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## The effect of stress management on anxiety in women with hypertension

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### Abstract:

**Background:** Hypertension is a common disease without symptoms, if untreated, leads to fatal complications. Using psychological and behavioral therapy in the treatment of patients with hypertension is low cost way to be. This study aimed to investigate the effect of stress management on anxiety in women with hypertension.

**Methods:** This study is a clinical trial on ۴۰ women who were matched for age and gender. Research use pretest-posttest control group. The population of this study was married women with hypertension in ۱۳۹۲-۹۳ in Masjed soleyman. The sample consisted of ۴۰ patients who were in ۲۲ Bahman hospital of Masjed Soleyman city randomly divided into two groups (experimental and control) with ۲۰ subjects. Instrument anxiety was ANQ. The data obtained in this study with univariate analysis were analyzed. After ۱ month follow-up test was performed.

**Results:** In the pre-test follow-up control among women with hypertension the experimental group and the control group in terms of anxiety, no significant difference was observed ( $P < ۰,۰۰۰۱$ ,  $F=۱۷,۶۲$ ).


**Conclusion:** The findings of this study showed that stress management training was effective in reducing anxiety in women with hypertension and use of this technique as a complementary therapy for patients without symptoms hypertension is recommended.


**Keywords:** stress management, anxiety, hypertension

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