

The effectiveness of
relaxtion therapy in
the reduction of
anxiety related
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A Summary of Article: " The Effectiveness of Relaxation Therapy in the Reduction of Anxiety Related Symptoms (A Case Study)" Instructor's Name
Date Synopsis: This study explores the importance of relaxation therapy in reduction of anxiety related symptoms. Using a girl, suffering from fatigue and pain, as a case study, the authors applied relaxation therapy. IPAT Anxiety Scale (King, Scheier & Cattell, 1976) and IPAT Depression Scale (Krug & Laughlin, 1976) were administered before the start of the therapy that diagnosed Anxiety Disorder NOS. Results were gathered using the application of different relaxation techniques for twelve months and administration of both the scales again after the end of the therapy. There was a significant decrease in the level of anxiety and depression. Heading: The Effectiveness of Relaxation Therapy in the Reduction of Anxiety Related Symptoms (A Case Study) Authors: Uzma Ali and Shazia Hassan Journal: International Journal of Psychological Studies Year: 2010 Location: <http://ezproxy.hacc.edu/login?url=http://search.proquest.com/ezproxy.hacc.edu/docview/840751128?accountid=11302> Hypotheses: There is a significant positive impact of relaxation therapy in reduction of anxiety related symptoms. Method: This study used the case study approach. A 20-year-old girl suffering from fatigue and pain was selected as a subject. Identifying Information, family history, medical history, personal and occupation history along with information regarding sleep, orientation, behavior, and affect was gathered using Intake Card and Case History Sheet. IPAT Anxiety Scale (King, Scheier & Cattell, 1976) and IPAT Depression Scale (Krug & Laughlin, 1976) were administered to gauge the level of anxiety and depression, respectively, prior to the therapy. Afterwards, 15 sessions were conducted, out of which 12 sessions were dedicated to the application of <https://assignbuster.com/the-effectiveness-of-relaxtion-therapy-in-the-reduction-of-anxiety-related-symptoms-a-case-study/>

relaxation therapy. After the 12 sessions, IPAT Anxiety Scale and IPAT Depression Scale were administered again. Results: The subject's scores and subjective responses demonstrated that there was a reduction in anxiety related symptoms after applying the relaxation therapy. Relaxation techniques included deep breathe, simple muscle relaxation, engaging in recreational activities, vacationing, time management, and visualization. The results also indicated improved social functioning and a relationship between psychological issues and psychological treatments. Discussion: The conclusions of the study are consistent with previous researches conducted by Goodwin and Montgomery (2006); Conrad and Roth (2007) and Jacobson and Heather (2008). The results indicated that relaxation therapy is very helpful and effective in reducing anxiety symptoms and problem in relation to areas that result in anxiety and depression. Relaxation techniques play an important role in creating a sense of control over disturbing emotions and situations. This ultimately results in the restoration of social and occupational functioning. The findings of the study recommends experts dealing with anxiety and depression disorders to consider the significance of relaxation therapies in their treatment plan to improve the individual's social functioning and help them overcome their problems. Reference Ali, U., & Hassan, S. (2010). The effectiveness of relaxation therapy in the reduction of anxiety related symptoms (A case study), *International Journal of Psychological Studies*, 2(2), 202-208.