

# Systematic Review On Effectiveness Of Guided Imagery Technique On Stress Among Alcoholics

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## Abstract

**Introduction:** Alcohol dependence is characterized by compulsive alcohol use and heightened stress responses, which contribute to relapse. Stress reduction techniques are critical in treatment, and guided imagery—a mind-body intervention using visualization—has shown promise in reducing stress, anxiety, and cravings. This systematic review synthesizes evidence on the effectiveness of guided imagery in stress management among alcoholics.

**Methods:** A systematic literature search was conducted between december 2024 and january 2025 across databases including pubmed, science direct, google scholar, and cinahl. Keywords used were "guided imagery," "alcohol dependence," and "stress reduction." Inclusion criteria comprised quantitative, experimental studies published between january 2018 and january 2025. Out of 145 records screened, 15 studies met eligibility criteria. Prisma guidelines were followed to ensure transparency in selection and synthesis.

**Results:** The majority of studies employed quasi-experimental designs, with sample sizes ranging from 30 to 200 participants. Settings included de-addiction centers, hospitals, rehabilitation facilities, and mental health clinics. Findings consistently demonstrated significant reductions in stress, anxiety, and depression following guided imagery interventions. For example, ahire et al. (2024) reported a shift from severe to moderate stress among alcohol dependents, while naik et al. (2019) observed long-term improvements in stress and lifestyle scores. Studies also highlighted improvements in coping skills, emotional regulation, and reduced cravings when guided imagery was combined with drug therapy.

**Discussion:** Guided imagery effectively activates the parasympathetic nervous system, lowering cortisol, heart rate, and blood pressure. Evidence suggests it is a cost-effective, non-invasive intervention that enhances psychological well-being and supports relapse prevention. However, most studies were limited to small samples and quasi-experimental designs, indicating the need for larger randomized controlled trials focusing specifically on alcohol dependence.

**Conclusion:** This review concludes that guided imagery is a promising adjunctive therapy for stress reduction among alcoholics. Integrating guided imagery into de-addiction programs may improve recovery outcomes by alleviating stress, enhancing coping mechanisms, and reducing relapse risk.

**Keywords:** Guided Imagery, Stress Reduction, Alcohol Dependence, Substance Abuse, Relaxation Therapy.

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## 1. Background of the Study –

Alcohol dependence is a condition characterized by compulsive use of alcohol and not able to control drinking and difficulty in controlling negative states if not drinking alcohol<sup>1</sup>. Stress plays very significant role in the onset, maintenance, and relapse of alcohol dependence. Research suggests that individuals with alcohol dependence have heightened stress responses, which contribute to cravings and relapse<sup>5</sup>. Therefore, stress reduction techniques are critical

in alcohol dependence treatment to improve recovery outcomes.

Guided imagery was the mind-body intervention which uses visualization to promote relaxation and emotional regulation<sup>4</sup>. This technique involves engaging the senses through imagination to create calming and healing mental experiences. Guided imagery has been shown to activate the parasympathetic nervous system, reducing physiological stress responses such as elevated cortisol levels, heart rate, and blood pressure<sup>5</sup>.

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Given its ability to induce relaxation and emotional well-being, guided imagery is increasingly being explored as a complementary therapy in addiction treatment.

Several studies have demonstrated that guided imagery will help to reduce stress level. A study conducted by Bukhari et al. in 2018 shows that guided imagery significantly reduces stress and anxiety in various populations, including patients with chronic illnesses and mental health disorders. In the context of substance use disorders, guided imagery has been linked to reduced cravings, improved emotional regulation, and enhanced coping skills. These findings of the guided imagery may help alcohol dependence by alleviating stress, a key trigger for relapse<sup>6</sup>.

Despite the potential benefits of guided imagery in alcohol dependence, there is a need for further research to establish its effectiveness as a stress reduction tool in this population. While existing studies suggest promising outcomes, few have specifically focused on individuals with alcohol dependence. Understanding the impact of guided imagery on stress reduction in this group could provide valuable insights for integrating this approach into addiction treatment programs<sup>6</sup>.

