AN EXPLORATION OF THE DURATION OF SELF-SELECTED MUSIC IN REDUCING PREOPERATIVE ANXIETY

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Introduction: Anxiety occurs when individuals are faced with uncertainties. Patients who are scheduled for surgery often experience increased anxiety. Individuals have varying degrees of reaction to anxiety; however, most of it is under-reported.

Problem: The quality of the patient’s overall perioperative experience can be influenced due to preoperative anxiety. Many nonpharmacologic therapeutic approaches are available to minimize anxiety in the preoperative setting. One approach is the use of music to promote comfort and alleviate anxiety. Of the studies that utilize music for reducing anxiety none have addressed the length of time required for music therapy to achieve its maximum effect.

Purpose: (1) To investigate the impact of a 15-minute and a 30-minute music intervention using the State Trait Anxiety Inventory (STAI) and the Numeric Visual Analogue Anxiety Scale (NVAAS) Scores. (2) To explore the impact of 15-minute or a 30-minute music intervention on patient satisfaction (3) To explore the relationship between the STAI and NVAAS in measuring the level of anxiety.

Methodology: The research design is a randomized control trial. A randomization table for the three treatment groups will be utilized. Patients in treatment group A will receive the 30-minute music intervention. Patients in treatment group B will receive the 15-minute music intervention. And those in group C will be the control group, and will receive the current standard treatment which does not include any music.

Results: Anxiety State - Study findings demonstrated that anxiety was lower after the participants listened to either 15 or 30 minutes of music (p < 0.0001). Measurement using the NVAAS yielded similar results with clinical significance at p<0.0001 for each intervention group as well as for the combined 15 and 30-minute group. Findings also suggest that the 30-minute classical music intervention group had more impact on the patient’s anxiety state levels (p=0.0002) than the 15-minute classical music intervention (p= 0.038). Jazz and religious music selections were effective in reducing state anxiety for both the 15 and 30-minute intervention groups.

Conclusions and Implications: This study suggests that 30 minutes of self-selected music, particularly classical music, reduces the participant’s state anxiety level. In nursing practice preoperative settings should offer patients music that is relaxing preferably non lyrical and has a slow tempo in an effort to minimize anxiety.