

RESEARCH ARTICLE

Source: Baird, C. L., & Sands, L. (2004). A pilot study of the effectiveness of guided imagery with progressive muscle relaxation to reduce chronic pain and mobility difficulties of osteoarthritis. *Pain Management Nursing*, 5(3), 97-104.

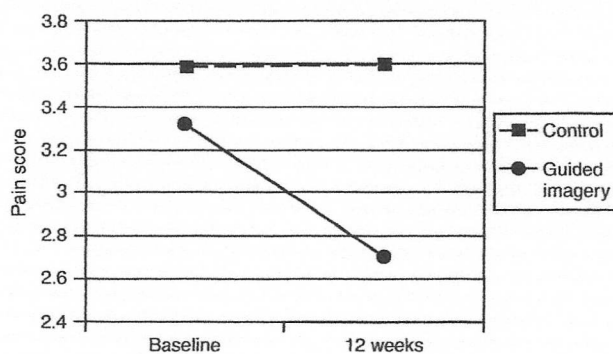
Introduction

"Osteoarthritis (OA) is a common, chronic condition that affects most older adults. Adults with OA must deal with pain that leads to limited mobility and may lead to disability and difficulty maintaining independence" (Baird & Sands, 2004, p. 97). Baird and Sands (2004) conducted a longitudinal, randomized clinical trial pilot study "to determine whether Guided Imagery (GI) with Progressive Muscle Relaxation (PMR) would reduce pain and mobility difficulties of women with OA" (Baird & Sands, 2004, p. 97). The sample included 28 women over 65: 18 women were randomly assigned to the intervention group, and 10 were randomly assigned to the control group. "The treatment consisted of listening twice a day to a 10-to-15 minute audiotaped script that guided the women in GI with PMR. Repeated measures ANOVA revealed a significant difference between the two groups in the amount of change in pain and mobility difficulties they experienced over 12 weeks. The treatment group reported a significant reduction in pain and mobility difficulties at week 12 compared to the control group. Members of the control group reported no differences in pain and nonsignificant increases in mobility difficulties. The results of this pilot study justify further investigation of the effectiveness of GI with PMR as a self-management intervention to reduce pain and mobility difficulties associated with OA" (Baird & Sands, 2004, p. 97).

Relevant Study Results

"Repeated-measures ANOVA revealed a significant difference between the two groups in how much change in pain they experienced for 12 weeks ($F_{1,26} = 4.406, p = 0.046$). The 17 participants in the intervention group reported a significant reduction in pain ($p < 0.001$) at week 12 compared to the control group, whose members reported no change in their pain at week 12 (see Figure 1)" (Baird & Sands, 2004, p. 100).

FIGURE 1 ■ Change in pain over 12 weeks. Pain was significantly less in the guided imagery intervention group ($p = .046$).



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