In this systematic review included the literatures regarding effect of guided imagery on stress level among alcohol dependents. By synthesizing current evidence, this review will help determine whether guided imagery can be a valuable adjunctive therapy for stress management in alcohol recovery programs.

Following are the objectives of the systematic review

- 1) To know research methodology used in the various studies.
- 2) To understand the methods of data analysis used in the various studies.
- 3) To determine effect of guided imagery to reduce stress in alcoholic dependent patients

## 2. Methods and Material –

This systematic literature review search was conducted from December 2024 - January 2025 check the effect of guided imagery to reducing stress level among alcohol dependence. The search process involved identifying relevant studies, which were analyzed and finalized in January 2025. To ensure comprehensive coverage, both published theses and peer-reviewed journal articles were included up to January 2025. The literature search was done by the searching of national and international databases, including Google scholar, Open access, Science Direct, Directory of open access journal, Academia, PubMed, Cinhal.

A combination of relevant keywords such as "Guided Imagery," "Alcohol Dependence," and "Guided Imagery Technique" was used to identify

appropriate studies. Additionally, Google's search engine was employed to access open-access publications. PRISMA (Preferred Reporting Items for Systematic Review and Meta-Analysis) was used to review which help to ensure the structured and transparent approach for selecting, analysing and synthesizing the available evidences.

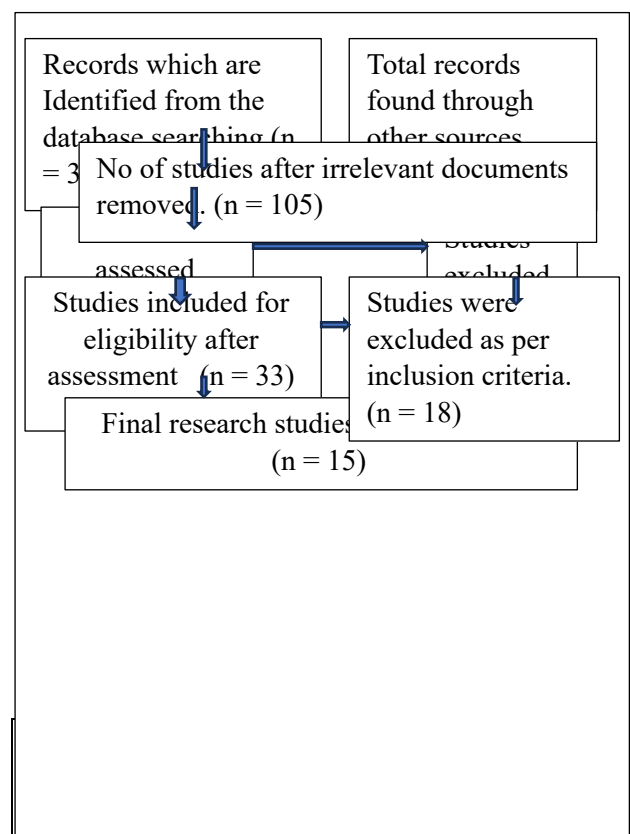
Inclusion Criteria –

- Article which are written in the English language
- Research thesis which are available on open access database.
- The Articles and thesis which are published from January 2018 to January 2025
- Quantitative studies
- Experimental studies
- Articles published in peer review journal

Exclusion Criteria

- Review article
- Qualitative studies

3. **Systematic Review:** The total 145 documents of literature were searched. From the above documents 113 documents were removed due to duplication and irrelevant and 33 documents were selected for careful and complete reading. From the 33 documents 15 documents were selected for the review.



