Table (5): Effects of relaxation technique practice on pain scoring and vital signs changes at three consecutive days at morning and afternoon shift and on discharge.

Visual analog scale / Vital sign		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value	Control gr. n = 50 $\overline{X}$ ± SD	Study gr. n= 50 $\overline{X}$ ±SD	p. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value
Visual analog scale													
Morning shift	Pre relaxation and th.s	9.5 0.6	9.5 0.6	> 0.05	7.5 1.2	7.5 1.2	> 0.05	4.7 1.4	4.7 1.4	> 0.05	2.8 1.0	2.8 1.0	>0 .05
	Post relaxation and th.s	9.5 0.6	6.5 1.9	< 0.05	7.5 1.2	4.4 1.9	< 0.05	4.7 1.4	2.3 1.4	< 0.05	2.8 1.0	1.5 1.0	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
After noon shift	Pre relaxation and th.s	9.4 0.6	9.2 0.7	> 0.05	7.4 1.2	7.1 1.2	>0 .05	4.4 1.3	4.2 1.2	> 0.05	2.7 0.9	2.7 0.8	> 0.05
	Post relaxation and th.s	9.4 0.6	6.0 1.7	< 0.05	7.4 1.2	4.3 1.9	< 0.05	4.4 1.3	2.2 1.3	< 0.05	2.7 0..9	1.4 0.9	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Temperature													
Morning shift	Pre relaxation and th.s	37 0.4	37 0.4	> 0.05	37 0.2	37 0.3	> 0.05	37 0.1	37 0.1	> 0.05	37 0.0	37 0.0	> 0.05
	Post relaxation and th.s	37 0.4	37 0.4	> 0.05	37 0.2	37 0.3	> 0.05	37 0.1	37 0.1	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	37 0.4	37 0.4	> 0.05	37 0.2	37 0.3	> 0.05	37 0.1	37 0.1	> 0.05	37 0.0	37 0.0	> 0.05
	Post relaxation and th.s	37 0.4	37 0.4	> 0.05	37 0.2	37 0.3	> 0.05	37 0.1	37 0.1	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Visual analog scale / Vital sign		1st day			2nd day			3rd. day			On discharge		
		Control gr. n = 50 $\bar{X}$ ±SD	Study gr. n= 50 $\bar{X}$ ±SD	P. value	Control gr. n = 50 $\bar{X}$ ± SD	Study gr. n= 50 $\bar{X}$ ±SD	p. value	Control gr. n = 50 $\bar{X}$ ±SD	Study gr. n= 50 $\bar{X}$ ±SD	P. value	Control gr. n = 50 $\bar{X}$ ±SD	Study gr. n= 50 $\bar{X}$ ±SD	P. value
Pulse													
Morning shift	Pre relaxation and th.s	80 16	78 17	> 0.05	79 14	77 16	> 0.05	80 11	79 11	> 0.05	78 8	77 10	> 0.05
	Post relaxation and th.s	80 16	77 16	> 0.05	79 14	74 16	> 0.05	80 11	76 11	>0 .05	78 8	74 9	<0 .05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	80 16	79 17	> 0.05	79 14	77 15	> 0.05	80 11	78 11	>0 .05	79 7	77 9	> 0.05
	Post relaxation and th.s	80 16	77 15	> 0.05	79 14	75 15	> 0.05	80 11	75 11	< 0.05	79 7	74 9	<0 .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Respiration													
Morning shift	Pre relaxation and th.s	28 4	27 4	>0 .05	27 4	27 4	> 0.05	25 3	24 3	> 0.05	23 2	23 2	> 0.05
	Post relaxation and th.s	28 4	25 4	< 0.05	27 4	25 4	< 0.05	25 3	22 3	<0 .05	23 2	21 3	<0 .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	28 4	27 4	>0 .05	27 4	27 4	> 0.05	25 3	25 3	> 0.05	24 3	24 2	> 0.05
	Post relaxation and th.s	28 4	26 4	< 0.05	27 4	25 4	< 0.05	25 3	22 3	<0 .05	24 3	21 3	<0 .05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	

Th.s = therapeutic sound

Statistically significant differences at: $p \leq 0.05$

Visual analog scale / Vital sign		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ± SD	P. value	Control gr. n = 50 $\overline{X}$ ± SD	Study gr. n= 50 $\overline{X}$ ± SD	p. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value
Systolic blood pressure													
Morning shift	Pre relaxation and th.s	113 7	112 7	> 0.05	113 7	112 7	> 0.05	114 5	113 6	>0 .05	114 5	113 5	> 0.05
	Post relaxation and th.s	113 7	113 9	>0 .05	113 7	112 7	> 0.05	114 5	113 6	> 0.05	114 5	113 5	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	>0.05	
Afternoon shift	Pre relaxation and th.s	113 7	112 7	> 0.05	113 7	112 7	> 0.05	114 5	113 6	> 0.05	114 5	113 5	> 0.05
	Post relaxation and th.s	113 7	113 9	> 0.05	113 7	112 7	> 0.05	114 5	113 6	> 0.05	114 5	113 5	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Dyastolic blood pressure													
Morning shift	Pre relaxation and th.s	73 7	73 7	> 0.05	73 7	72 7	> 0.05	74 5	73 6	> 0.05	74 5	74 6	> 0.05
	Post relaxation and th.s	73 7	73 7	> 0.05	73 7	72 7	> 0.05	74 5	73 6	> 0.05	74 5	74 6	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	73 7	73 7	> 0.05	73 7	72 7	> 0.05	74 5	73 6	> .05	74 5	74 6	> 0.05
	Post relaxation and th.s	73 7	73 7	> 0.05	73 7	72 7	>0 .05	74 5	73 6	> .05	74 5	74 6	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	

