

## The Effect of Benson Relaxation Method on Quality of Life in Hemodialysis Patients in 2012-2013, Kermanshah, Iran

**Authors :** Fateme Hadadian, Behnam Khaledi Paveh, Hosein Feizi

**Abstract :** Background: High number of patients with end-stage renal disease worldwide, and Iran and the patients required hemodialysis, As well as symptoms and treatment process and its impact on quality of life The researcher had to take a step towards solving these problems. Methods: In randomized clinical trial in 60 hemodialysis patients admitted to hospital hemodialysis Imam Reza (AS) were studied. Using questionnaires dialysis patients' QOL, quality of life was measured in patients and controls were divided randomly into two groups. Benson's relaxation method for the experimental group and two months at home, once per day, respectively and the control group received no special action. Immediately after the end of the period with was used for evaluating the quality of life in both the experimental and control groups were survey and data using independent t-test were used for statistical analysis. Results: The general dimensions of quality of life scores before and after intervention, there was significant difference ( $P=0/001$ ). But this difference was not significant after QOL ( $P=0/2$ ). Between QOL scores before and after treatment between the two groups was statistically significant ( $P=0/02$ ). Conclusion: Benson relaxation has the desired effect on quality of life in hemodialysis patients and can be used as a useful method to enhance the quality of life in hemodialysis patients, implementation and training will be given.

**Keywords :** hemodialysis, quality of life, Benson muscle relaxation, biomedicine

**Conference Title :** ICBB 2015 : International Conference on Bioinformatics and Biomedicine

**Conference Location :** Istanbul, Türkiye

**Conference Dates :** May 21-22, 2015