

The effect of damask rose extract on level of anxiety and sleep quality in patients undergoing angiography

Background and objectives: Invasive investigation methods such as angiography have a lot of anxiety for patients and they experience some degree of sleep disorders. The aim of this study was to determine the effects of Rose extract on anxiety rate and sleep quality in patients undergoing angiography admitted to the coronary care unit.

Methods: In an after and before quasi-experimental double-blind with a control group, 90 patients undergoing coronary angiography were selected by convenience sampling and randomly assigned to two intervention and control groups (each group 45 persons). Demographic data sheet, Standard Inventory (STAI) and St. Mary's Hospital Sleep questionnaire were used to assess anxiety and sleep quality. In test group, rose extract in oral form and in control group placebo drops every 8 hours 15 drops were used. Questionnaire and vital signs before and after the intervention were completed. Data using the Mann-Whitney test, chi-square, Fisher's Exact Test, Wilcoxon and paired t-test were analyzed with SPSS-16.

Results: According to the findings of this study, most of the patients were male, married, and under diploma. According to Wilcoxon test, a statistically significant difference was found in anxiety of intervention group before and after the intervention ($p < 0.001$).

In sleep quality, significant difference was not observed in two group but in each group significant difference before ($p < 0/03$) and after ($p < 0/01$) intervention was observed.

Conclusion: Due to the reduction of anxiety, systolic blood pressure and mean arterial pressure in intervention group with rose extract, so it may be recommended: as a complementary medicine with another treatment in cardiac patients and in patients undergo angiography.

Keywords: Angiography, Anxiety, Rose, Extract, Sleep Quality