Th.s = therapeutic sound

Statistically significant differences at: $p \leq 0.05$

Table (6): The mean scare of UAB scale for both groups postoperative

Variable		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50 $\bar{X}$ ±SD	Study gr. n= 50 $\bar{X}$ ± SD	P. value	Control gr. n = 50 $\bar{X}$ ± SD	Study gr. n= 50 $\bar{X}$ ± SD	p. value	Control gr. n = 50 $\bar{X}$ ±SD	Study gr. n= 50 $\bar{X}$ ±SD	P. value	Control gr. n = 50 $\bar{X}$ ±SD	Study gr. n= 50 $\bar{X}$ ±SD	P. value
1. verbal complaints													
Morning shift	Pre relaxation and th.s	0.7 0.4	0.7 0.4	> 0.05	0.3 0.3	0.3 0.3	> 0.05	0.1 0.2	0.1 0.2	> 0.05	0.0 0.0	0.0 0.0	> 0.05
	Post relaxation and th.s	0.7 0.4	0.3 0.4	< 0.05	0.3 0.3	0.0 0.1	< 0.05	0.1 0.2	0.0 0.0	< 0.05	0.0 0.0	0.0 0.0	> 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	0.6 0.4	0.6 0.4	> 0.05	0.2 0.2	0.2 0.2	> 0.05	0.1 0.2	0.1 0.2	> 0.05	0.0 0.0	0.0 0.0	> 0.05
	Post relaxation and th.s	0.6 0.4	0.2 0.3	<0 .05	0.2 0.2	0.0 0.1	< 0.05	0.1 0.2	0.0 0.0	< 0.05	0.0 0.0	0.0 0.0	> 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
2. Non verbal complaints													
Morning shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.5 0.3	0.5 0.3	> 0.05	0.2 0.3	0.2 0.3	> 0.05
	Post relaxation and th.s	1.0 0.0	0.4 0.4	< 0.05	0.8 0.2	0.2 0.3	< 0.05	0.5 0.3	0.1 0.2	< 0.05	0.2 0.3	0.0 0.0	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	> 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.5 0.3	0.5 0.3	> 0.05	0.2 0.3	0.2 0.3	> 0.05
	Post relaxation and th.s	1.0 0.0	0.4 0.4	< 0.05	0.8 0.2	0.1 0.3	< 0.05	0.5 0.3	0.1 0.2	< 0.05	0.2 0.3	0.0 0.0	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	> 0.05		> 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Variables		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ± SD	P. value	Control gr. n = 50 $\overline{X}$ ± SD	Study gr. n= 50 $\overline{X}$ ± SD	p. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value
3. Down time													
Morning shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.4 0.3	0.4 0.3	> 0.05	0.2 0.2	0.2 0.2	> 0.05
	Post relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.3	> 0.05	0.4 0.3	0.4 0.3	> 0.05	0.2 0.2	0.2 0.2	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.4 0.3	0.4 0.3	> 0.05	0.2 0.2	0.2 0.2	> 0.05
	Post relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.3	> 0.05	0.4 0.3	0.4 0.3	> 0.05	0.2 0.2	0.2 0.2	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
4. Facial grimaces													
Morning shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	>0 .05	0.8 0.3	0.8 0.3	> 0.05	0.6 0.2	0.6 0.2	> 0.05	0.3 0.3	0.3 0.3	> 0.05
	Post relaxation and th.s	1.0 0.0	0.4 0.4	< 0.05	0.8 0.3	0.2 0.4	< 0.05	0.6 0.2	0.1 0.2	< 0.05	0.3 0.3	0.0 0.0	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.3	0.7 0.3	> 0.05	0.6 0.2	0.5 0.2	> 0.05	0.3 0.3	0.3 0.3	> 0.05
	Post relaxation and th.s	1.0 0.0	0.3 0.4	< 0.05	0.8 0.3	0.2 0.4	< 0.05	0.6 0.2	0.0 0.1	< 0.05	0.3 0.3	0.0 0.0	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	

Th.s = therapeutic sound
Statistically significant differences at: $p \leq 0.05$

Variables		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ± SD	P. value	Control gr. n = 50 $\overline{X}$ ± SD	Study gr. n= 50 $\overline{X}$ ± SD	p. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value
5. Standing posture													
Morning shift	Pre relaxation and th.s	1.0 0.0	1.0 0.1	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.5 0.2	0.5 0.2	> 0.05	0.4 0.2	0.4 0.2	> 0.05
	Post relaxation and th.s	1.0 0.0	1.0 0.1	>0.05	0.8 0.2	0.7 0.4	< 0.05	0.5 0.2	0.4 0.2	< 0.05	0.4 0.2	0.4 0.2	> 0.05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.1	0.9 0.2	< 0.05	0.8 0.2	0.8 0.3	> 0.05	0.5 0.2	0.5 0.2	> 0.05	0.4 0.2	0.4 0.2	> 0.05
	Post relaxation and th.s	1.0 0.1	0.9 0.2	< 0.05	0.8 0.2	0.7 0.4	< 0.05	0.5 0.2	0.4 0.2	< 0.05	0.4 0.2	0.4 0.2	> 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	> 0.05	
6. Mobility													
Morning shift	Pre relaxation and th.s	1.0 0.1	1.0 0.1	> 0.05	0.9 0.2	0.9 0.2	> 0.05	0.5 0.0	0.5 0.0	> 0.05	0.5 0.2	0.5 0.2	> 0.05
	Post relaxation and th.s	1.0 0.1	1.0 0.1	>0.05	0.9 0.2	0.8 0.3	> 0.05	0.5 0.0	0.4 0.2	< 0.05	0.5 0.2	0.4 0.2	< 0.05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.1	0.9 0.2	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.5 0.0	0.5 0.0	< 0.05	0.5 0.2	0.5 0.2	< 0.05
	Post relaxation and th.s	1.0 0.1	0.9 0.2	> 0.05	0.8 0.2	0.7 0.3	> 0.05	0.5 0.0	0.4 0.2	< 0.05	0.5 0.2	0.4 0.2	< 0.05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	

