

Table 23. Hyperbaric Oxygen for Anxiety following SCI

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
<p>Feng et al. (20170) China RCT PEDro= 6 N=60</p>	<p>Population: HBO group (n=20): Mean age=36.1±5.2 yr; Gender: males=14, females=6; Level of injury: C=7, T=8, L=5; Severity of injury: AIS A=0, B=12, C=5, D=3.</p> <p>Psychotherapy group (n=20): Mean age=34.8±4.7 yr; Gender: males=15, females=5; Level of injury: C=8, T=6, L=6; Severity of injury: AIS A=0, B=10, C=8, D=2.</p> <p>Conventional rehabilitation group (n=20): Mean age=33.1±4.6 yr; Level of injury: C=7, T=9, L=4; Severity of injury: AIS A=0, B=10, C=7, D=3.</p> <p>Intervention: Participants were randomly allocated to either a hyperbaric oxygen group (HBO), a psychotherapy group or a conventional rehabilitation group for an 8-wk intervention in which all three groups received routine rehabilitation on top of their intervention. Therapy sessions occurred once a day, 6 days a wk for 8 wk.</p> <p>Outcome Measures: Hamilton depression scale (HAMD), Hamilton anxiety scale (HAMA), American spinal injury association score (ASIA) and functional independence measure (FIM).</p>	<ol style="list-style-type: none"> HAMD score was significantly lower in both the HBO and psychotherapy groups compared to the control group at the end of 8 wk ($p < 0.05$ for both) with no significant difference between HAMD score for HBO and psychotherapy groups from baseline to 8 wk ($p > 0.05$). HAMA score was significantly lower for the HBO group than for the control group ($p < 0.05$) with no significant difference in HAMA score between the HBO and psychotherapy groups ($p > 0.05$).

