



Study To Assess The Effectiveness Of Guided Imagery On The Level Of Anxiety Among Substance Misusers

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Abstract:

Introduction One of the major issues faced as a health challenge by public is substance misuse. This includes illegal use, misuse of legal substance like tobacco, drugs, alcohol, etc. Economy of individuals are harmed by substance misuse. Substance misuse involves misusing the medications prescribed, over use of alcohol and many more. Anxiety among substance misusers is commonly seen and is at higher level. Guided imagery is the meditation technique involving visualisation of peaceful settings. Hence guided imagery may help in in reducing the level of anxiety among substance misusers. Aim of the study : To assess the effectiveness of Guided Imagery on the level of anxiety among substance misusers. Material and method : A quantitative research approach with quasi experimental pretest post-test research design was used including nonprobability purposive sampling technique. 120 samples were selected. The tool consists of standardized tool. Result : In experimental group, 31.7% had age 34-41 years. In control group 30% of substance misusers had age 18-25 years. In experimental group 66.7% were male and 33.3% were females. In control group 70% of t male and 30% were females. In experimental group 53.3% of them had graduation. In control group 45% of them had secondary education. In experimental group, 65% of them had private job. In control group, 43.3% of them were unemployed. In experimental group 66.7% of them had misuse of alcohol, tobacco or cigarette. In control group 58.3% of them had misuse of alcohol, tobacco or cigarette. In experimental group, 51.7% of them had substance misuse from 5-10 years. In control group, 41.7% of them had substance misuse from 5- 10 years. Conclusion : Analysis proved that guided imagery is cost effective and decreases the level of anxiety among substance misusers.

Keywords: Guided imagery, level of anxiety, substance misusers

Introduction

Anxiety is typically seen as a typical response to a serious threat to one's bodily integrity or sense of self. Guided imagery can help the people with anxiety to take an active role in their own healing. Roughly 55% of people use vision as their primary imaginative ability, guided imagery incorporates much more than simply the visual sense. The effectiveness of guided imagery has been proven over by research findings. Guided Imagery is one of the method for stress with anxiety management and also useful in relaxing mind and body. This includes relaxation techniques with visualizing positive peaceful settings which is also termed as visualization or guided meditation. Very few researches has been done effectiveness of guided imagery on the anxiety level within substance misusers, hence as a researcher there is a need to study the effect of guided imagery on anxiety levels within substance misusers. It is necessary to conduct the study to know effects of guided imagery on patient with substance abuse. The major issues faced as a health challenge by public is substance misuse. This includes illegal use, misuse of legal substance like tobacco, drugs, alcohol, etc. Economy of individuals are harmed by substance misuse. Substance misuse involves misusing the medications prescribed, over use of alcohol and many more. Human body's natural response in stressful situation. The anxious feeling may last minimum for six months, this interferes with life, it can also lead to anxiety disorders further.



Guided imagery is a technique used in different types of psychological symptoms. It is performed by visualisation of settings which are peaceful and imagined as natural. Many researches has proved that guided imagery therapy was useful in reducing anxiety, promoting relaxation and hence enhancing the quality life. In this way the investigator in this study will study the effect of guided imagery on the level of anxiety.

Need Of The Study

Anxiety is excessive, intense, continuous worry, fear of everyday or daily activities. Some of the common causes for anxiety may be situations which are stressful like during examination or test, speaking in public. Signs and symptoms of anxiety are feeling of nervousness, restless behaviour, increased heart rate, feeling of tiredness and many other. There are 26% of major anxiety cases found in Pune, in India there are about 294 million cases according to the report in 2020, the global report presented in 2020 highlighted that 26% of substance misusers who are residing in Rehabilitation or Deaddiction centres are suffering from anxiety disorders. Hence there is the need to study the effect of Guided Imagery on the level of anxiety among substance misusers

Guided Imagery is method for stress with anxiety management and also useful in relaxing mind and body. Few researches has been done effectiveness of guided imagery on the anxiety level within substance misusers, hence as a researcher there is a need to study the effect of guided imagery on anxiety levels within substance misusers. It is necessary to conduct the study to know effects of guided imagery on patient with substance abuse, it can be used to reduce anxiety level for clients with substance abuse.