Th.s = therapeutic sound
Statistically significant differences at: $p \leq 0.05$

Variables		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ± SD	P. value	Control gr. n = 50 $\overline{X}$ ± SD	Study gr. n= 50 $\overline{X}$ ± SD	p. value	Control gr. N = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value	Control gr. n = 50 $\overline{X}$ ±SD	Study gr. n= 50 $\overline{X}$ ±SD	P. value
7. Body language													
Morning shift	Pre relaxation and th.s	1.0 0.1	1.0 0.1	> 0.05	0.9 0.2	0.9 0.2	> 0.05	0.6 0.3	0.6 0.3	> 0.05	0.3 0.2	0.3 0.2	> 0.05
	Post relaxation and th.s	1.0 0.1	0.5 0.4	<0.05	0.9 0.2	0.3 0.3	<0.05	0.0 0.3	0.1 0.2	< 0.05	0.3 0.2	0.0 0.1	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.1	1.0 0.1	>0.05	0.9 0.2	0.8 0.2	> 0.05	0.5 0.3	0.5 0.3	> 0.05	0.3 0.2	0.3 0.2	> 0.05
	Post relaxation and th.s	1.0 0.1	0.4 0.3	< 0.05	0.9 0.2	0.3 0.3	< 0.05	0.5 0.3	0.1 0.2	< 0.05	0.3 0.2	0.0 0.1	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
8. Use of visible supportive equipment													
Morning shift	Pre relaxation and th.s	1.0 0.1	1.0 0.1	> 0.05	1.0 0.1	1.0 0.1	> 0.05	0.7 0.3	0.7 0.3	> 0.05	0.5 0.1	0.5 0.1	> 0.05
	Post relaxation and th.s	1.0 0.1	1.0 0.1	>0.05	1.0 0.1	0.9 0.2	>0.05	0.7 0.3	0.6 0.4	> 0.05	0.5 0.1	0.4 0.2	< 0.05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	<0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.1	1.0 0.1	>0.05	1.0 0.1	1.0 0.1	> 0.05	0.7 0.3	0.7 0.3	> 0.05	0.5 0.1	0.5 0.1	> 0.05
	Post relaxation and th.s	1.0 0.1	1.0 0.1	> 0.05	1.0 0.1	0.9 0.2	> 0.05	0.7 0.3	0.6 0.4	> 0.05	0.5 0.1	0.4 0.2	<0.05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Variables		1st day			2nd day			3rd. day			on discharge		
		Control gr. n = 50	Study gr. n= 50	P. value	Control gr. n = 50	Study gr. n= 50	p. value	Control gr. n = 50	Study gr. n= 50	P. value	Control gr. n = 50	Study gr. n= 50	P. value
		$\overline{X}$ ±SD	$\overline{X}$ ± SD		$\overline{X}$ ± SD	$\overline{X}$ ± SD		$\overline{X}$ ±SD	$\overline{X}$ ±SD		$\overline{X}$ ±SD	$\overline{X}$ ±SD	
9. Stationary movement													
Morning shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	> 0.05	0.8 0.2	0.8 0.2	> 0.05	0.5 0.3	0.5 0.3	> 0.05	0.2 0.2	0.2 0.2	> 0.05
	Post relaxation and th.s	1.0 0.0	0.6 0.3	<0.05	0.8 0.2	0.4 .3	<0.05	0.5 0.3	0.2 0.2	< 0.05	0.2 0.2	0.1 0.2	>0 .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	1.0 0.0	1.0 0.0	>0.05	0.8 0.2	0.7 0.2	<0.05	0.4 0.3	0.4 0.3	>0 .05	0.2 0.2	0.2 0.2	> 0.05
	Post relaxation and th.s	1.0 0.0	0.5 0.2	< 0.05	0.8 0.2	0.4 0.3	< 0.05	0.4 0.3	0.2 0.2	< 0.05	0.2 0.2	0.1 0.2	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	<0.05		> 0.05	< 0.05	
10. Medication													
Morning shift	Pre relaxation and th.s	0.9 0.2	0.9 0.2	> 0.05	0.5 0.3	0.5 0.3	> 0.05	0.3 0.2	0.3 0.2	> 0.05	0.1 0.2	0.1 0.2	> 0.05
	Post relaxation and th.s	0.9 0.2	0.6 0.4	<0.05	0.5 0.3	0.2 0.3	< 0.05	0.3 0.2	0.1 0.2	< 0.05	0.1 0.2	0.0 0.1	<0 .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	0.9 0.2	0.9 0.3	>0.05	0.5 0.3	0.5 0.3	> 0.05	0.2 0.2	0.2 0.2	> 0.05	0.7 0.2	0.1 0.2	> 0.05
	Post relaxation and th.s	0.9 0.2	0.5 0.4	< 0.05	0.5 0.3	0.2 0 .3	< 0.05	0.2 0.2	0.1 0.2	< 0.05	0.0 0.2	0.0 0.0	<0 .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Total													
Morning shift	Pre relaxation and th.s	9.5 0.6	9.5 0.5	> 0.05	7.5 1.2	7.5 1.2	> 0.05	4.7 1.4	4.7 1.4	> 0.05	2.7 1.0	2.8 1.0	> 0.05
	Post relaxation and th.s	9.5 0.6	6.6 1.8	<0.05	7.5 1.2	4.4 1.9	< 0.05	4.7 1.4	2.3 1.4	< 0.05	2.7 1.0	1.5 1.0	< 0.05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	9.5 0.6	9.2 0.7	<0 .05	7.4 1.2	7.2 1.2	> 0.05	4.4 1.3	4.2 1.2	> 0.05	0.6 0.9	2.7 0.8	> 0.05
	Post relaxation and th.s	9.5 0.6	6.0 1.7	< 0.05	7.4 1.2	4.3 1.9	< 0.05	4.4 1.3	2.2 1.3	< 0.05	2.6 0.9	1.4 0.9	<0 .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05		> 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Table (7): The mean score of vital signs, visual analog scale and total of UAB scale for relaxation technique and therapeutic Quran or music

