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Randomized controlled trial of muscle relaxation training in female cervical cancer patients in pre-operational stage: Results on anxiety, depression and quality of life

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Objective: To examine effects of progressive muscle relaxation training on depression, anxiety and quality of life in female cervical cancer patients in pre-operational stage for getting support in improving the quality of nursing.

Methods: A total of 200 patients were randomly allocated to the intervention group (n=100) receiving progressive muscle relaxation training plus routine nursing care and the control group (n=100) receiving routine nursing care. The state was assessed with Self-rating Depression Scale (SDS), Self-rating Anxiety Scale (SAS) and Functional Assessment of Cancer Therapy (FACT-B).

Results: The intervention group patients had significant improvements in depression, anxiety and quality of life after 5 weeks, P<0.05, but the control group patients had no significant improvement in depression, anxiety and quality of life, P>0.05. The intervention group patients had significantly larger improvements in depression, anxiety and quality of life than those of the control group, P<0.05.

Conclusion: Progressive muscle relaxation training can improve depression, anxiety and quality of life in female cervical cancer patients in pre-operational stage. This way should be used widely in clinic.

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