Aim Of The Study

Aim of the current study was to evaluate the effectiveness of guided imagery on the level of anxiety among substance misusers.

Research Methodology

Research objectives framed are as follows, 1. To assess the level of anxiety before the intervention of guided imagery in both the groups among substance misusers in selected deaddiction centres or rehabilitation centres of Pune city. 2. To assess the level of anxiety after the intervention of guided imagery among substance misusers admitted in selected deaddiction centre of Pune city. 3. To compare the pre and post interventional level of anxiety in experimental and control group. 4. To evaluate the effectiveness of guided imagery on the level of anxiety after intervention. 5. To associate the findings with selected demographic variables. Research type framed was Quantitative research. Research design was Quasi experimental pretest post-test research design. Samples selected were Substance misusers admitted in elected Deaddiction or Rehabilitation centers. Sample size calculated was 120 (60 experimental+60control), Sampling technique used was Non probability purposive sampling technique. Data collection tool used was Standardized tool – self rating anxiety scale (by Zung) The tool was as follows, Development of the tool – Standardized tool used after taking permission was used. Description of tool – Section 1: Demographic variables were included under section 1 which contained following questions – age, gender, education, occupation, any other mental illness, previous exposure to guided imagery, type of substance misuse, duration of substance misuse. Section 2: Standardized tool (self rating anxiety scale by Zung) in the form of Likert scale containing 20 statements with four responses to each was included in section 2. Scoring system – 20- 44 : No anxiety. 45- 59 : Mild to moderate anxiety level. 60-74 : Severe anxiety level. 75 and above : Extreme anxiety level.

Following was the procedure for data collection, after obtaining the clearance and approval from institutional ethical committee data collection was planned in selected deaddiction or rehabilitation centres of Pune city. Ethical permission was taken from the centres using permission letters. The technique used to select sample was Non probability purposive sampling technique. Informed consent was obtained and then tool was administered and then anxiety level was assessed prior giving intervention. Duration for intervention planed was three settings conducted every alternate day each setting had 10- 15minutes. Intervention was given to experimental group under three settings and hence data was collected from both the groups i.e experimental group and control group. No any intervention will be given to control group. Lastly after seven days postinterventional data was collected by the samples. data analysis plan was developed in the following way , the data collected was recorded in Pre designed excel sheet. On the basis of hypothesis and objectives framed, analysis was done using statistical inferences and tests. Demographic data was also recorded in excel sheets. Association of results was done with demographic variables used. Results of the study and data was presented using graphical presentations and tables. Reliability test results revealed that Post validity of the tool, reliability of tool was done from 1st of September 2022 to 5th of September 2022. Test re-test method was used for calculation of reliability



and Cronbach's Alpha formula. It was conducted using 12 samples. value found after the calculation was $r = +7270$, hence the tool was found to be reliable.

Results

Section I

Analysis of data related to the level of anxiety before the intervention of guided imagery in both the groups among substance misusers in selected deaddiction centres or rehabilitation centres.

Table 1: The level of anxiety before the intervention of guided imagery in both the groups among substance misusers in selected deaddiction centres or rehabilitation centres.

N=60, 60

Anxiety	Experimental		Control	
	Freq	%	Freq	%
No anxiety (score 20-44)	0	0.0%	0	0.0%
Mild to moderate (score 45-59)	54	90.0%	8	13.3%
Severe (score 60-74)	6	10.0%	52	86.7%
Extreme (score >74)	0	0.0%	0	0.0%

Section II

Analysis of data related to the level of anxiety after the intervention of guided imagery among substance misusers admitted in selected deaddiction centre.

