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## Effectiveness of biofeedback on anxiety reduction among nurses in oncology section

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In this research which is selected in a clear remedy naming biofeedback has been done toward anxiety reduction. In this method a simple random sampling has been used. To start this research, 200 nurses who work in oncology section in Tehran hospital has been selected, after a Cattell anxiety test performance, about 36 people whose test result was significantly selected, and they were categorized randomly in three experimental, placebo and control groups. After 12 treatment session (using biofeedback (GFR) device), Cattle anxiety test is performed as a posttest. Considering nature of grading scale which was distance type and also sampling method which was based on experimental research branch of pretest-posttest with control group, for data evaluation Covariance resulting was used. Considering performed evaluation, came to the conclusion comparing performance of three groups in latest anxiety result of fluctuation there were severe differences. Main point indicates that an average grading of testing group was lower than other 2 selected groups. Finally considering achieved result can come to the conclusion and result is that treatment and remedy with biofeedback method can be more effective in anxiety reduction.

### Biography

Hossein Fallahi is working in Azad University in Iran. His research interest includes oncology nursing and psychology.

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