

Effectiveness of Relaxation in life quality of Irritable Bowel Syndrome patients referring to Shohada Hospital, Dehloran, Iran; 2015

Reza Valizadeh¹, Elham Basereh², Shahram Mami², Zahra Amin Parast^{3*}

1- Department of Psychiatry, School of Medicine, Ilam University of Medical Sciences, Ilam, Iran

2- Department of Psychology, Azad University of Ilam, Ilam, Iran

3- Student of Medicine, School of Medicine, Ilam University of Medical Sciences, Ilam, Iran

*Email: pubmedp@gmail.com

Tel: +989127926703

Abstract:

Background: Irritable Bowel Syndrome is a prevalent syndrome which is identified by change intestine movements. In this research the effect of relaxation on life quality of IBS patients referring to Dehloran's Shohada hospital, Iran, in 2015 has been investigated.

Materials and Methods: This research is a semi-experimental pre-test – post-test, which was conducted on 24 people with IBS. After the test and the pre-test, relaxation curing was conducted for eight weeks, each week 60 minutes, using the protocol relaxation which was prepared already. One week after the tests, the post-test questionnaire was filled up (sf-36) to measure the effect of the probable cure. Analysis of the data was performed using SPSS Version 20.

Results: Most of the academic degrees were BA, 42% and the least was Diploma 16%. The results of this study showed significant difference in life quality improvement in IBS patients in both control and witness groups ($P < 0.001$). Also there was a significant relationship among. Relaxation public health, bodily health overall criteria, psychological health overall criteria and pain in IBS patients ($P < 0.001$).

Conclusion: The attained results showed that relaxation can be useful beside other psychological cures as a psychological curer in improving the life quality of IBS patients.

Key words: Relaxation, Irritable Bowel Syndrome, Iran.

Introduction:

Gastrointestinal disease is among the most prevalent clinical problems in outpatients and imposes huge costs on medical system (1). IBS was first explained by Paul in 1820 and then in 1871 by Dakusta, in that period it was known as mucus enteritis (2). This disease is the doctors and it includes almost 20 to 50 percent of the patients. Overall, 15% of the society suffers from this disease and the women are two times more than elder ones. IBS patients show different gastrointestinal and non- gastrointestinal symptoms, chronic pain of the stomach of IBS (3). In fact, colon internal cover or epithelium, which adjusts enter and exit of the material in intestine has its normal performance but the speed of movement, has altered. Also these patients suffer from a wide range of non- gastrointestinal symptoms which includes sexual disorders, painful menstruation and urine repetition. Also there is a danger of blood high pressure, more sensitivity of air canal, and arthritis in these patients (4). Dealing with disease with psychological roots, is nowadays under the attention of psychologists. So far, a wide range of psychological diseases have been identified which deal with different members of the body, for example tension headaches, heart coronary diseases, Rheumatoid Arthritis and gastrointestinal diseases are among this wide range (5). From a psychological point of view, there's been much description about some of them, but in some other ones, much more description and analysis is needed. According to present results, along with aggravating psychological factors such as embarrassment, temper disorders, depression and tensions resulting from neuron provocations, the emergence of IBS symptoms aggravates (6). Also the researches have shown that these disorders are more common in people with IBS and the above mentioned variable have a great role in developing the symptoms of the syndrome. As chronic disease is not curable, improving the life quality of these people is of great importance (7). Findings show a disorder in social activities of people with IBS. Relaxation is a psychological intervener. The interveners like relaxation, bio-feedback and teaching interveners, lonely or in combination are used in curing IBS or decreasing its symptoms (8). According to the mentioned points, the aim of this study was to investigate the effectiveness of relaxation in life quality of patients with IBS referring to Shohada Hospital, Dehloran, Iran in 2015.

