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The effect of rhythmic movements on depression and anxiety in children with cancer

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Cancer is a chronic childhood disease with many unpleasant psychological consequences such as depression and anxiety. The study conducted to assess the effect of rhythmic movement on depression and mild anxiety of children with cancer. This study was a Quasi-experimental study. The study population included all children aged 7 to 12 years old diagnosed with cancer who were hospitalized in the oncology ward of a pediatrics hospital affiliated with Shahid Beheshti University of Medical Sciences in Tehran, Iran. Sampling was through convenient sampling and based on the inclusion criteria. 31 children with depression and anxiety are chosen according to "Children Depression Questionnaire" and "Beck Anxiety Inventory" were recruited. Rhythmic movements with hip-hop style along with playing music performed in the playing room for 45 minutes during 6 sessions. Questionnaires were re-completed on the final day of intervention (sixth day) and 3 weeks later through reading the items for children and filling by the researcher. Data analyzed using SPSS V.18 by repeated analysis of variance (ANOVA). The results showed significant differences between the mean values of both depressions ($P < 0.001$) and anxiety ($P < 0.05$) score before intervention and at the end of day 6 and weeks 3. Rhythmic movements as a nonpharmacologic intervention reduce depression and anxiety in children with cancer. It is recommended that nurses use non-pharmacological approaches such as rhythmic movements to reduce the psychological effects of cancer instead of using drugs.

Biography

Zahra Ebadi Nejad completed her Master's degree in Pediatric Nursing at Shahaid Beheshti University of Medical Sciences. She is working as Faculty in School of Nursing and Midwifery, Birjand University of Medical Sciences.

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