Variables		1st day			2nd day			3rd. day			on discharge		
		R.T with Quran n= 32	R.T with music n= 18	P. value	R.T with Quran n = 32	R.T with music n = 18	p. value	R.T with Quran n = 32	R.T with music n = 18	P. value	R.T with Quran n= 32	R.T with music n = 18	P. value
		$\overline{X}$ ±SD	$\overline{X}$ ±SD		$\overline{X}$ ±SD	$\overline{X}$ ±SD		$\overline{X}$ ±SD	$\overline{X}$ ±SD		$\overline{X}$ ±SD	$\overline{X}$ ±SD	
Visual analog scale													
Morning shift	Pre relaxation and th.s	9.5 0.6	9.6 0.5	> 0.05	7.6 1.2	7.4 1.2	>0 .05	4.5 1.5	5.1 1.3	> 0.05	2.7 1.1	2.9 0.7	> 0.05
	Post relaxation and th.s	6.1 1.8	7. 3 1.8	< 0.05	4.4 1.7	4.5 2.3	> 0.05	2.2 1.4	2.4 1.5	> 0.05	1.4 1.0	1.5 1.0	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	9.2 0.8	9.2 0.6	> 0.05	7.1 1.3	7.1 1.1	> 0.05	4.1 1.3	4.5 0.9	> 0.05	2.7 1.0	2.8 0.4	> 0.05
	Post relaxation and th.s	5.8 1.6	6.4 1.8	< 0.05	4.3 1.6	4.3 2.3	> 0.05	2.1 1.3	2.3 1.4	> 0.05	1.3 0.9	1.4 0.9	> 0 05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Total of UAB scale													
Morning shift	Pre relaxation and th.s	9.5 0.6	9.7 0.4	> 0.05	7.6 1.2	7.4 1.2	> 0.05	4.4 1.4	5.1 1.3	> 0.05	2.7 1.1	2.9 0.7	>0 .05
	Post R..t and th.s	6.2 1.7	7.4 1.8	< 0.05	4.4 1.7	4.5 2.3	> 0.05	2.2 1.4	2.4 1.5	> 0.05	1.4 1.0	1.5 1.0	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre R.T. and th.s	9.2 0.8	9.2 0.6	> 0.05	7.1 1.3	7.2 1.1	> 0.05	4.0 1.3	4.5 0.9	> 0.05	2.6 1.0	2.8 0.4	> 0.05
	Post R..T. and th.s	5.7 1.6	6.4 1.8	> 0.05	4.3 1.6	4.3 2.3	> 0.05	2.1 1.3	2.3 1.4	> 0.05	1.4 0.9	1.4 0.9	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Variables		1st day			2nd day			3rd. day			on discharge		
		R.T with Quran n= 32 $\bar{X}$ ±SD	R.T with music n = 18 $\bar{X}$ ±SD	P. value	R.T with Quran n = 32 $\bar{X}$ ±SD	R.T with music n = 18 $\bar{X}$ ±SD	p. value	R.T with Quran n= 32 $\bar{X}$ ±SD	R.T with music n = 18 $\bar{X}$ ±SD	P. value	R.T with Quran n= 32 $\bar{X}$ ±SD	R.T with music n = 18 $\bar{X}$ ±SD	P. value
Respiration													
Morning shift	Pre relaxation and th.s	25 4.1	29 3.1	< 0.05	27 4.1	29 3.7	> 0.05	24 3.1	25 2.1	> 0.05	23 2.3	24 1.6	< 0.05
	Post relaxation and th.s	24 3.6	27 3.1	< 0.05	25 3.8	26 3.5	> 0.05	22 3.3	22 2.3	> 0.05	21 3.4	21 2.4	> 0.05
P value		> 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
After noon shift	Pre relaxation and th.s	26 4.1	29 2.9	< 0.05	27 3.9	27 2.6	> 0.05	24 2.7	25 2.3	> 0.05	23 2.4	24 1.2	> 0.05
	Post relaxation and th.s	25 3.7	27 3.2	< 0.05	25 3.4	25 3.6	> 0.05	22 2.4	22 2.5	> 0.05	21 3.1	21 2.5	> 0.05
P value		> 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	<0.05	
Systolic blood pressure													
Morning	Pre relaxation and th.s	112 7.8	113 6.8	> 0.05	113 6.3	112 7.1	> 0.05	113 5.4	113 5.7	> 0.05	113 5.4	113 4.8	> 0.05
	Post relaxation and th.s	113 9.6	113 6.8	> 0.05	113 6.3	111 8.3	> 0.05	113 5.4	113 5.7	> 0.05	113 5.4	113 4.8	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	112 7.8	113 6.8	> 0.05	113 6.3	112 7.1	> 0.05	113 5.4	113 5.7	> 0.05	113 5.4	113 4.8	> 0.05
	Post relaxation and th.s	113 9.6	113 6.8	> 0.05	113 6.3	111 8.3	> 0.05	113 5.4	113 5.7	> 0.05	113 5.4	113 4.8	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Dyastolic blood pressure													
Morning shift	Pre relaxation and th.s	73 7.2	73 7.5	> 0.05	73 6.8	71 7.6	> 0.05	73 6.0	72 6.5	> 0.05	74 5.6	73 5.7	> 0.05
	Post relaxation and th.s	73 7.2	73 7.5	> 0.05	73 6.8	71 7.6	> 0.05	73 6.0	72 6.5	> 0.05	74 5.6	73 5.7	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		>0.05	> 0.05	
After noon shift	Pre relaxation and th.s	73 7.2	73 7.5	> 0.05	73 6.8	71 7.6	> 0 05	73 6.0	72 6.5	> 0.05	74 5.6	73 5.7	> 0.05
	Post relaxation and th.s	73 7.2	73 7.5	> 0.05	73 6.8	71 7.6	> 0.05	73 6.0	72 6.5	>0 .05	74 5.6	73 5.7	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Variables		1st day			2nd day			3rd. day			on discharge		
		R.T with Quran n= 32	R.T with music n= 18	P. value	R.T with Quran n= 32	R.T with music n= 18	p. value	R.T with Quran n= 32	R.T with music n= 18	P. value	R.T with Quran n= 32	R.T with music n= 18	P. value
		$\bar{X}$ ±SD	$\bar{X}$ ±SD		$\bar{X}$ ±SD	$\bar{X}$ ±SD		$\bar{X}$±SD	$\bar{X}$ ±SD		$\bar{X}$ ±SD	$\bar{X}$±SD	
Temperature													
Morning shift	Pre relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.2	> 0.05	37 0.0	37 0.2	> 0.05	37 0.0	37 0.0	> 0.05
	Post relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.2	> 0.05	37 0.0	37 0.2	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	37 0.5	37 0.4	>0.05	37 0.3	37 0 .2	>0.05	37 0.0	37 0.2	>0.05	37 0.0	37 0.0	>0.05
	Post relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.2	> 0.05	37 0.0	37 0.2	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Pulse													
Morning shift	Pre relaxation and th.s	73 14	88 19	< 0.05	73 13	85 17	< 0.05	75 10	85 12	< 0.05	74 9.0	82 9.1	<0 .05
	Post relaxation and th.s	71 14	87 15	< 0.05	70 14	81 15	< 0.05	73 10	81 11	< 0.05	72 9.0	77 8.2	< 0.05
P value		< 0.05	> 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	74 13	87 18	< 0.05	73 13	85 15	< 0.05	74 10	84 11	< 0.05	74 9.0	82 7.9	< 0.05
	Post relaxation and th.s	72 14	85 14	< 0.05	71 13	81 14	< 0.05	73 10	80 10	< 0.05	72 9.0	78 6.6	< 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		> 0.05	< 0.05		< 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Table (8): the mean score of visual analog scale and vital signs with education