Table 2: Level of anxiety after the intervention of guided imagery among substance misusers admitted in selected deaddiction centre.

N=60, 60

Anxiety	Experimental			
	Pretest		Posttest	
	Freq	%	Freq	%
No anxiety (score 20-44)	0	0.0%	49	81.7%
Mild to moderate (score 45-59)	54	90.0%	11	18.3%
Severe (score 60-74)	6	10.0%	0	0.0%
Extreme (score >74)	0	0.0%	0	0.0%

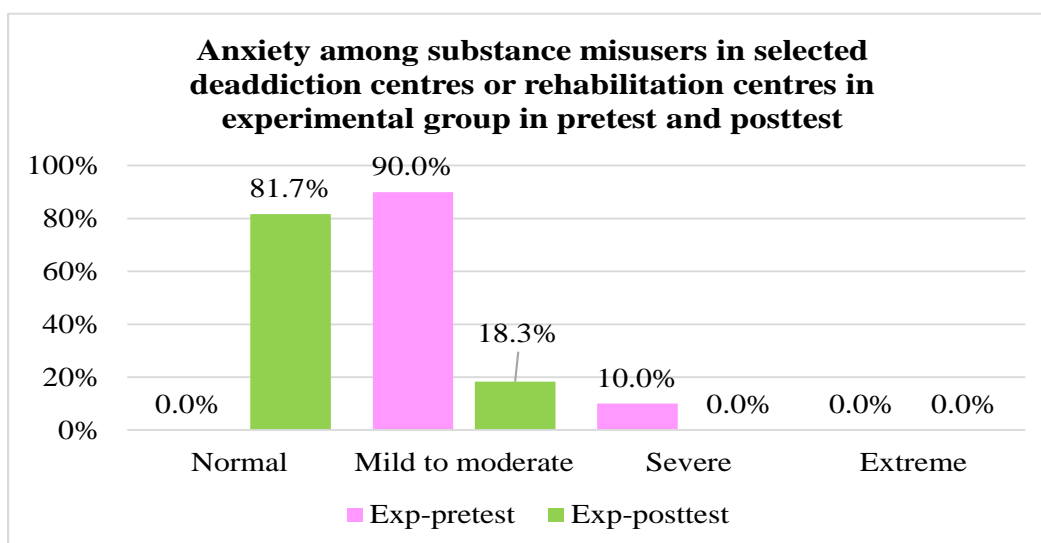


Fig no 1. Anxiety among substance misusers in selected deaddiction centres or rehabilitation centres experimental group & control group.



Section III

Analysis of data related to comparison of the pre and post interventional level of anxiety in experimental and control group

