

Abstract

Psychological Distress increasingly recognized as risk factor for increasing heart problems. This study aims to reduce psychological distress among the patients who went through angioplasty or angiography by implementing Neuro Linguistic Programming and Emotional Freedom Technique. Non-Probability purposive sampling was used to collect 40 participants which were referred for angiography or angioplasty. Quasi-experimental study was performed on male and female middle aged (45-55years) participants.

Psychological Distress was measured by using mental health inventory. Therapies were applied before angio procedure and psychological distress was again measured after angiography or angioplasty. Pre assessment and post assessment results mean and standard deviation were compared. The results in the experimental group showed significant decrease in psychological distress among angio patients. On the other hand control group results remained stable in pre and post tests. These preliminary findings pave the way for further research examining the effects of neuro linguistic programming and emotional freedom technique. However, this study can be implemented extensively on larger population.

Key words: Coronary Heart Disease, Emotional Freedom Technique, Neuro Linguistic Programming, Angio Patients.