

# The Musictherapy impact

## in reducing anxiety in cardiological post surgery patients



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### OBJETIVE

To determine if Musictherapy interventions do impact in reducing post surgery anxiety.

### HIPÓTESIS

Musictherapy interventions, as a non pharmacological approach reduce anxiety, and do not have negative effects, impacting in a positive way in the process of recovery

## METHODS AND MATERIALS

Observational descriptive study, experimental with 2 aleatory groups

### VARIABLES TO MEASURE:

- BEFORE SURGERY:** Anxiety grade (STAI scale)
- BEFORE MUSIC THERAPY TREATMENT:** anxiety grade (STAI scale)
- AFTER MUSIC THERAPY:** anxiety grade (STAI scale)

### STUDY FELLOWS (O PATIENTS)

- Post op surgery Patients with more than 18 years ( from October 2016-july 2017) (n=47)
- INDEPENDENT VARIABLE:** Musictherapy
- DEPENDENT VARIABLE:** Anxiety
- OTHER VARIABLES:** gender
- VALIDATED SCALE:** STAI (compare punctuation pre and post intervention)

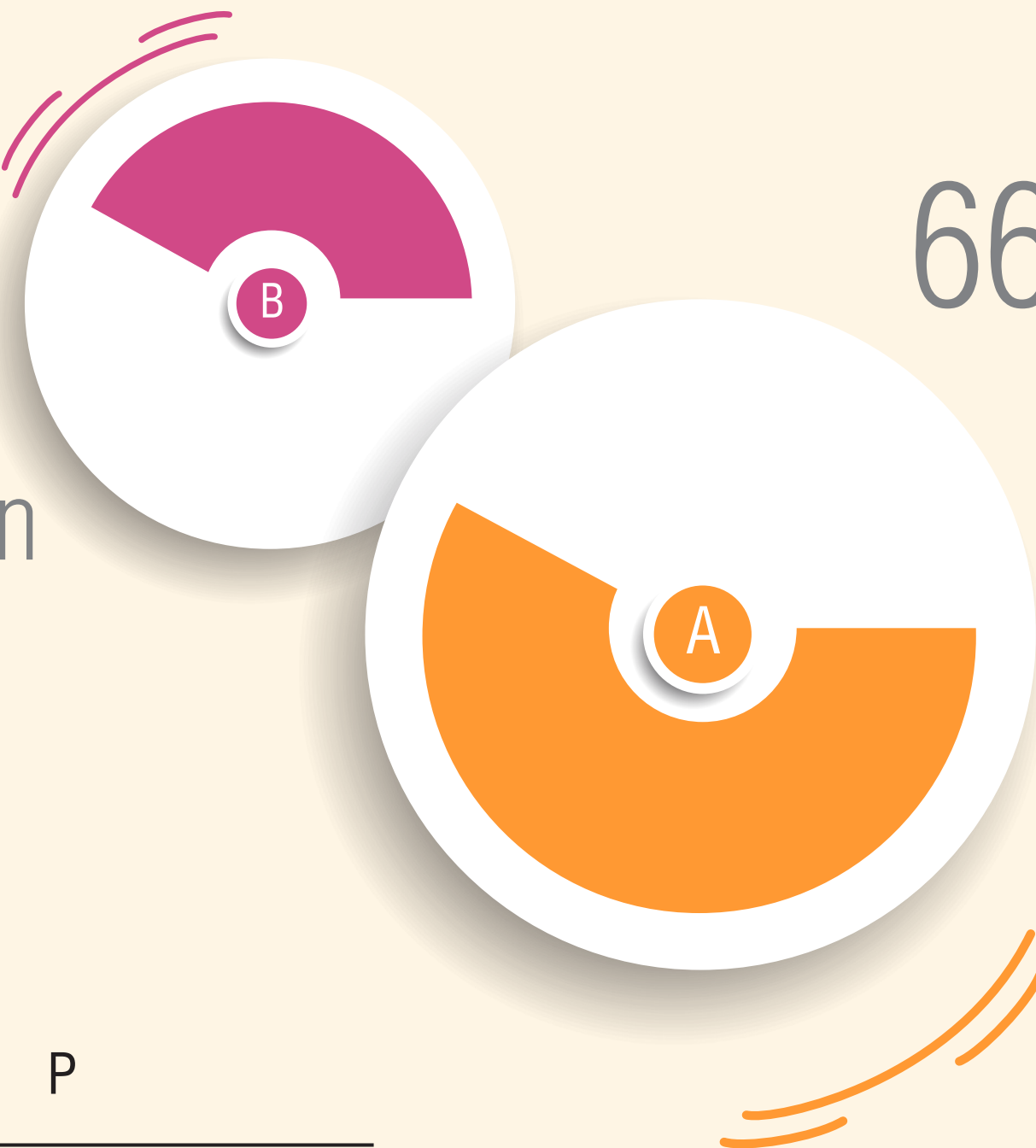
### INCLUSION CRITERIA:

- Pre op cardiological surgery patients above 18 years old who accept to participate in the study.

