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**The effect of progressive muscle relaxation training on chemotherapy -induced nausea, vomiting and anxiety in Egyptian breast cancer women: A randomized controlled trial**

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**Background and objective:** This study was conducted to examine the effect of Progressive muscle relaxation training in combination with antiemetic drugs on chemotherapy -associated nausea, vomiting and anxiety in breast cancer women receiving chemotherapy.

**Methods:** A randomized controlled trial design was conducted on 74 patients divided into control (n = 37) and PMRT group (n = 37). The study was conducted at Oncology Center affiliated to Mansoura University, Egypt. The intervention included daily PMRT practice for seven days two hours before chemotherapy. The patients exercised in the oncology unit with the researcher, and individually applied the exercises at home. The data was collected using Rhodes index of nausea- vomiting and retching used daily after chemotherapy for seven days and Zung self-rating anxiety scale used before chemotherapy and at the seventh and 14th days after chemotherapy.

**Results:** A significant decrease in the frequency, severity, and duration of vomiting, nausea, retching and anxiety in PMRT group than in the control group ( $p < 0.0001$ ).

**Conclusion:** Progressive muscle relaxation combined with antiemetics was effective in reducing vomiting, nausea, and retching, as well as improving anxiety level induced by chemotherapy.

**Keywords:** Anxiety, Breast Cancer, Chemotherapy, Nausea-vomiting, Progressive muscle relaxation

**Recent Publications**

1. R El-Kurdy, SI Hassan, NF Hassan, A El-Nemer. T Antenatal education on childbirth self-efficacy for Egyptian primiparous women: A randomized control trial. IOSR Journal of Nursing and Health Science 6 (4), 15-23
2. R El-Kurdy, EA Fadel, AA Elsayed . Effect of structured audio educational sessions on visually challenges adolescent school-girls' knowledge and practices regarding menstruation. International Journal of Novel Research in Healthcare and Nursing 7 (1), 497-509
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**4. Biography**

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