21.9, SD = 3.6, $p = 0.02$) and 48 hours (mean difference = 20.7, SD = 4.3, $p = 0.001$) hours after the intervention. There was a statistically significant difference in mean scores for sleep quality between the two groups ($F = 98.124$, $p = 0.0001$). Post-hoc Bonferroni test showed that the difference in the mean sleep quality score was statistically significant in the experimental group but not the control group.</p>	<p>Small convenience sample (less than 100 participants) with short follow-up period and lack of attentional control condition</p> <p>Information on different treatments that may affect symptoms was not provided.</p> <p>Baseline differences in mean scores prior to intervention</p>	<p>Methodology was valid.</p> <p>BRR showed significant improvement in anorexia and sleep for patients with cancer treated with chemotherapy.</p> <p>BRR is a simple, noninvasive, cost-effective complementary therapy. Nurses can teach patients BRR as a form of self-care practice to aid in management of symptoms such as anorexia and sleep while receiving chemotherapy, as demonstrated in this study.</p> <p>Larger sample size with longer follow-up period and attentional control would help to validate these findings.</p>