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Publi catio n									
Ajink ya Bhas karra o Ahire et.all Year 2024	Effectiveness of Guided Imagery on Level of Perceived Stress and Depression Among Sober Alcohol Dependents Admitted in De-Addiction Centers of Selected Areas	60	De-addiction centre	Perceived stress and depression, alcohol dependents, De-addiction centres	Shar ma et. all. Year 2022	Imagery on Depression, Anxiety and Stress among Patients With Substance Abuse In Care Home Drug Rehabilitation Center Dharampur Distt. Solan, Hp	ion Centr e	anxiety, stress. Substan ce abuse, rehabilit ation centre	
Ms. Pratib ha Dashr ath Agar kar, Dr Monit a Thok chom Year 2023	Study to assess the Effectiveness of Guided Imagery on the Level of anxiety among Substance Misusers	120	De-addiction centres	Guided imagery, level of anxiety, substance misuser	AR Bhara ti Year 2022	A Study to assess the effectiveness of Guided Imagery Technique on patients with depression in Selected Mental Health Centres	30	Ment al Healt h Centr es	Guided Imagery , Mental health centres, Level of depressi on,
Kuma ri, Dolly ; Patil, Jaide ep Year 2023	Effect of Guided imagery for anxiety disorder: Therapeutic efficacy and changes in quality of life.	20	Ment al health psych iatric unit	Guided imagery, anxiety disorder, Therapeutic efficacy, changes in quality of life	Shive ndra Dixit, Lalith a. P, Year 2022	A Study to Evaluate the Effectiveness of Guided Imagery Technique on Stress among the Elderly People Residing at Selected Old Age Homes	40	Old age home s	Guided imagery , Level of stress, elderly people, Old Age home
Ms. Swin al Salve 2023	To assess the effectiveness of guided imagery in reducing anxiety levels among elderly individuals residing in selected old age homes	60	Old age home s	Guided imagery, Level of anxiety, elderly individuals, old age homes	Loren Touss aint et.all. Year 2022	Effectiveness of Progressive Muscle Relaxation, Deep Breathing, and Guided Imagery in Promoting Psychological and Physiological States of Relaxation	60	Colle ge stude nts	Progres sive muscle relaxati on, Deep breathin g, Guided imagery , psychol ogical, physiol ogical
Karth ikesw ari et. all Year 2023	To assess Effectiveness of Guided Imagery Technique on Stress Management among South Indian Coastal Employees	60	Indust rial area	Guided imagery technique, Stress Management,	Mr Muth ukum aran et. all. Year 2022	Effectiveness of Therapeutic Guided Imagery on Depression, Anxiety And Stress Among Patients with Substance Abuse in Care Home Drug Rehabilitation Center Dharampur Distt. Solan, Hp, India	60	Reha bitat ion Centr e	Guided imagery , Depress ion, Anxiety, Stress, Substan ce abuse
Ms. Pooja	Effectiveness of Therapeutic Guided	60	Reha bitat	Depress ion,	Satee sh Birad ar, Ashw ini Patil, Year 2021	A quasi-experimental study was conducted to assess the effectiveness of guided imagery in reducing stress levels among patients with chronic renal failure.	100	Hospi tal	Guided imagery , stress level, chronic renal failure

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Natalie Lowry et.all. Year 2021	Acute impact of self-guided mental imagery on craving in cocaine use disorder: a mixed-methods analysis of a randomized controlled trial	120	Addiction treatment clinics	Self-guided mental imagery, cocaine use disorder
Sepideh Saadati Anaraki et.all. Year 2021	The Effect of Combining Guided Mental Imagery with Drug Therapy on Reducing Craving and Relapse to Drug Use	45	Addiction treatment centres	Guided mental imagery, drug therapy, relapse to drug abuse
Dr. Nisha . S. Naik et. all. Year 2019	Effect of Guided Imagery on Stress Level and Lifestyle Among Alcoholics: A Quantitative Study	200	De-addiction centres	Guided Imagery, Stress level, lifestyle, alcoholics
Yaser Beizaee Year 2018	The effect of guided imagery on anxiety, depression and vital signs in patients on hemodialysis	80	Hospital	Guided imagery, anxiety, depression, vital signs

**Ajinkya Bhaskarrao Ahire et.all** (2024) conducted study to evaluate the impact of guided imagery therapy on perceived stress and depression among sober alcohol dependents in selected de-addiction centers. The aim was to check effect of guided imagery therapy on the levels of stress and depression in alcohol dependents. In this study quantitative approach was used. Total 60 samples taken for study. Non-probability purposive sampling technique selected in study. In the pre-test of experimental group shows that 60% of participants having severe stress, which has reduced to 66.66% after the intervention and came to moderate level. And in control study group showed that no changes are notified in pre-test, with 80% are remaining with severe stress category. Also, for depression, 63.34% of participants reported severe stress in the experimental group which reduced to 70% at moderate levels post-test. However, in control group there is no significant changes were observed. So the study concludes that the technique will help to reduce stress and depression in alcohol dependents<sup>7</sup>.

