



## Effectiveness of guided imagery on depression among cancer patients

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### Abstract

A pre and post test with control group experimental design was undertaken on 60 cancer patients selected by purposive sampling in a selected private hospital, Salem, to assess the significance of Guided imagery on depression among cancer patients. Data was collected by the investigator herself from 01.12.2015 to 31.12.2015. Demographic characteristics reveals that highest percentage of patients in control (47%) and experimental (33%) group were in the age group of 30 – 40 years and 40 – 50 years respectively. Most of them had higher education, house wives, married, belonged to low income family, joint family and had no previous exposure to imagery. Overall observation during pretest shows that around 50% of the patients in control group (50%) and experimental group (53%) had severe level of depression. Twenty three percentage of the experimental group and 30% of the control group respectively had moderate and mild level of depression. Only 3% of the control group had no depression. However, during post test highest percentage (48%) of women in control group had severe depression whereas in experimental group 45% had mild depression. Only 13% of the experimental group had no depression. Comparison of level of depression among cancer patients in pretest and post test in experimental group with their demographic variables reveals that higher percentage of depression was mild irrespective of their age, education, occupation, marital status, family income percapita, type of family and previous exposure to yoga. Significant ( $P < 0.05$ ) association was found between level of depression among cancer patients in experimental group during post test. No significant association ( $p > 0.05$ ) was found between level of depression among cancer patients in experimental group during post test with their demographic variables except their education. It seems that Guided imagery was effective in reduce the level of depression among cancer patients.

**Keywords:** Assess, effectiveness, guided imagery, depression, cancer, patients

### Introduction

Depression is a nonspecific response of the person to demands that are either pleasant or noxious [1]. Cancer is a life changing experience. For anyone diagnosed with cancer, life is never quite the same for almost all people with cancer. The diagnosis generates an avalanche of problems encompassing personal, familial and social spheres of life. According to International Cancer Medical Research (2014) in India, there were approximately 2m- 2.5 million cases of cancer in India at any given point of time, with around 7,00,000 new cases being detected each year. Nearly half of those die each year. Breast cancer represents the leading cause of death by women. Around 505 of mammary carcinoma attributed to physiological, behavioural or genetic risk factor [2]. Effect of depression among cancer patients that chronic psychological depression might reduce the immune systems reactions to hormonal secretions that were normally used to fight the inflammatory response [3]. The supportive therapy like, yoga, meditation and many other well documented techniques that relieve depression and enhance well being should be made available to patients to augment and ease the experience of cancer treatment and recovery [4].

### Statement of the problem

A study to assess the Effectiveness of Guided imagery on Depression among Cancer patients admitted in a selected private hospital, Salem

### Objectives

- To assess the level of depression among cancer patients in experimental and control group during pre test
- To assess the level of depression among cancer patients in experimental and control group during post test
- To find out effectiveness of Guided imagery on the level of depression among cancer patients
- To find out relationship between pre and post test level of depression among cancer patients in experimental group with their demographic variables

### Hypothesis

**H<sub>1</sub>:** There is a significant difference in the level of depression among cancer patients between control and experimental group

**H<sub>2</sub>:** There is a significant difference between pre and post test level of depression among cancer patients in experimental group

**H<sub>1</sub>:** There is a significant difference in the level of depression among cancer patients between control and experimental group.

**Materials and methods**

**Research approach and design**

Quantitative approach with pre and post test with control group quasi experimental design was used to assess the effectiveness of Guided imagery on depression among cancer patients.

**Setting of the study**

Selected private hospital, Salem.

**Population**

All the cancer patients admitted in a selected private hospital, Salem.

**Sample**

Cancer patients admitted in a selected private hospital, Salem and presented during the period of data collection.

**Sample size**

The sample size of the study was 60. Out of 60 samples, 30 samples were in experimental group and 30 in control group.

**Sampling technique**

Purposive sampling.

**Description of the tool**

Semi Structured Interview Schedule was used to collect the data from the samples. It consists of two sections.

**i. Section – A:** consists of demographic data of Age, marital status, education, type of family, occupation, family monthly income and previous exposure to Guided imagery.

**ii. Section – B:** consists of 42 items as per DASS scale. It includes 4 columns for responses (not at all, some of the time, considerable degree, most of the time) with a scale of 0, 1, 2, 3 respectively.

