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Efficacy of Flower therapy for anxiety in overweight or obese adults: A randomized placebo-controlled clinical trial

Suzimar de Fátima Benato Fusco

Ministry of National Guard Health Affairs, Brazil

Objective: This study aimed to compare the potency of flower therapy for the medicament of anxiety in overweight or obese adults with that of a placebo. The authors observed improvement in sleep patterns, reduction in binge eating, and change in resting heart rate (RHR).

Design: This was an arbitrary, double-blind, placebo-controlled clinical trial with a parallel-group design and two arms. Setting/Location: Clinical Research Unit, São Paulo State University, Medical School, Botucatu, Brazil.

Subjects: The study included 40 participants in the placebo group and 41 in the interposition group. Contestants were of both genders, from 20 to 59 years of age, weighty or obese, with reasonable to high anxiety.

Interventions: The participants were divided into two random groups: one group was treated with Bach flower remedies (BFR) (bottles containing 30 mL of 30% hydro-brandy solution with two drops each of Impatiens, Plum, Chicory, Crab Apple, White Chestnut, Cherry, and Pine), and the other group was given a placebo (same solution without BFR). The patients were taught to orally consume the solution by placing four drops directly in the mouth four times a day for 4 weeks.

Outcome measures: The primary result was anxiety (State-Trait Anxiety Inventory [STAI]). Secondary results were sleep (Pittsburgh Sleep Quality Index [PSQI]), binge eating (Binge Eating Scale [BES]), and RHR (electrocardiogram).

Results: Multivariate analysis showed significant reductions in scores for the following variables in the intervention group when compared with the placebo group: STAI ($b = -0.190$;

$p < 0.001$), PSQI ($b = -0.160$; $p = 0.027$), BES ($b = -0.226$; $p = 0.001$), and RHR ($b = -0.07$; $p = 0.003$).

Conclusions: The anxiety signs, binge eating, and RHRs of the individuals treated with flower therapy decreased, and their sleep patterns upgraded when compared with those treated with the placebo.

Recent Publications

1. Fusco SFB, Massarico NM, Alves MVMFF, Fortaleza CMCB, Pavan ECP, Palhares VC, et al. Surgical site infection and its risk factors in colon surgeries. *Rev Esc Enferm USP*. 2016;50(1):43-9. DOI: <http://dx.doi.org/10.1590/S0080-623420160000100006>
2. Suzimar De Fátima Benato Fusco, The experience of the informal caregiver in the light of the General Theory of Nursing, 2018, doi. [org/10.17665/1676-4285.20175649](http://dx.doi.org/10.17665/1676-4285.20175649)
3. Pancieri AP, Fusco SB, Ramos BIA, Braga EM. Meanings of flower therapy for anxiety in people with overweight or obesity. *Rev Bras Enferm [Internet]*. 2018;71(Suppl 5):2310-5. [Thematic Issue: Mental health] DOI: <http://dx.doi.org/10.1590/0034-7167-2018-0044>

Biography

Suzimar de Fátima Benato Fusco holds a degree in Nursing from of São Paulo State University (Unesp), a master's and doctorate in the Postgraduate Program in Nursing from of São Paulo State University, and a professorship in the area of Medical-Surgical Nursing from the State University of Campinas (UNICAMP). She is currently a professor at the Faculty of Nursing at the State University of Campinas in the Medical-Surgical area, collaborating professor in the postgraduate course in nursing at the same university. She is a flower therapist, with several articles published in the area. She has experience in nursing, with an emphasis on medical-surgical nursing and integrative and complementary practices in health.

sbenato@unicamp.br