### EXCLUSION CRITERIA:

- Patients with cognitive disorders
- Patients who don't know how to read and write
- Patientes with auditive difficulties

Study sample: 47 Patients



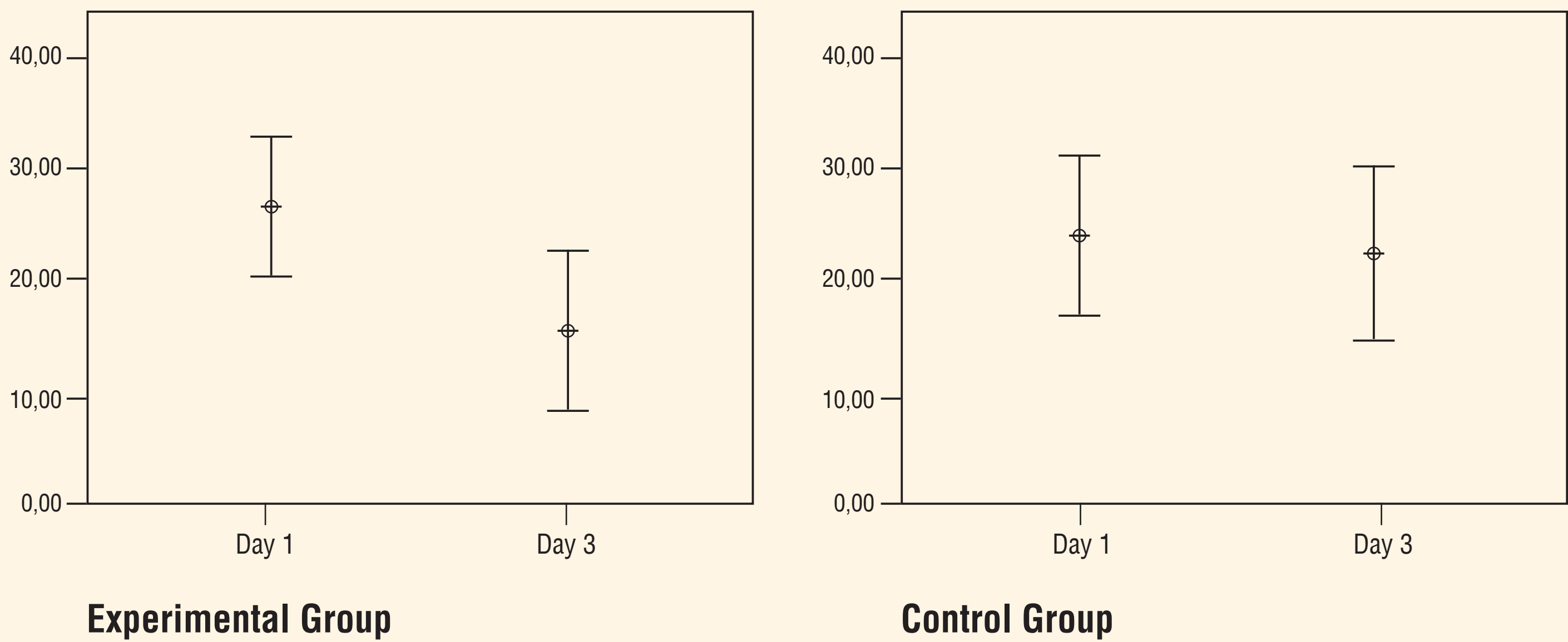
### ANXIETY SCALE\*

	Day 1	Day 3	P
Experimental Group	26,5 (10,6)	15,7 (11,8)	,021
Control group	23,8 (10,1)	22,4 (11,7)	,759

\*Expressed as average (+/- standard deviation)  
\*\*Anxiety, second shot (3<sup>th</sup> day)

### ANALYSIS OF DATA

The STAI scale average value in the experimental group, was significantly lower in the second take (3<sup>rd</sup> day), than Baseline ( 26.5 ± 15.7 vs 15.7 ± 11.8, p = 0.021)



### DISCUSSION

Cardiological patients present a strong tendency to suffer anxiety disorders. The trait anxiety is a relatively stable parameter which measure the tendency of people to develop anxiety in their daily life. The state anxiety measures the level of anxiety that its perceive in a determine moment. Patients which present a high level of of trait anxiety could increase significantly the level of state anxiety when they face a surgical procedure. The increment of scientific evidence allow music therapy to get more participation in medical care with patients with these characteristics.

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