**Title:** A study to evaluate the effectiveness of Progressive Muscle Relaxation and Counseling on pain, fatigue, anxiety and depression among cancer patients admitted in a selected hospital of Punjab.

By
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**Abstract**

**Background:** The global burden from cancer is growing at an alarming pace, as the disease is on continuous progressive rise till today. Cancer patients develop a number of problems, among which pain, fatigue, depression and anxiety are most common. Not only with the disease but even with its treatment, patients develop many problems, leading to non-compliance and poor quality of life. For managing these problems studies are focusing not only on pharmacological but non-pharmacological methods also. Progressive Muscle Relaxation and Counseling have also been used for cancer patients, but results on their effectiveness are ambiguous. **Aim:** The study will evaluate the effectiveness of Progressive Muscle Relaxation (P.M.R) and Counseling on pain, fatigue, depression and anxiety among cancer patients. **Methods:** Quasi experimental pre-test, post test design was used in the study. 200 patients receiving radiotherapy were assigned in three intervention group of 50 patients each and a control group of 50 patients through total enumerative sampling. Baseline assessment of pain, fatigue, depression and anxiety was done among subjects in all groups. Patients in group 1,2,3 received P.M.R, Counseling and combination of both interventions while control group received usual treatment. Post assessment was done after 4 weeks. **Results:** Demographic, disease and health related information of subjects in all the groups was compared. Chi square was applied and subjects were homogeneous on these variables. Effectiveness of intervention was compared by paired t test. P.M.R significantly
reduced pain (p<0.01), fatigue (p<0.01) and depression (p<0.05), Counseling reduced anxiety (p<0.01) and depression (p<0.01). Combination intervention reduced all pain (p<0.01), fatigue (p<0.01), depression (p<0.01) and anxiety (p<0.01). But in control group significant rise in anxiety (p<0.01), fatigue (p<0.01) and depression (p<0.01) was seen. Significant association of pain was found with domicile (p<0.05) and of anxiety was found with gender (p<0.01) and occupation (p<0.05) of subjects. There was significant correlation between pain, fatigue, depression and anxiety scores of the subjects with highest correlation between anxiety and depression (r=0.47, p<0.01).

**Key words**: Cancer, Pain, Fatigue, Depression, Anxiety, Counseling, Progressive Muscle Relaxation (P.M.R)