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7KH HIIHFW RI DXULFXORWKHUDS\ RQ VWUHV
SDWLHQWV \$ GRXEOH EOLQG UDQGRPLJHG FOL

% DFNJURSKQ One of the central nervous system diseases, which is of relatively high prevalence among neurological diseases. Multiple studies have shown that stressful life is associated with an increased risk of MS.

\$ L P The aim of this study was to investigate the impact of using the auriculotherapy technique on stress, anxiety, and depression in MS patients.

0 D W H U L D O V The study was a double blind randomized clinical trial in two groups. The sample size was estimated to be 64 subjects in each group. The Center for MS at Kashani Hospital in the Province of Isfahan was the location of research. DASS-21 questionnaire was completed before, after and one month after intervention. The auriculotherapy technique began in the intervention group and at the end of each session KHUEDO 9DFFDULD VHHGV ZHUH ¿[HG DW WKUHH PDL the tests were carried out using the SPSS19 software at an error level of 5%.

5 H V X T O V Results showed that the mean score of stress, anxiety and depression decrease in the auriculotherapy group compared with that in the placebo group. The analysis of YDULDQFH VKRZHG VLJQL¿FDQW GLIIHUHQFHV EHWZL month later ($P < 0.05$). Whereas the stress, anxiety and depression score had not undergone DQ\ VLJQL¿FDQW FKDQJHV EHIRUH LQWHUYHQWLRQ

& R Q F O Auriculotherapy is a safe and effective technique to reduce stress, anxiety, and depression in MS patients.

% L R J U D S K \

Mahboubeh Valiani has completed her PhD in Neurosciences, MS in Midwifery and Reproductive Health from 1HXURVFLHQFHV 5HVHDUFK & HQWUH 6KH LV DQ \$FDGHPLF 0HEHU RI the President of Midwifery Society of Isfahan Province from 2005 to present.

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