Symptom Management

The effects of self-affirmation on chemotherapy-related symptoms

Meltem Yildirim, PhD, Hatice Gulsoy, MSc, MSN, Makkule Batmaz, PhD, Cansu Ozgat, MSN, Gulser Yesilbursali, MSN, Reyhan Aydin, MSN, and Sedanur Ekiz, MSN

BACKGROUND: Positive effects of auditory stimulations are common in symptom management. However, the effect of self-affirmations on symptom management is not well known.

OBJECTIVES: The purpose of this study is to investigate the effects of self-affirmations and nature sounds on chemotherapy-related symptoms.

METHODS: This randomized, controlled experimental study was conducted with 140 patients receiving chemotherapy. The first experimental group listened to affirmations; the second listened to nature sounds; and the third listened to both.

FINDINGS: In the affirmation group, pain, tiredness, drowsiness, lack of appetite, depression, anxiety, and lack of well-being scores were lower. In the affirmation and nature sounds group, drowsiness, depression, anxiety, and lack of well-being scores were reduced. In the nature sounds group, tiredness, drowsiness, and lack of well-being scores were lower. In the control group, tiredness, drowsiness, nausea, and lack of well-being scores were higher.

KEYWORDS
self-affirmations; nature sounds; symptom management; chemotherapy; nursing care

DIGITAL OBJECT IDENTIFIER
10.1188/17.CJON.E15-E22