**Ms. Pratibha Dashrath Agarkar, Dr Monita Thokchom** (2023) conducted study to assess the effectiveness of Guided Imagery on the level of anxiety among Substance Misusers. The objective

are to evaluate effectiveness of guided imagery in lowering anxiety levels among substance misusers. A quantitative approach adopted for the study. Quasi experimental pre and post-test design was selected for this study. Non-probability sampling technique used for selecting samples. with a non-probability purposive sampling method. In study 120 participants were selected. The results showed that in the focus group, 31.7% were between 34-41 years old, while in the comparative group, 30% were aged 18-25 years. The maximum no of participants in both groups were male, with the 66.7% in the focus group and 70% in group. Regarding education, 53.3% of the focus group had completed graduation, whereas 45% of the comparative group had a secondary education. Employment status varied, with 65% of the experimental group working in private jobs, while 43.3% participants were unemployed in control group. From the experimental group 66.7% participant and in control group 58.3% reported using alcohol, tobacco, or cigarettes. The findings demonstrated that guided imagery is a cost-effective intervention that significantly reduces anxiety levels among individuals with substance misuse issues<sup>8</sup>.

**Kumari, Dolly; Patil, Jaideep** (2023) conducted study to assess guided imagery for anxiety disorder: Therapeutic efficacy and changes in quality of life. The objective are assess the effectiveness of guided imagery to managing anxiety. A longitudinal study was conducted in the psychiatric unit. Total 20 samples were involved in the study. First demographic data were gathered and also assessment of anxiety was done by using Hamilton Anxiety Scale. Findings revealed that patients from the experimental group had shown significant improvement to reduce anxiety. The conclusion of study was guided imagery is an effective therapeutic technique for alleviating anxiety and promoting better quality of life among anxiety disorder patient<sup>9</sup>.

**Swinal Salve** (2023) conducted study to assess the effectiveness of guided imagery in reducing anxiety levels among elderly individuals residing in selected old age homes. The objectives are to assess pre-test anxiety and post-test anxiety levels. Non-randomized control group design was used. For present study 60 samples are included by using Purposive sampling technique. To the experimental group 15 minutes guided imagery was given as intervention and anxiety level was assessed though Hamilton Anxiety Rating Scale. The pre-test results shows that in experimental group, 26.7% of participants had mild anxiety, 56.7% had mild to moderate anxiety, and 16.7% experienced moderate to severe anxiety. In contrast, the control group had 10% with mild anxiety, 70% with mild to moderate anxiety, and 20% with moderate to severe anxiety. Following the intervention, the experimental group

demonstrated significant improvement, with 63.3% exhibiting mild anxiety, 33.3% experiencing mild to moderate anxiety, and only 3.3% remaining in the moderate to severe anxiety category. Meanwhile, the control group showed minimal change, with 6.7% having mild anxiety, 70% experiencing mild to moderate level of anxiety, and 23.3% still reporting moderate to severe anxiety. The conclusion of study was guided imagery was effective<sup>10</sup>.

**Karthikeswari et. all. (2023)** Conducted study to assess Effectiveness of Guided Imagery technique on Stress Management among South Indian Coastal Employees The objectives were to check effect of the guided imagery technique in managing stress. Also, study was focused to understand job stress and effect of guided imagery to reduce stress. Mean score of Pre-test was 4.38% and mean score of post-test was 27.28%. In pre-test score majority of the employees (84%) shown severe stress, 13% of employee have moderate stress and 3% had mild stress. After the intervention 76.67% of participants shown coping response to stress and 23.33% participants had mild stress. In the paired' test shown highly significant difference in stress scores, as a t-value of 30.51 at a significance level of 0.001. The conclusion of study as guided imagery was highly effective in reducing stress levels<sup>11</sup>.