Materials and Methods:

This research is a semi-experimental pre-test – post-test. The population of this study is all the people with IBS referring to Dehloran Shohada Hospital and who have met gastrointestinal doctors. In the research 24 people with IBS are classified in 2 experiment and control groups and variables such as gender, education and marital condition were registered, their effect was controlled and their relation with the variables was investigated. After the test and the pre-test, relaxation therapy was conducted on them for 8 week, each week 60 minutes, using the relaxation protocol which was prepared already. One week after the tests, the post-test questionnaire was completed to measure the effect of the probable curing. In this research, life quality standard (SF-36) questionnaire with Cronbach's alpha between 0.6 to 0.9 was used (9). Analysis of the pre-test and post-test data was performed using SPSS Version 20.

Results:

In research 24 people were scrutinized including 12 men and 12 women. Most of the academic degrees were Bachelor's degree 42% and least was Diploma 16% (Table 1). The results of this study showed significant difference in life quality improvement in IBS patients in both control and witness groups ($P < 0.001$). The results amounts showed that categorization has had no effect on the post-test scores mean ($P > 0.001$). But the pre-test scores are significantly in relationship with the post-test scores ($P < 0.001$). The effect of relaxation on the IBS patients body function in two groups had significant difference ($P < 0.001$). Also the effect of relaxation on the energy of the patients with IBS was of significant difference in the two groups ($P < 0.001$). Also there was a significant relationship among relaxation with public health, bodily health overall criteria, mental health overall criteria and the amount of pain in patients with IBS ($P < 0.001$). The results showed that gender had no significant effect in any of the tests ($P > 0.001$).

Discussion:

IBS is the most common disease in medical world. While it is not fatal, it makes a lot of trouble for the person and even makes the doctors who are going to cure the person desperate. The symptoms of this disease are among the most common symptom for which the outpatients refer to clinics in Iran (10). The people with syndrome, according to severity of symptoms, suffer from degrees of disorder in life quality in a way that it makes a lot of them not to go to their job regularly, not to have a healthy sex, not to be sociable, because of the symptoms and this affects the life quality of these people (11). Mazaheri et al 2015 have also argued that the symptoms of this disease are among the most common symptoms in the patients (12). Most probably, IBS emerges due to the people's unconscious wish to punish themselves because of their fail to achieve their goal. The results of this study show that doing relaxation exercises can significantly improve the life quality of these people. This result is in accordance with the results of lori keefer who argued that relaxation programs are useful as a cure to decrease the symptoms and embarrassment of those suffering from IBS (13). The result of hazrati et al 2006 also shows the effectiveness of this method in decreasing the level of situational embarrassment and the severity of gastrointestinal symptoms (14). It is in accordance with the results of this study. Also the results of this study affirmed the effect of relaxation on improving the body function of the patients. In the control group, in the pre-test and post-test scores, from a social function point of view, there was no significant difference but in the case group the difference was significant and shows the significant and shows the significant effect of intervention. In this research, the effect of relaxation on the pain of IBS patients was measured and this effect was affirmed in the post-test with an increase in the scores. In a similar research, hypnotherapy was performed on the children with disorder in their stomach. And a decrease in stomach ache and the symptoms of IBS in the hypnotherapies' group after the intervention was reported (15). In this research relaxation was also useful in the public health of patients with IBS. Relaxation gives the patient a sense of overall health by decreasing the pain and the symptoms. Also the effect of education on the pre-test results of both group was not significant but it was significant in the post-test, because the higher the educations, the higher their score compared those with lower education. But gender had no effect on the tests and was not significant. The results of present study shows that after conducting the relaxation, between the two experimental and control groups, there has been a significant difference in their life quality in a way that in most of the measures, scores of the control group was lower than the experimental group's score mean.

Conclusion:

The results of this study are in accordable with the results of those studies which affirms the effect of relaxation in decreasing the symptoms of improvement in IBS patient's condition .it is recommended that in future studies the effect of relaxation psychological disorders be scrutinized.

