

# Effects of humor therapy on blood pressure in patients undergoing hemodialysis.

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- **Abstract:** Objectives: One of the problems of the health care society in the twenty first century is the increasing prevalence of chronic diseases and their treatment complications. One of these diseases is chronic renal failure treated with hemodialysis, and it is of great importance to find a safe and low-cost way to control its complications. Laughter therapy is one of the low cost and low risk techniques that can be used to treat these patients. The present study was performed to evaluate the effects of laughter therapy on blood pressure of patients undergoing hemodialysis in Bu Ali Sina Hospital in Qazvin. Materials and Methods: This study was performed as a one group clinical trial (before and after intervention), with 26 female and 14 male participants. Blood pressure was measured using mercury sphygmomanometers. Laughter therapy was through playing CDs containing comic shows to patients for sixteen 30-minute sessions (2 times a week for 8 weeks). Data was analyzed using the SPSS (ver. 16) software. Results: Laughter therapy has positive effects on blood pressure of patients undergoing hemodialysis ( $p < 0.001$ ). Conclusion: Humor therapy is effective for decreasing blood pressure of patients undergoing hemodialysis.
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