**Pooja Sharma et. all. (2022)** conducted study to assess effectiveness of therapeutic Guided Imagery on Depression, Anxiety and Stress in Patients with Substance Abuse. The objective of study to assess the effect of guided imagery technique. Total 60samples were selected and it distributed in 30 samples are in focus group and 30 samples are in comparison group. Collected data through structured interview and DAAS-21 scale. Those who are experiencing the distress they have been received guided imagery therapy for 7 days. The findings show that in experimental group, 86% of participants exhibited normal depression levels post-intervention, while 13.3% experienced mild depression. Regarding anxiety, 46.7% had normal levels, 26.7% reported mild anxiety, 23.3% experienced moderate anxiety, and 3.3% participants shown severe anxiety. Additionally, 86.7% of participants in the experimental group reported normal stress levels after the intervention, while 13.3% had mild stress. Also, if the participant will receive guided imagery on daily basis for 15 to 20 minutes it will help to reduce the level of stress. The study concluded that individuals with substance abuse issues often experience significant levels of stress, anxiety<sup>12</sup>.

**AR Bharati (2022)** A Study to assess the effectiveness of Guided Imagery Technique on patients with depression in Selected Mental Health Centres. The objective is to understand effect of guided imagery on depression. The

quasi-experimental pre-test post-test design was used for the study. 30 samples were randomly selected. The Beck Depression Scale was used to assess their depression levels both before and after the intervention. Participants listened to a guided imagery session provided on a compact disc (CD) once daily for ten consecutive days. The study aimed to determine whether this intervention influenced patients' perceptions of depression and overall comfort levels. Findings suggest that individuals who engaged in guided imagery experienced a reduction in depressive symptoms and an improvement in their emotional well-being after ten days of consistent practice<sup>13</sup>.

**Mr. Shivendra Dixit (2022)** conducted study to assess effectiveness of Guided Imagery Technique on Stress among the Elderly People. The objective of study to assess level of stress among elderly individuals. To assess effect of guided imagery to reduce stress. In this research pre-experimental one-group Pre-test and Post-test design was selected. The 40 participants were included for the study. Convenience sampling technique used in this study. The finding shows as reduction in level of stress later the intervention. A mean pre-test stress score decreased from  $57.475 \pm 8.430$  to  $11 \pm 4$  in the Post-test, with the mean difference of 46.475. It shows that therapy was effective technique to reduce stress in elderly individuals. It also provides strong evidence that guided imagery was beneficiary intervention to improve mental health of individuals<sup>14</sup>.

**Loren Toussaint et.all (2021)** conducted study to assess the effectiveness of progressive muscle relaxation, deep breathing, and guided imagery in promoting psychological and physiological relaxation states. The objective of study to assess the effect of progressive muscle relaxation, deep breathing, and guided imagery in promoting relaxation. In this study total 60 undergraduates' students were selected randomly and provided 20 minutes of intervention by using recorded audio instructions. While providing intervention the physiological relaxation was monitored continuously. The finding shows that all three techniques are helpful to increase relaxation. In control group there were no changes compare to the experimental group. The techniques have shown effective physiological relaxation. So the study concludes that above techniques will help to psychological and physiological relaxation<sup>15</sup>.

**Mr. Muthukumar (2022)** conducted study to assess effectiveness of Therapeutic Guided Imagery on Depression, Anxiety and Stress Among Patients with Substance Abuse. The objectives as to evaluate the pre-test levels of depression, anxiety, and stress. To assess effectiveness of therapeutic guided imagery in decreasing these conditions. The quasi-experimental research design was selected. A 60 samples were selected. Non-probability

consecutive sampling technique used in study. The samples were divided in 30 samples in experimental group and 30 samples in control group. Structured interview tool was used to assess demographic variables and DASS-21 scale selected to assess other variables as stress and anxiety. A experimental group participants were received guided imagery for 15 to 20 minutes for 7 days. The study finding indicates that after intervention, 86% of participants in the experimental group had normal depression levels, while 13.3% experienced mild depression. Anxiety levels also improved, with 46.7% of participants falling within the normal range, 26.7% experiencing mild anxiety, 23.3% reporting moderate anxiety, and only 3.3% remaining in the severe anxiety category. Additionally, 86.7% of participants exhibited normal stress levels, while 13.3% experienced mild stress. Thus, guided imagery was effective for improving mental well-being among patients undergoing treatment in a de-addiction ward<sup>16</sup>.