Visual analog scale / Vital signs		1st day			2nd day			3rd. day			on discharge		
		Illiterate (n=23) $\bar{X}$ ± SD	Educated (n=27) $\bar{X}$ ± SD	P. value	Illiterate (n=23) $\bar{X}$ ±SD	Educated (n=27) $\bar{X}$ ±SD	p. value	Illiterate (n=23) $\bar{X}$ ±SD	Educated (n=27) $\bar{X}$ ±SD	P. value	Illiterate (n=23) $\bar{X}$ ±SD	Educated (n=27) $\bar{X}$ ±SD	P. value
Visual analog scale													
Morning shift	Pre relaxation and th.s	9.7 0.4	9.4 0.7	> 0.05	7.6 1.1	7.5 1.3	> 0.05	5.0 1.4	4.5 1.4	> 0.05	2.9 0.9	2.8 1.0	>0 .05
	Post relaxation and th.s	7.3 1.7	5.9 1.8	< 0.05	5.0 1.9	3.9 1.9	< 0.05	2.7 1.2	1.9 1.5	> 0.05	1.7 1.0	1.3 0.9	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	9.5 0.5	8.9 0.8	< 0.05	7.0 1.1	7.2 1.2	>0.05	4.3 1.2	4.1 1.1	>0.05	2.7 0.7	2.7 1.0	>0.05
	Post relaxation and th.s	6.7 1.6	5.4 1.5	< 0.05	4.8 1.8	3.9 1.9	> 0.05	2.6 1.1	1.8 1.4	> 0.05	1.5 0.9	1.3 0.9	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Temperature													
Morning shift	Pre relaxation and th.s	37 0.5	37 0.3	> 0.05	37 0.3	37 0.2	> 0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	>0 .05
	Post relaxation and th.s	37 0.5	37 0.3	> 0.05	37 0.3	37 0.2	> 0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	37 0.5	37 0.3	>0.05	37 0.3	37 0.2	>0.05	37 0.2	37 0.0	>0.05	37 0.0	37 0.0	>0.05
	Post relaxation and th.s	37 0.5	37 0.3	> 0.05	37 0.3	37 0.2	> 0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Pulse													
Morning shift	Pre relaxation and th.s	78 20.5	78 14.1	> 0.05	77 17	77 14.3	> 0.05	78 13	79 10	> 0.05	76 9.8	77 9.3	> 0.05
	Post relaxation and th.s	78 17.6	75 14.6	> 0.05	75 16	73 15.4	> 0.05	76 12	77 10	> 0.05	74 8.7	74 8.8	> 0.05
P value		> 0.05 `	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	78 20.1	79 13.1	>0.05	78 16	77 14	>0.05	78 12	78 11	>0.05	77 9.0	77 9.9	>0.05
	Post relaxation and th.s	78 16.5	75 14.3	> 0.05	76 15	74 14	> 0.05	75 11	75 10	> 0.05	75 7.8	74 9.8	> 0.05
P value		> 0.05	< 0.05		< 0.05	<0.05		< 0.05	< 0.05		< 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Visual analog scale / Vital signs		1st day			2nd day			3rd. day			on discharge		
		Illiterate (n=23)	Educated (n=27)	P. value	Illiterate (n=23)	Educated (n=27)	p. value	Illiterate (n=23)	Educated (n=27)	P. value	Illiterate (n=23)	Educated (n=27)	P. value
		$\bar{X}$ ± SD	$\bar{X}$ ±SD		$\bar{X}$ ±SD	$\bar{X}$ ±SD		$\bar{X}$ ±SD	Mean ±SD		$\bar{X}$ ±SD	$\bar{X}$ ±SD	
Respiration													
Morning shift	Pre relaxation and th.s	27 4.5	26 3.9	> .05	27 4.7	27 3.4	> .05	24 3.0	25 2.7	> .05	23 2.1	23 2.3	> .05
	Post relaxation and th.s	26 3.4	25 3.7	> .05	25 4.0	26 3.4	> .05	22 2.5	22 3.3	> .05	21 2.5	21 3.5	> .05
P value		> 0.05	> 0.05		< 0.05	> 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	27 4.2	27 3.7	>.05	26 3.3	27 3.5	>.05	24 2.7	25 2.4	>.05	23 2.2	24 1.8	>.05
	Post relaxation and th.s	26 3.5	25 3.7	> .05	25 3.4	25 3.5	> .05	22 3.0	23 3.1	> .05	21 2.4	21 3.2	> .05
P value		> 0.05	< 0.05		> 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Systolic blood pressure													
Morning shift	Pre relaxation and th.s	113 6.9	112 8.0	> .05	112 6.5	113 6.7	> .05	113 5.4	114 5.6	> .05	113 5.4	114 5.0	> .05
	Post relaxation and th.s	113 6.9	113 10	> .05	112 6.5	113 7.6	> .05	113 5.4	114 5.6	> .05	113 5.4	114 5.0	> .05
P value		> 0.05	> 0.05		> 0.05	> 0.05		>0.05	> 0.05		> 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	113 6.9	112 8.0	>.05	112 6.5	113 6.7	>.05	113 5.4	114 5.6	>.05	113 5.4	114 5.0	>.05
	Post relaxation and th.s	113 6.9	113 10	> .05	112 6.5	113 7.6	> .05	113 5.4	114 5.6	> .05	113 5.4	114 5.0	> .05
P value		> 0.05	> 0.05		> 0.05	> 0.05		>0.05	> 0.05		> 0.05	> 0.05	
Diastolic blood pressure													
Morning shift	Pre relaxation and th.s	74 6.5	72 8.0	> .05	73 6.2	72 8.0	> .05	74 5.0	73 7.0	> .05	74 5.1	73 6.2	> .05
	Post relaxation and th.s	74 6.5	72 8.0	> .05	73 6.2	72 8.0	> .05	74 5.0	73 7.0	> .05	74 5.1	73 6.2	> .05
P value		> 0.05	> 0.05		> 0.05	> 0.05		>0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	74 6.5	72 8.0	>.05	73 6.2	72 8.0	>.05	74 5.0	73 7.0	>.05	74 5.1	73 6.2	>.05
	Post relaxation and th.s	74 6.5	72 8.0	> .05	73 6.2	72 8.0	> .05	74 5.0	73 7.0	> .05	74 5.1	73 6.2	> .05
P value		> 0.05	> 0.05		> 0.05	> 0.05		>0.05	> 0.05		> 0.05	> 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Table (9): The mean score of visual Analog scale and vital signs with marital status

