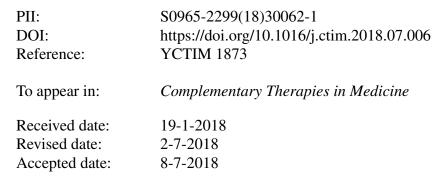
Accepted Manuscript

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Please cite this article as: Afshar M, Mohsenzadeh A, Gilasi H, Sadeghi-Gandomani H, The effects of guided imagery on state and trait anxiety and sleep quality among patients receiving hemodialysis: a randomized controlled trial, *Complementary Therapies in Medicine* (2018), https://doi.org/10.1016/j.ctim.2018.07.006

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The effects of guided imagery on state and trait anxiety and sleep quality among patients receiving hemodialysis: a randomized controlled trial

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Highlights

This study shows that guided imagery can have positive effects on anxiety and sleep quality among hemodialysis patients

ABSTRACT

Objective: This study aimed to investigate the effects of <u>guided imagery</u> on state and trait anxiety and sleep quality among hemodialysis patients.

Design: <u>This</u> was a randomized controlled trial. A total of <u>seventy</u> hemodialysis patients were assigned <u>through block randomization</u> to either an <u>intervention group to receive</u> <u>guided</u> imagery or a control <u>group to receive routine</u> care services.

Setting: The study was performed in <u>the</u> hemodialysis unit of Akhavan teaching hospital, Kashan, Iran.

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