**Biradar, Sateesh et al** (2021) conducted to assess the effectiveness of guided imagery in reducing stress levels among patients with chronic renal failure. The primary objective was to evaluate stress levels in patients undergoing dialysis earlier and later intervention in the experimental study group. The true experimental Two-group Pre-test and Post-test design was included. Total 100 participants included for study and divided them in intervention group and comparison group. Findings indicated that, earlier the intervention, 62% participants in the experimental group experienced moderate stress, 20% had severe stress, and 18% had mild stress, with the Mean stress score as 64.02 and the standard deviation was 5.88. In experimental group stress level was significantly less after the intervention. These findings suggest that chronic renal failure patients experience considerable stress related to their condition and that guided imagery is an effective technique for stress reduction. Additionally, it can be easily practiced by patients independently, making it a sustainable approach for stress management in individuals undergoing dialysis<sup>17</sup>.

**Natalie Lowry et. all.** (2021) conducted study to assess impact of self-guided mental imagery on craving in cocaine use disorder. The Mixed-method research approach was used. The objective of study to check effects of a guided mental imagery technique in cocaine cravings. The initial goal was to recruit 120 adults diagnosed with CUD, but at the time of study termination, 38 participants had enrolled, with 31 completing the trial. Participants underwent a three-minute cue-exposure session, where they handled cocaine-related paraphernalia and watched a video of drug preparation. Craving experience questionnaire strength has used to

assess craving levels of samples. Results indicated that participants who engaged in positive imagery reported a significant reduction in craving. In contrast, those who imagined a worsening of their CUD experienced an increase in craving. Overall, the findings suggest that guided mental imagery with positive themes can effectively reduce craving in individuals with CUD following cue exposure, whereas negative imagery focusing on worsening substance use does not offer the same benefit<sup>18</sup>.

**Sepideh Saadati Anaraki et.all.** (2021) conducted study to assess effect of combining Guided Mental Imagery with Drug Therapy on Reducing Craving and Relapse to Drug Use. The objective are to examine the impact of guided imagery therapy with the drug therapy. For this study quasi-experimental design was selected and one group Pre and Post-test research approach has used. The study samples included of individuals undergoing addiction treatment in centers located in the Tehran Pars region between October 2017 and March 2019, all of whom had medical records. Cluster sampling technique was in this study. Total 45 participants included for study as per inclusion criteria. Momentary Craving Scale were adopted to assess the craving, while relapse was measured through the Temptation Beliefs Scale. Findings indicated that both the guided mental imagery group and the group receiving guided mental imagery alongside drug therapy experienced significant reductions in cravings and relapse rates in the post-test. The study concludes that both guided imagery alone and its combination with drug therapy are effective in lowering cravings<sup>19</sup>.

**Dr. Nisha S. Naik et. all.** (2019) conducted a study to assess the impact of guided imagery on stress and lifestyle among individuals struggling with alcoholism. The objective are to assess the effectiveness of guided imagery in decrease stress level and modifying lifestyle and also to explore the correlation between stress levels and lifestyle. An experimental study was conducted with 200 individuals undergoing treatment for alcohol dependence in de-addiction centres. Samples were selected by using Simple random sampling techniques. Total 200 samples were randomly divided in to experimental group and in control study group. As intervention the guided imagery therapy provided to the experimental group for seven consecutive days. Post-intervention assessments were conducted on the 7th day and subsequently at intervals of 2, 3, 4, 8, 16, and 24 weeks. The study findings indicated that stress was a major contributing factor to alcohol dependence and had a detrimental impact on mental health, which include physical, psychological, spiritual, social, and financial well-being. Participants in the experimental group reported several benefits from guided imagery,

including enhanced relaxation, reduced stress, and improved focus on personal and professional responsibilities. A significant improvement was observed in stress reduction and lifestyle scores among those who received the intervention, whereas the control group has not shown any comparable changes. The study concluded that guided imagery, when integrated with other supportive measures, is an effective strategy for alleviating stress and promoting a healthier lifestyle among individuals recovering from alcohol dependence<sup>20</sup>.

