Guided Imagery Articles

- Green, B. & Green, C. (May/June 2012). Efficacy of Guided Imagery to Reduce Stress via the Internet: A Pilot Study. Holistic Nursing Practice, 26(3):150-163. doi: 10.1097/HNP.0b013e31824ef55a. Multiple stressors are affecting the mental and physical health of entire populations. In this pilot study, the experience of a guided imagery presentation through the Internet reduced stress in a convenience sample of 29 adult participants as evidenced by a self-reported single-item rating scale question administered pre- and postintervention. Demographics are reported for descriptive statistics of the sample.

- Jallo, N. & Menzies, V. (2011). Guided Imagery as a Treatment Option for Fatigue: A Literature Review. Journal of Holistic Nursing, 29(4): 279-286. Fatigue is one of the most common complaints experienced among the general population. Because fatigue is recognized as a biobehavioral occurrence, a biobehavioral intervention such as guided imagery may be effective in reducing self-reported fatigue. Therefore, the purpose of this study was to explore the research literature related to the use of guided imagery as a nonpharmacological mind-body intervention for the symptom of fatigue. Read the full article here.