

## The effect of Benson relaxation technique on fatigue of patients diagnosed with multiple sclerosis

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### Abstract

**Introduction:** The previous studies showed that fatigue is a very common symptom in patients diagnosed with multiple sclerosis (MS) and has the greatest effect on their activities of daily living. Benson relaxation technique (BRT) is one of the most relaxation techniques used to decrease fatigue, improve emotional status and quality of life in patients with several chronic diseases. This study aimed to investigate the effect of BRT on fatigue level of patients diagnosed with MS in Jordan.

**Methods:** This is a quasi-experimental repeated measure study. It involved six neurological clinics in the Ministry of Health and five neurological clinics at private hospitals. In this study, 95 patients returned the completed questionnaire and attended BRT.

**Results:** The mean age of the patients was 33 years. Females accounted for 60% of the patients and almost half of the patients were single. All patients reported having a university degree and three-quarters of the patients were employed. Almost, two-thirds of the patients reported having not more than 1 time of relapse in the past 2 years. The majority of them reported <3 years from the confirmed diagnosis.

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### Biography

The Abeer Hisham Alzaghmouri works in Applied Science Private University, Amman, Jordan