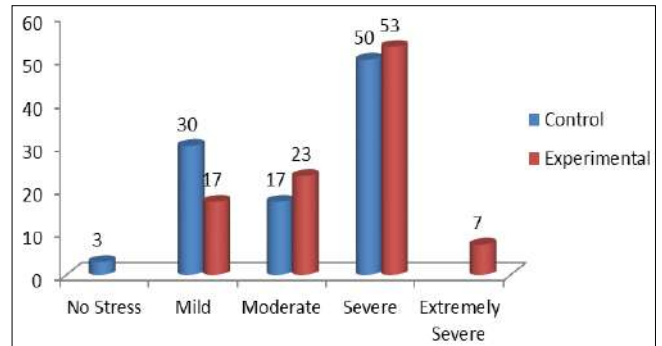
**Ethical considerations**

Informed written permission was obtained from the Director, Shanmuga hospitals, Salem prior to the data collection.

Instruction was given to the women related to the tool to get the cooperation. Further, prior to data collection, each woman was explained about the purpose and subject and their concern was taken.

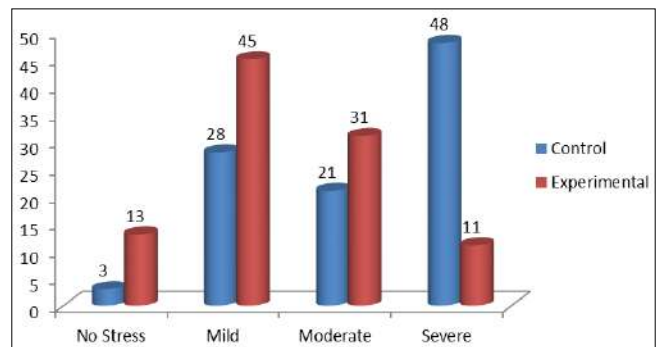
**Results and findings**

Demographic characteristics reveals that highest percentage of patients in control (47%) and experimental (33%) group were in the age group of 30 – 40 years and 40 – 50 years respectively. Most of them had higher education, house wives, married, belonged to low income family, joint family and had no previous exposure to imagery.



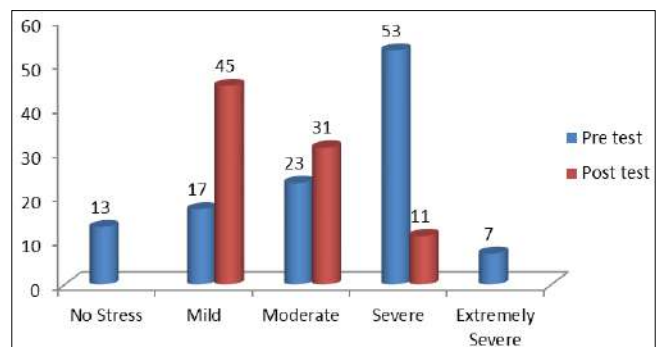
Level of depression

**Fig 1:** Bar diagram showing percentage-wise distribution of level of depression among cancer patients in control and experimental group during pre test



Level of depression

**Fig 2:** Bar diagram showing percentage-wise distribution of level of depression among cancer patients in control and experimental group during post test



Level of depression

**Fig 3:** Bar diagram showing percentage-wise distribution of pre and post test level of depression among cancer patients in experimental group

Overall observation during pretest shows that around 50% of the patients in control group (50%) and experimental group (53%) had severe level of depression. Twenty three percentage of the experimental group and 30% of the control group respectively had moderate and mild level of depression. Only 3% of the control group had no depression. However, during post test highest percentage (48%) of women in control group had severe depression whereas in experimental group 45% had mild depression. Only 13% of the experimental group had no depression. Comparison of level of depression among cancer patients in pretest and post

test in experimental group with their demographic variables reveals that higher percentage of depression was mild irrespective of their age, education, occupation, marital status, family income percapita, type of family and previous exposure to yoga. Significant ( $P < 0.05$ ) association was found between level of depression among cancer patients in experimental group during post test. No significant association ( $p > 0.05$ ) was found between level of depression among cancer patients in experimental group during post test with their demographic variables except their education. It seems that Guided imagery was effective in reduce the level of depression among cancer patients.

### **Conclusion**

A pre and post test with control group experimental design was undertaken on 60 cancer patients selected by purposive sampling in a selected private hospital, Salem, to assess the significance of Guided imagery on depression among cancer patients. Overall observation during pretest shows that around 50% of the patients in control group (50%) and experimental group (53%) had severe level of depression. Twenty three percentage of the experimental group and 30% of the control group respectively had moderate and mild level of depression. Only 3% of the control group had no depression. It seems that Guided imagery was effective in reduce the level of depression among cancer patients.

### **Recommendations**

- A large study in various hospitals can be carried out to generalize the findings
- Guided imagery can be tested for other conditions
- A study can be done to find out the role of nurse in assessment and management of depression among cancer patients
- Other depression reduction techniques can be tested for different medical conditions

### **References**

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