

August 27-29, 2018 | Paris, France

The effect of auriculotherapy on stress, anxiety, and depression in MS patients: A double blind randomized clinical control trial (parallel design)

Background: MS is one of the central nervous system diseases, which is of relatively high prevalence among neurological diseases. Multiple studies have shown that stressful life is associated with an increased risk of MS.

Aim: The aim of this study was to investigate the impact of using the auriculotherapy technique on stress, anxiety, and depression in MS patients.

Materials & Methods: This study was a double blind randomized clinical trial in two groups. The sample size was estimated to be 64 subjects in each group. The Center for MS at Kashani Hospital in the Province of Isfahan was the location of research. DASS-21 questionnaire was completed before, after and one month after intervention. The auriculotherapy technique began in the intervention group and at the end of each session, herbal Vaccaria seeds were fixed at three main points on the ear, for at least three days. All the tests were carried out using the SPSS19 software at an error level of 5%.

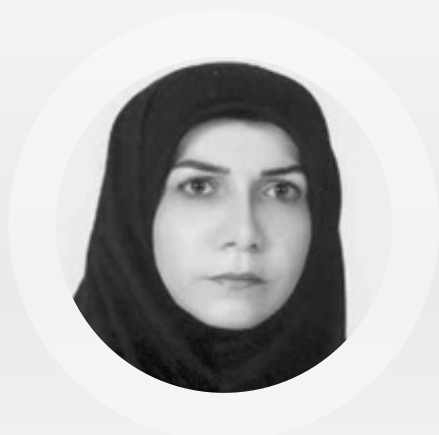
Results: The results showed that the mean score of stress, anxiety and depression decreased in the auriculotherapy group compared with that in the placebo group. The analysis of variance showed significant differences between the two groups after intervention and one month later ($P < 0.05$). Whereas the stress, anxiety and depression score had not undergone any significant changes before intervention in two groups ($P > 0.05$).

Conclusion: Auriculotherapy is a safe and effective technique to reduce stress, anxiety, and depression in MS patients.

Biography

Mahboubeh Valiani has completed her PhD in Neurosciences, MS in Midwifery and Reproductive Health from Neurosciences Research Centre. She is an Academic Member of Isfahan University of Medical Sciences and the President of Midwifery Society of Isfahan Province from 2005 to present.

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