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The impact of Benson's relaxation technique on the quality of life of operating room nurses in hospitals southwest Iran: a randomized controlled trial

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Abstract

Background In clinical settings, continuous changes lead to increased professional stress, affecting the quality of life of nurses. Some complementary interventions may influence the improvement of the quality of life. This study aimed to determine the effect of Benson's relaxation technique on the operating room nurses' quality of life.

Methods In this clinical trial, 180 operating room nurses were randomly allocated to two groups: intervention (Benson's relaxation technique) and control (routine activity). The study was conducted from December 2021 to March 2022 in hospitals affiliated with Shiraz University of Medical Sciences. Benson's relaxation technique was performed twice daily by the intervention group for 8 weeks. Quality of life was measured before and after the intervention using the SF-36 questionnaire. Data were analyzed using SPSS version 21 software, with a significance level set at a $P < 0.05$.

Results After the intervention, the results showed that Benson's relaxation technique led to an increase in the quality of life in the intervention group ($P < 0.0001$). In terms of quality-of-life dimensions, significant improvements were observed in the intervention group in the domains of physical problems ($P < 0.05$), emotional problems ($P < 0.05$), general health ($P < 0.05$), pain ($P < 0.0001$), and social functioning ($P < 0.05$). However, no significant differences were found in the dimensions of physical functioning, energy, and emotional well-being.

Conclusions Benson's relaxation technique can serve as a complementary method to improve various dimensions of the operating room nurses' quality of life.

Trial Registration Number **IRCT20211002052650N1** with the Clinical Trial Registry (26.10.2022).

Keywords Operating room, Quality of life, Relaxation therapy

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Author contributions
Study concept and design (Z.M, Sina Ghanbarzadeh, A.E, FA.H); Data collection (A.E, somayeh Gheysari); Acquisition of subjects and/or data analysis and interpretation (Z.M, FA.H); Preparation, reading and approving the manuscript (all authors).

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Data availability
The datasets used and/or analyzed during the current study are available from the corresponding author on request.

Declarations

Ethics approval and consent to participate
This study was conducted in accordance with the Declaration of Helsinki. The protocol was approved by Institutional Review Board (IRB) of Committee on Ethics at Shiraz University of Medical Sciences with code number: " IR.SUMS.REC.1398.1331". The participants delivered their written informed consent ahead of conducting the study. Furthermore, the participation in the study was voluntary and the participants could be excluded at any stage of the study.

Consent for publication
Not applicable.

Competing interests
The authors declare no competing interests.

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