Visual analog scale / Vital signs		1st day			2nd day			3rd. day			on discharge		
		Single (n=14)	Married (n=36)	P. value	Single (n=14)	Married (n=36)	p. value	Single (n=14)	Married (n=36)	P. value	Single (n=14)	Married (n=36)	P. value
		X ± SD	X ±SD		X ±SD	X ±SD		X ±SD	X ±SD		X ±SD	X ±SD	
Visual analogy scale													
Morning shift	Pre relaxation and th.s	9.6 0.5	9.5 0.6	> 0.05	7.6 0.9	7.5 1.3	> 0.05	4.7 1.6	4.7 1.4	> 0.05	2.3 0.9	3.0 0.9	< 0.05
	Post relaxation and th.s	6.8 2.1	6.4 1.7	> 0.05	4.8 1.8	4.3 2.0	> 0.05	2.4 1.2	2.2 1.5	> 0.05	1.3 0.9	1.5 1.0	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	9.3 0.7	9.1 0.8	>0.05	7.1 1.0	7.1 1.3	>0.05	4.0 1.2	4.3 1.2	>0.05	2.2 0.7	2.9 0.8	<0.05
	Post relaxation and th.s	6.1 1.7	5.9 1.7	> 0.05	4.5 1.8	4.2 1.9	> 0.05	2.3 1.1	2.1 1.4	> 0.05	1.3 0.8	1.4 0.9	> 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Temperature													
Morning shift	Pre relaxation and th.s	37.1 0.5	37.1 0.4	> 0.05	37.1 0.2	37.1 0.3	> 0.05	37.0 0.0	37.0 0.2	> 0.05	37.0 0.0	37.0 0.0	> 0.05
	Post relaxation and th.s	37.1 0.5	37.1 0.4	> 0.05	37.1 0.2	37.1 0.3	> 0.05	37.0 0.0	37.0 0.2	> 0.05	37.0 0.0	37.0 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	37.1 0.5	37.1 0.4	>0.05	37.1 0.2	37.1 0.3	>0.05	37.0 0.0	37.0 0.2	>0.05	37.0 0.0	37.0 0.0	>0.05
	Post relaxation and th.s	37.1 0.5	37.1 0.4	> 0.05	37.1 0.2	37.1 0.3	> 0.05	37.0 0.0	37.0 0.2	> 0.05	37.0 0.0	37.0 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Pulse													
Morning shift	Pre relaxation and th.s	82 20	76 16	> 0.05	81 17	76 15	> 0.05	82 12	77 11	> 0.05	80 9	76 10	> 0.05
	Post relaxation and th.s	82 18	75 15	> 0.05	78 17	73 15	> 0.05	80 11	75 10	> 0.05	78 8	73 9	> 0.05
P value		> 0.05	> 0.05		< 0.05	<0.05		<0.05	<0.05		< 0.05	< 0.05	
After noon shift	Pre relaxation and th.s	82 19	77 15	>0.05	81 16	76 14	>0.05	81 11	77 11	>0.05	80 9	76 10	>0.05
	Post relaxation and th.s	81 17	75 15	> 0.05	79 15	73 14	> 0.05	79 10	74 10	> 0.05	78 7	73 9	> 0.05