References:

- [1] Somi MH, Fatahi E, Panahi J, Havasian MR, Judaki A. Data from a randomized and controlled trial of LCarnitine prescription for the treatment for Non- Alcoholic Fatty Liver Disease. *Bioinformation*. 2014; 10(9): 575-9.
- [2] Judaki A, Hafeziahmadi M, Yousefi A, Havasian MR, Panahi J, Sayehmiri K, Alizadeh S. Evaluation of dairy allergy among ulcerative colitis patients. *Bioinformation* 2014; 10(11):693-6.
- [3] Solati Dehkordy S, Kalantary P, Adibi M, Afshar H. Effect of relaxation with drug therapy on the psychological symptoms in patients with irritable bowel syndrome-diarrhea dominant (IBS-D). *J Shahrekord Univ Med Sci* 2009; 11 (3): 1-8.
- [4] Mohammad Khajedaluae, Hassan Vosooghinia, Ali Bahari, Ahmad Khosravi, Abbas Esmailzadeh, Azita Ganji, Kambiz Akhavan Rezayat, Rahil Mahmoudi. Demographic, social and clinical characteristics in patients with irritable bowel syndrome in Mashhad in 2013 *Medical Journal of Mashhad University of Medical Sciences* 2014; 57(3): 579-86.
- [5] Gholamrezaei A, Minakari M, Nemati K, Daghighzadeh H, TavakkoliH, Emami MH. Extra-intestinal Symptoms and their Relationship to Psychological Symptoms in Patients with Irritable Bowel Syndrome. *Govareh* 2010; 15(2): 88-94.
- [6] Taheri M, Yaryari F, Molavi M. The effect of therapeutic touch on anxiety patients with irritable bowel Syndrome. *Complementary Medicine Journal of faculty of Nursing & Midwifery* 2013; 3(1): 406-17.
- [7] Tavassoli S. Yoga in the management of irritable bowel syndrome. *International Journal of Yoga Therapy* 2009; 19(1): 97-101.
- [8] Zemorodi S, Rasulzadeh-Tabatabai SK. Comparison of Effectiveness of Cognitive-Behavioral Therapy and Mindfulness-Based Therapy in Improving quality of life in patients with irritable bowel syndrome. *Clinical Psychology Studies* 2014; 4(13): 63-88.
- [9] Rashedi V, Foroughan M, Hosseini MA. Burnout and related demographic variables among Tehran Welfare Organization staffs. *J Kermanshah Univ Med Sci* 2012; 16(1): 28-36.
- [10] Ganji, Azita, Mohsen Safavi, SeyedMehdi Nouraie, Siavosh Nasseri-Moghadam, Shahin Merat, Homaun Vahedi, and Reza Malekzadeh. "Digestive and liver diseases statistics in several referral centers in Tehran, 2000-2004." *Govareh* 2006; 1(11): 33-8.
- [11] Ghadir MR, Ghanoooni AH. Review of pathophysiology and diagnosis of irritable bowel syndrome. *Qom Univ Med Sci J* 2013; 7(6): 62-70.
- [12] Mazaheri M. Prediction of pain intensity and acceptance and quality of life in patients with irritable bowel syndrome based on feature of interpersonal forgiveness. *Qom Univ Med Sci J* 2015; 9(9): 26-34.
- [13] Keefer L, Blanchard EB. The effects of relaxation response meditation on the symptoms of irritable bowel syndrome: results of a controlled treatment study. *Behaviour research and therapy*. 2001 Jul 31; 39(7): 801-11.
- [14] Hazrati M, Hosseini M, Dejpakhsh T, Taghavi SA, Rajaeeafard A. The study effect of Benson relaxation on anxiety and symptom severity of patients with irritable bowel syndrome. *J Arak Med Sci*. 2006; 4(2): 1-9.
- [15] Vliieger A, Govers A, Frankenhuis C, Benninga M. Hypnotherapy for children with functional abdominal pain or irritable bowel syndrome: Long term follow-up. *European Journal of Integrative Medicine*. 2010 Dec 31; 2(4):191.

Table 1. Frequency of Degree of Education

Degree of Education	Frequency
Master's Degree	21
Bachelor's degree	42
Associate's degree	21
Diploma	16