**Mr. Yaser Beizaee** (2018) conducted study to assess effect of guided imagery on anxiety, depression, and vital signs in patients undergoing haemodialysis. The objective are to identify the effect of guided imagery therapy among haemodialysis patients. Total 80 samples were selected and made two groups as interventional group and comparison group. The hospital anxiety and depression scale were used to get data from the samples. The findings indicated that participants from interventional group have significantly lower level of stress compare to control group with p-values is 0.030 and 0.001. The findings suggest that guided imagery, when used alongside other interventions and it is effective tool in managing anxiety and depression in haemodialysis patients. It may help alleviate adverse psychological responses and improve patient well-being during treatment<sup>21</sup>.

#### 4. RESULT OF STUDY -

##### 1. To know research methodology used in the various studies.

Under this systematic review the first objective was to know the research methodology used under various studies. There were 1 study published in 2024 and 4 studies were published in 2023, 5 studies were published in 2022, 3 research studies were published in 2021, 1 in year 2019 and 1 in year 2018. In the database out of 15 research studies 11 are thesis are available. Some of the studies are conducted in India and published. Out of 15 studies maximum quasi-experimental studies are there and some are pre-experimental studies. In all the above research studies sample size were between 30 to 200. In most of the studies used 60 samples for the studies. The age group in all the studies ranged between 20 to 50 Years and some studies were conducted on elderly people. The setting of the studies were used in review studies as De-addiction centres, hospitals, mental health clinics, old age homes, addiction centres, colleges, Rehabilitation centre. Most of the studies are used technique to reduce stress level and modify the lifestyle.

The research methodology in studies reviewed varies, encompassing quasi-experimental, randomized controlled trials (RCTs), and mixed-

methods designs. Quasi-experimental studies have been widely utilize for checking impact of guided imagery on level of stress, depression and anxiety in substance abusers, elderly individuals, and patients with chronic illnesses. These research studies typically involve Pre-test and Post-test assessments to determine effect of therapy. Several studies utilized randomized controlled trials, ensuring a more rigorous evaluation of guided imagery by minimizing biases and allowing for more reliable comparisons between intervention and control groups. RCTs involving substance misusers and individuals with anxiety disorders often included structured sessions of guided imagery led by trained professionals or self-guided interventions. In some cases, guided imagery was combined with other techniques like progressive muscle relaxation technique and deep breathing exercise will show therapeutic outcomes.

Moreover, mixed-methods studies incorporated qualitative interviews alongside quantitative data collection to provide a holistic understanding of participants' experiences with guided imagery. The integration of qualitative insights helped in capturing subjective experiences, emotional responses, and adherence levels to the guided imagery technique. Overall, the methodologies emphasize the structured implementation of guided imagery and ensure accurate assessment through validated measurement tools such as the Perceived scale to assess stress, Beck Inventory for depression, and state Trait Inventory for anxiety assessment.

##### 2. To understand the methods of data analysis used in the various studies.

To understand the methods of data analysis used in the various studies. For the analysis maximum studies used frequency, percentage, mean and standard deviation, chi-square test and t-test. Some studies used SPSS software for the data analysis.

Data analysis methods employed in the reviewed studies predominantly involve statistical techniques such as paired t-tests, ANOVA, and regression analysis to measure the effectiveness of guided imagery. Paired t-tests have been commonly used in quasi-experimental studies to compare Pre and Post-test scores of depressions, stress, anxiety. These tests provide insights into whether guided imagery significantly reduces psychological distress. ANOVA (Analysis of Variance) has been frequently applied in studies involving multiple groups to compare the effectiveness of guided imagery against control or alternative intervention groups. Some studies have employed mixed-design ANOVA to analyse interactions between different variables, such as intervention type, participant demographics, and severity of psychological distress. Regression analysis has also been used to predict the extent to

which guided imagery contributes to reducing stress and depression. Furthermore, studies incorporating mixed-methods approaches used thematic analysis to evaluate qualitative data, allowing researchers to interpret personal experiences and subjective outcomes associated with guided imagery interventions. Overall, the combination of inferential and descriptive statistics, along with qualitative data interpretation, enhances the robustness of findings in assessing the effectiveness of guided imagery.