P value	> 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Visual analog scale / Vital signs		1st day			2nd day			3rd. day			on discharge		
		Single (n=14)	Married (n=36)	P. value	Single (n=14)	Married (n=36)	p. value	Single (n=14)	Married (n=36)	P. value	Single (n=14)	Married (n=36)	P. value
		X ± SD	X ± SD		X ± SD	X ±SD		X ± SD	X ±SD		X ±SD	X ±SD	
Respiration													
Morning shift	Pre relaxation and th.s	28 3.6	26 4.3	> 0.05	28 2.7	27 4.4	> 0.05	25 2.6	24 2.8	> 0.05	24 2.4	23 2.0	< 0.05
	Post relaxation and th.s	28 3.8	25 3.3	< 0.05	27 3.8	25 3.6	> 0.05	24 4.1	22 2.2	< 0.05	22 3.7	20 2.6	< 0.05
P value		> 0.05	> 0.05		> 0.05	< 0.05		> 0.05	< 0.05		< 0.05	< 0.05	
After noon shift	Pre relaxation and th.s	28 3.9	27 3.9	<0.05	28 3.2	27 3.6	>0.05	25 2.8	24 2.4	>0.05	24 2.0	23 2.0	>0.05
	Post relaxation and th.s	28 3.7	25 3.4	< 0.05	26 4.3	25 3.1	> 0.05	23 4.1	22 2.4	> 0.05	22 3.9	20 2.1	< 0.05
P value		> 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Systolic blood pressure													
Morning shift	Pre relaxation and th.s	111 7.7	113 7.4	> 0.05	111 7.7	113 6.1	> 0.05	113 6.1	113 5.3	> 0.05	113 6.1	114 4.9	> 0.05
	Post relaxation and th.s	111 7.7	113 9.0	> 0.05	111 7.7	113 6.9	> 0.05	113 6.1	113 5.3	> 0.05	113 6.1	114 4.9	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	111 7.7	113 7.4	>0.05	111 7.7	113 6.1	>0.05	113 6.1	113 5.3	>0.05	113 6.1	113 4.9	>0.05
	Post relaxation and th.s	111 7.7	113 9.0	> 0.05	111 7.7	113 6.9	> 0.05	113 6.1	113 5.3	> 0.05	113 6.1	113 4.9	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Dyastolic blood pressure													
Morning shift	Pre relaxation and th.s	72 8.0	73 7.0	> 0.05	72 8.0	72 6.8	> 0.05	74 6.3	73 6.1	> 0.05	74 6.3	74 5.5	> 0.05
	Post relaxation and th.s	72 8.0	73 7.0	> 0.05	72 8.0	72 6.8	> 0.05	74 6.3	73 6.1	> 0.05	74 6.3	74 5.5	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	72 8.0	73 7.0	>0.05	72 8.0	72 6.8	>0.05	74 6.3	73 6.1	>0.05	74 6.3	74 5.5	>0.05
	Post relaxation and th.s	72 8.0	73 7.0	> 0.05	72 8.0	72 6.8	> 0.05	74 6.3	73 6.1	> 0.05	74 6.3	74 5.5	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Table (10): The mean score of visual analog scale and vital signs with sex postoperative

