



Int. J. New. Chem., Special 2022. (Spring)

## International Journal of New Chemistry

Published online in <http://www.ijnc.ir/>  
Open Access



Print ISSN: 2645-7237

Online ISSN: 2383-188x

### Original Research Article

## The Results of Progressive Muscle Relaxation and Aromatherapy with Rosemary Oil on Preoperative Anxiety in General Surgery Candidates

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*Received: 2022-02-01*

*Accepted: 2022-03-22*

*Published: 2022-04-29*

### ABSTRACT

**Introduction:** Therefore, based on studies on the high prevalence of preoperative anxiety reactions and the negative impact of these disorders on the patient and the lack of research in this field in the available databases, we decided to study of Progressive Muscle Relaxation and Aromatherapy With Rosemary Oil on Preoperative Anxiety in General Surgery Candidates **Material and Methods:** This study, which was a clinical experience, was conducted in 2018 in Imam Reza Hospital [Tabriz University of Medical Sciences] with the participation of patients who are candidates for general surgery. For patients, progressive relaxation and aromatherapy techniques were used to control their anxiety and their anxiety was compared. **Results:** According to Duncan's post hoc test, the mean scores of anxieties after the intervention in the two groups of aromatherapy and relaxation are not significantly different from each other [P = 0.142]. **Conclusion:** Muscle Relaxation and Aromatherapy leads to a reduction in Preoperative Anxiety in General Surgery Candidate and is recommended.

**Keywords:** Muscle Relaxation, Aromatherapy, Rosemary Oil, Anxiety, General Surgery