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## Study of the effect of “mind-body therapy” on patients in waiting list for liver transplantation: A double-blinded randomized clinical trial

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**Introduction:** Within the sphere of CAM, the most recent newcomer “mind-body therapy” applies the interactive flow of consciousness with the energy-matter around for treating a wide spectrum of ailments with its own distinguishing hallmarks from other CAM branches. The present research deals with a curing experimental design for end-stage cirrhotic patients who have been on the waiting list for liver transplant by skilled “mind-body therapists”.

**Materials and Methods:** This is a double-blinded randomized clinical trial exerted on 70 cirrhotic patients in a time period of 12 months in Shiraz Motahhari clinic with the exclusion criteria of either death or undergoing liver transplant. The objective measured variables included MELD score, CBC, LFT, PT, INR and Creatinine. Additionally, the quality-of-life measures comprised of SF-36 general health questionnaire. The data were fed into the Mann-Whitney test, Chi-squared test, and Fisher’s exact test. These were carried out by means of the SPSS software with a significance P-value of 0.05.

**Results:** As many as 70 patients within the age bracket of 17-66 were brought under the study of whom 39 continued on to the end of the investigation (21 patients in the test group and 18 in the control group). There has been an increase in the hemoglobin (Hb) mean in the test group, whereas the control group showed a decrease in Hb mean (P-Value=0.01). Creatinin level change was very much close to the statistical significance tier (P-Value=0.058) : it increased among the control patients and decreased in the test group. As for the patients’ quality of life (QoL) : the test group patients gained statistically significant recovery in physical functionality (P-Value=0.005), social functioning (P-Value=0.019), and energy/fatigue (P-Value=0.028) aspects.

**Discussion and Conclusion:** In view of the positive effects of this method of therapy, in addition to its being totally without costs and danger, over and above the fact that it never interacts with any other of the conventional treatments that the patients might have been undergoing, mind-body treatment is warranted to be prescribed for liver cirrhotic patients recovery.

**Keywords:** Complementary and Alternative Medicine (CAM), Mind-Body Therapy, Cirrhosis, Liver transplant.

### Biography

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