Visual analog scale / Vital signs		1st day			2nd day			3rd. day			on discharge		
		Female N. 31 $\bar{X}$ ± SD	Male N. 19 $\bar{X}$ ± SD	P. value	Female N. 31 $\bar{X}$ ±SD	Male N. 19 $\bar{X}$ ±SD	p. value	Female N. 31 $\bar{X}$±SD	Male N. 19 $\bar{X}$±SD	P. value	Female N. 31 $\bar{X}$ ±SD	Male N. 19 $\bar{X}$ ±SD	P. value
Visual analog scale													
Morning shift	Pre relaxation and th.s	9.8 0.5	9.1 0.5	< 0.05	8.1 1.1	6.6 0.8	< 0.05	5.0 1.5	4.2 1.1	< 0.05	2.9 1.1	2.6 0.7	> 0.05
	Post relaxation and th.s	6.7 2.1	6.2 1.4	> 0.05	4.5 2.4	4.3 0.3	> 0.05	2.3 1.6	2.3 0.9	> 0.05	1.2 1.0	1.8 0.8	< 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	9.4 0.7	8.8 0.6	< 0.05	7.6 1.3	6.4 0.6	< 0.05	4.4 1.4	3.9 0.6	> 0.05	2.9 1.0	2.4 0.5	>0.05
	Post relaxation and th.s	6.0 1.9	5.8 1.1	> 0.05	4.4 2.4	4.1 0.3	> 0.05	2.1 1.5	2.3 0.9	> 0.05	1.2 0.9	1.7 0.7	< 0.05
P value		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05		< 0.05	< 0.05	
Temperature													
Morning shift	Pre relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.0	>0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	> 0.05
	Post relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.0	> 0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.0	> 0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	> 0.05
	Post relaxation and th.s	37 0.5	37 0.4	> 0.05	37 0.3	37 0.0	> 0.05	37 0.2	37 0.0	> 0.05	37 0.0	37 0.0	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
pulse													
Morning shift	Pre relaxation and th.s	78 15.2	77 20.4	>0.05	78 15.4	76 15.9	> 0.05	79 11.3	79 11.8	> 0.05	77 10	77 8.7	> 0.05
	Post relaxation and th.s	76 15.0	78 17.8	> 0.05	73 16.9	76 13.3	> 0.05	75 11.2	78 9.9	> 0.05	73 9.8	76 6.4	> 0.05
P value		< 0.05	> 0.05		< 0.05	> 0.05		< 0.05	> 0.05		< 0.05	> 0.05	
Afternoon shift	Pre relaxation and th.s	78 15.2	79 19.0	> 0.05	78 14.9	76 14.8	> 0.05	77 11.6	79 10.7	> 0.05	77 10.2	77 8.3	> 0.05
	Post relaxation and th.s	75 14.7	79 16.3	> 0.05	74 16.2	76 12.1	> 0.05	74 11.2	78 9.1	> 0.05	73 9.8	76 6.1	> 0.05

P value	< 0.05	> 0.05		< 0.05	> 0.05		< 0.05	> 0.05		< 0.05	> 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$

Visual analog scale / Vital signs		1st day			2nd day			3rd. day			on discharge		
		Female N. 31 $\bar{X} \pm$ SD	Male N. 19 $\bar{X} \pm$ SD	P. value	Female N. 31 $\bar{X} \pm$ SD	Male N. 19 $\bar{X} \pm$ SD	p. value	Female N. 31 $\bar{X} \pm$ SD	Male N. 19 $\bar{X} \pm$SD	P. value	Female N. 31 $\bar{X} \pm$ SD	Male N. 19 $\bar{X} \pm$SD	P. value
Respiration													
Morning shift	Pre relaxation and th.s	28 3.1	26 5.4	>0.05	28 3.9	26 3.8	< 0.05	25 2.2	24 3.5	> 0.05	24 1.5	23 3.0	> 0.05
	Post relaxation and th.s	25 3.2	26 4.4	> 0.05	26 3.7	25 3.8	> 0.05	22 2.3	23 3.7	> 0.05	21 2.2	21 4.1	> 0.05
P value		< 0.05	> 0.05		< 0.05	> 0.05		< 0.05	>0.05		< 0.05	< 0.05	
Afternoon shift	Pre relaxation and th.s	28 2.9	27 5.2	> 0.05	28 3.3	26 3.6	> 0.05	25 2.5	24 2.6	> 0.05	24 1.5	23 2.4	> 0.05
	Post relaxation and th.s	25 3.3	26 4.3	> 0.05	25 3.4	25 3.7	> 0.05	22 2.6	23 3.6	> 0.05	21 2.2	21 3.9	> 0.05
P value		< 0.05	> 0.05		< 0.05	> 0.05		< 0.05	>0.05		< 0.05	< 0.05	
Systolis blood pressure													
Morning shift	Pre relaxation and th.s	111 8.5	114 5.1	> 0.05	111 7.0	115 5.1	< 0.05	112 5.6	115 5.1	> 0.05	113 5.1	115 5.1	>0 .05
	Post relaxation and th.s	111 8.9	115 7.7	> 0.05	111 7.7	115 5.1	< 0.05	112 5.6	115 5.1	> 0.05	113 5.1	115 5.1	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	111 8.3	114 5.1	> 0.05	111 7.0	115 5.1	< 0.05	112 5.6	115 5.1	> 0.05	113 5.1	115 5.1	>0 .05
	Post relaxation and th.s	111 8.9	115 7.7	> 0.05	111 7.7	115 5.1	< 0.05	112 5.6	115 5.5	> 0.05	113 5.1	115 5.1	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
Dyastolic blood pressure													
Morning shift	Pre relaxation and th.s	72 8.2	74 5.1	> 0.05	71 7.7	75 5.1	< 0.05	72 6.5	75 5.1	> 0.05	73 5.7	76 5.1	>0 .05
	Post relaxation and th.s	72 8.2	74 5.1	> 0.05	71 7.7	75 5.1	< 0.05	72 6.5	75 5.1	> 0.05	73 5.7	76 5.1	> 0.05
P value		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	
After noon shift	Pre relaxation and th.s	72 8.2	74 5.1	> 0.05	71 7.7	75 5.1	< 0.05	72 6.5	75 5.1	> 0.05	73 5.7	76 5.1	>0 .05
	Post relaxation and th.s	72 8.2	74 5.1	>0 .05	71 7.7	75 5.1	< 0.05	72 6.5	75 5.1	> 0.05	73 5.7	76 5.1	> 0.05

P value	> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05		> 0.05	> 0.05	

Th.s = therapeutic sound Statistically significant differences at: $p \leq 0.05$