### **3. To determine effect of guided imagery to reduce stress in alcoholic dependent patients**

In some of review studies the participants have received guided imagery for continuous 7 days and on 8<sup>th</sup> day the researcher has checked the effect of guided imagery therapy. The time for each session was ranged between 20 to 60 minutes with daily sessions. Maximum studies were review shows that guided imagery was administered for daily basis. Most of the review studies shows that guided imagery was effective to reduce the stress and also it will help to modify the lifestyle among the participants. Also they concluded that Guided imagery can have many health-related physical and emotional benefits. Guided imagery when integrated with other supportive measures, is an effective strategy for alleviating stress and promoting a healthier lifestyle among individuals recovering from alcohol dependence.

The studies reviewed consistently indicate that guided imagery therapy was effective intervention to reduce level of Stress in alcohol dependent patients. Findings from quasi-experimental studies show significant reductions in perceived stress scores after guided imagery interventions. For example, a study conducted in de-addiction centers found that patients who practiced guided imagery for four to six weeks experienced a notable decrease in stress levels than the control group participants. RCTs further support the effectiveness of guided imagery, demonstrating that participants who engaged in guided imagery sessions reported lower levels of anxiety and improved emotional regulation. Additionally, studies examining the physiological effects of guided imagery noted reductions in heart rate, blood pressure, and cortisol levels, further reinforcing its role in stress management. Moreover, guided imagery was found to enhance coping mechanisms and promote relaxation in alcohol-dependent patients, thereby reducing cravings and preventing relapse. A mixed-methods study exploring patients' subjective experiences highlighted increased self-awareness, emotional stability, and motivation to maintain sobriety as key benefits of guided imagery. These findings suggest that guided imagery is a valuable non-pharmacological intervention that

complements conventional treatment approaches in de-addiction centers. The cumulative evidence underscores its therapeutic efficacy in alleviating stress and enhancing the overall well-being of individuals recovering from alcohol dependence.

### **5. DISCUSSION AND CONCLUSION –**

As per the first objectives maximum studies have used quasi experimental research and 2 studies were used pre-experimental studies. Among the age group distribution in various studies are from 20 years to 50 years and some studies are conducted among elderly people. In all the above research studies sample size were between 30 to 200. In the maximum studies 60 sample size was selected by the authors. The setting of the studies was used in review studies as De-addiction centres, hospitals, mental health clinics, old age homes, addiction centres, colleges, Rehabilitation centre. Most of the studies are shown that guided imagery technique will help to reduce level of anxiety, stress among participants.

In second objective of the study to understand methods of data analysis used in the various studies. For the analysis maximum studies used Frequency, Percentage, Mean, Standard deviation and Chi-square test and t-test for the analysis. Some studies were done the analysis by using SPSS software.

The study findings indicated that stress was a major contributing factor to alcohol dependence and had a detrimental effect on various aspects of mental health like physical, psychological, spiritual and financial well-being. Participants in the experimental group reported several benefits from guided imagery, including enhanced relaxation, reduced stress, and improved focus on personal and professional responsibilities. A significant improvement was observed in stress reduction and lifestyle scores among those who received the intervention, whereas in the control group there is no any changes. The study concluded that guided imagery, when integrated with other supportive measures, is an effective strategy for alleviating stress and promoting a healthier lifestyle among individuals recovering from alcohol dependence.

In this review of literature shows that most of the studies showed that alcoholics have more stress and anxiety. Guided imagery will help to reduce the stress level and improve lifestyle in alcoholics. Guided imagery is an effective, non-invasive intervention for reducing anxiety among alcoholics.

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