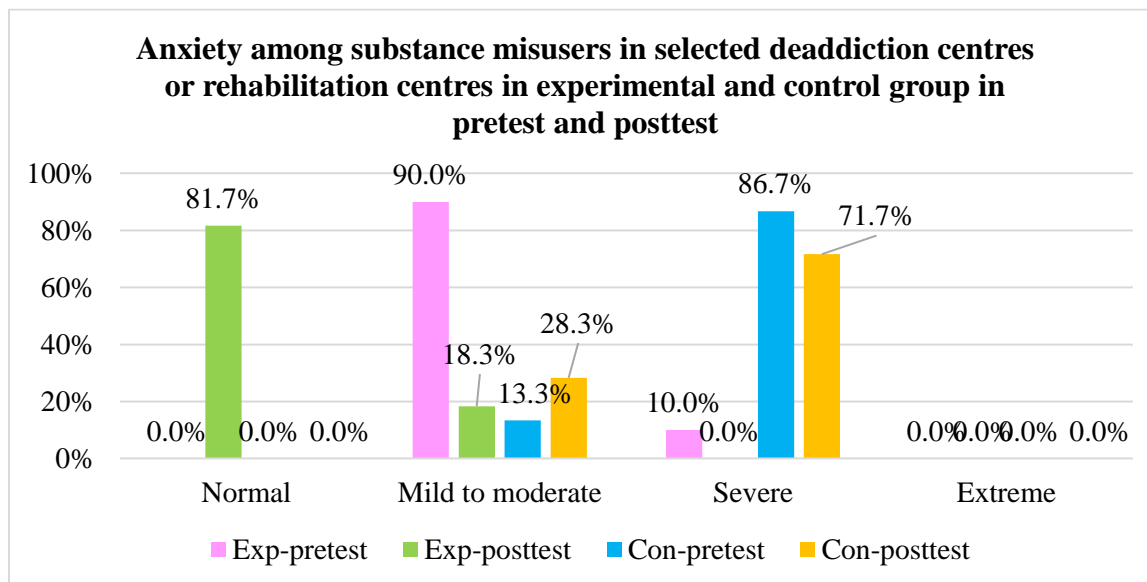


Fig no 2. Anxiety among substance misusers in selected deaddiction centres or rehabilitation centres experimental group & control group.

Discussion

On the basis of the objectives and hypothesis, the findings of this study were discussed. This current study was done to mainly focus on the effect of Guided Imagery on the level of anxiety among substance misusers. To study the effect of Guided Imagery on the level of anxiety which was performed on the substance misusers including both male and female from age group 18 years and above were involved as study participants. Guided imagery (also known as guided affective imagery, or katathym-imaginative psychotherapy) is a [mind-body intervention](#) by which a trained practitioner or teacher helps a participant or patient to evoke and generate [mental images](#) that simulate or recreate the sensory [perception](#) of sights, sounds, tastes, smells, movements and images associated with touch, such as texture, temperature, and pressure, as well as imaginative or [mental](#) content that the participant or patient experiences as defying conventional [sensory categories](#), and that may precipitate strong [emotions](#) or [feelings](#) in the absence of the [stimuli](#) to which correlating [sensory receptors](#) are receptive. The practitioner or teacher may facilitate this process in person to an individual or a group or you may do it with a virtual group. Alternatively, the participant or patient may follow guidance provided by a [sound recording](#), [video](#), or [audiovisual](#) media comprising spoken instruction that may be accompanied by music or sound. here are two fundamental ways by which [mental imagery](#) is generated: voluntary and involuntary. The involuntary and spontaneous generation of mental images is integral to ordinary sensory perception, and [cognition](#), and occurs without [volitional](#) intent. Meanwhile, many different aspects of everyday problem solving, [scientific reasoning](#), and [creative activity](#) involve the volitional and deliberate generation of mental images. According to the computational theory of imagery, which is derived from experimental psychology, guided imagery comprises four phases: Image generation, Image maintenance, Image inspection, Image transformation.

Conclusion

To assess the effectiveness of Guided imagery on the level of anxiety among substance misusers admitted in selected Deaddiction or Rehabilitation centers of Pune city was the only main purpose of this study, research design used to conduct it was the quasi experimental research design, the study was conducted on 120 samples and the sampling technique used was non-probability purposive sampling technique. The tool used in this study was found to be reliable and valid after conducting content validity and reliability of tool. Using 12 samples the pilot study was performed which revealed that the study was feasible to conduct on large group of samples. The data were collected based on set objectives and hypothesis which was further analyzed using inferential and descriptive statistics. This data analysis was done by calculating mean values, median values, mode, frequency,



percentage, standard deviation, table values, p values, other statistical formulas and test. Guided imagery is a relaxation technique that involves dwelling on a positive mental image or scene. It is a tool that psychotherapists use, but a person can also teach it to themselves and use it at any time.

This technique is sometimes called visualization, or guided meditation. There are many benefits to using guided imagery, such as reducing stress or improving a person's sense of well-being.

Conflict of interest:

The authors certify that they have no involvement in any organization or entity with any financial or non-financial interest in the subject matter or materials discussed in this paper.

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