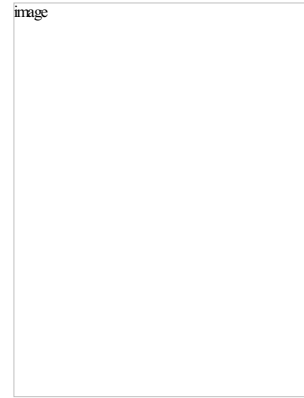


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Investigating the Effects of the Progressive Muscle Relaxation-Guided Imagery Combination on Cancer Patients Receiving Chemotherapy Treatment: A Systematic Review of Randomized Controlled Trials

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Abstract

Background: Previous systematic reviews indicate that Progressive Muscle Relaxation (PMR) and Guided Imagery (GI) are both effective interventions to decrease the psychological impact and to alleviate the adverse events in cancer patients undergoing chemotherapy treatment. To date, no review studies have investigated the effectiveness of a combination of PMR and GI

Aim: To systematically review the current state of knowledge regarding the effects of the PMR-GI combination on cancer patients receiving chemotherapy.

Methods: A search for relevant records was carried out in four electronic databases (AMED, Cochrane Library, Pubmed and Scopus). After removing the duplicates 342 publications were screened and 71 were considered as potentially relevant. The flow of information of this study was in line with the PRISMA statement. Original articles

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