Comparinthe Effect of Exercise Therapy with Biofeedback & Exercise Therapy with Placebo Feedback on Signs & Symptoms of Patients with Dyssynergic Defecation

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Abstract

Background: Researches has shown that doing the appropriate defecation exercise with biofeedback is the treatment for dyssynergic defecation, but since in many researches it is indicated that every treatment such as medication, physical therapy & even surgery has a kind of placebo effect on patients; therefore, in this study we made a comparison in the effectiveness of therapies between biofeedback and placebo feedback in measuring recovery level of patients suffering from dyssynergic defecation.

Materials and Methods: In this study we implemented clinical trial method in such a way that from totally 42 patients complaining of hard stool (constipation), 30 patients were selected on the basis ofROMEIII inclusion criteria and were randomly placed in two groups to receive biofeedback & placebo feedback therapies so that we can measure and compare the ability to defecate the balloon (volume & time) before and after the treatment.

Results: The signs of dyssynergic defecation were improved in both groups in comparison to their pre-therapy time and no advantage was observed over the patients who received biofeedback therapy. There were significant and positive changes in the criteria's of: defecate balloon time (biofeedback = 0.001; placebo= 0.000), hard stool (biofeedback=0.001; placebo = 0.001), pain (biofeedback= 0.002; placebo= 0.010); excessive strain during bowel movement (biofeedback= 0.005; placebo= 0.002), feeling of incomplete evacuation (biofeedback= 0.023; placebo = 0.004) .But there was no significance changes in bleeding criteria (biofeedback= 0.317, placebo= 0.564), numbers of bowel movement during a week (biofeedback= 0.180, placebo= 0.059) & digital evacuation (biofeedback = 0.084, placebo=0.05). The signs of improvement concerning fecal impaction were just observed in the patients who received placebo feedback therapy (0.007).

Conclusion: Biofeedback therapy in patients suffering from dyssynergic defecation has positive placebo effect.

Keywords: Biofeedback, Placebo Feedback, Constipation, Dyssynergic Defecation, AnorectalDyssynergia.