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## The effects of education through multimedia and text messaging on the psychological parameters of patients scheduled for coronary angiography

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Although angiography is a very effective method in the diagnosis of coronary artery diseases, it can cause certain psychological problems for patients, among them stress, anxiety and depression. This quasi-experimental study aims to compare the effects of education through multimedia DVDs and text messaging on the psychological parameters of patients scheduled for angiography. 120 patients who were scheduled for coronary angiography were selected and randomly assigned to three groups. Education on what to do before, during and after angiography was provided to the patients in experimental group-1 (n=40) and experimental group-2 (n=40) through text messages and a DVD, respectively. The control group received the routine hospital education through pamphlets. To collect data, the researchers used the DASS-21 Depression, Anxiety and Stress Scale. A comparison between the means of the psychological parameter scores of the text-message group and the DVD group shows that there is no statistically significant difference between the two. The results of the study show that both DVDs and text messaging are more beneficial than the routinely-used pamphlets in the education of patients who are scheduled for angiography. Accordingly, it is recommended that modern methods of communication be used as a complementary approach in patient teaching.

### Biography

Camellia Torabizadeh is an Assistant Professor of the Nursing and Midwifery Department at Shiraz University of Medical Sciences, Iran. She has received her Doctorate in Nursing Education from the University of Iran. Her research interests are nursing education and clinical ethical issues.

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