

Association of Music Listening with Post-Procedural Anxiety and Pain Reduction

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Introduction

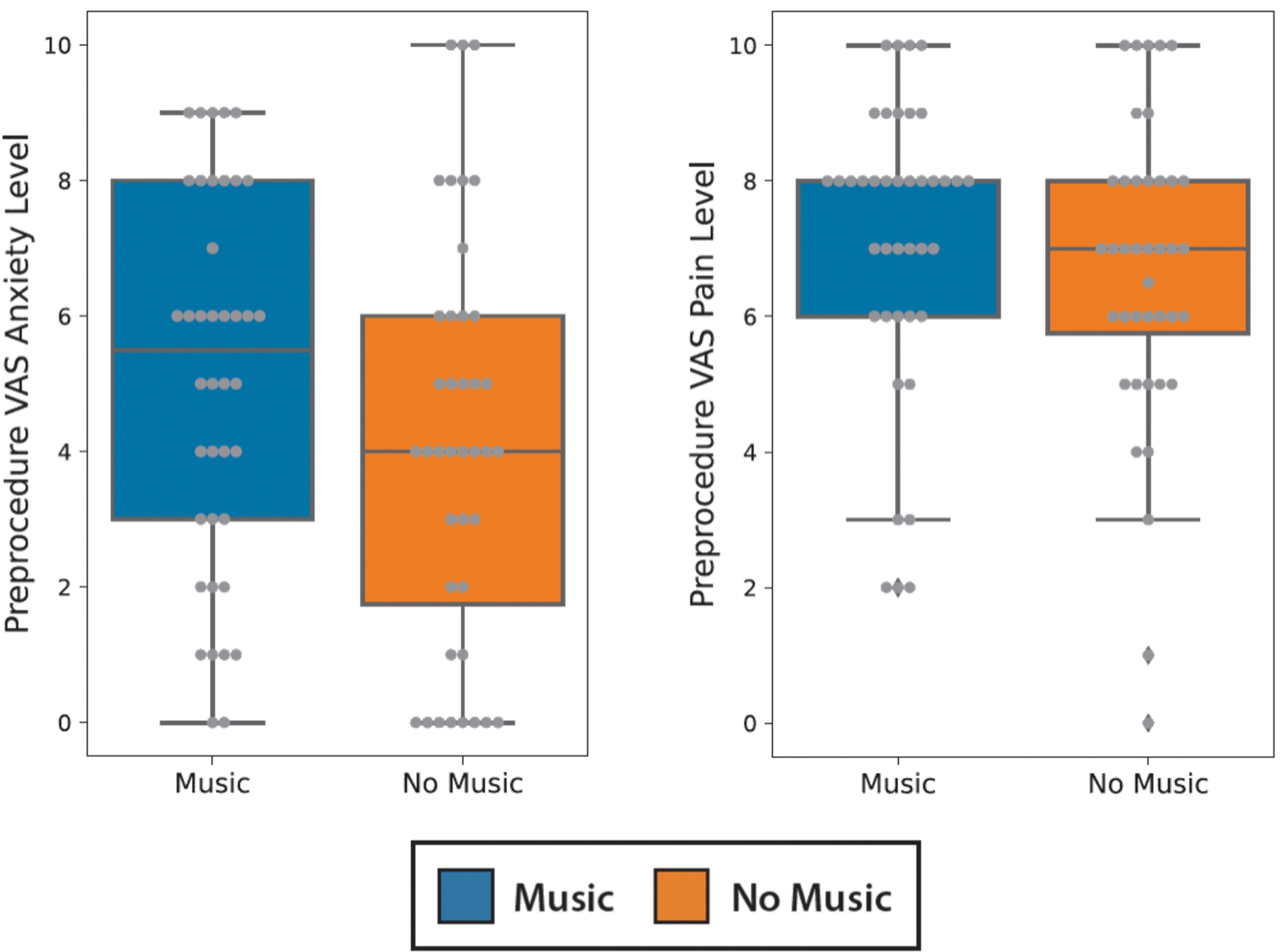
- Procedural anxiety is a significant concern for patients
- Pharmacologic treatments often have poor side effect profiles
- Study Question:** Do music interventions reduce post-procedural anxiety and pain for patients undergoing awake chronic pain interventions?

Methods

- Open-label, prospective, randomized controlled trial that included 80 patients, 40 randomly assigned to either intervention or control groups
- Anxiety and pain quantified pre-procedure and 15 minutes post-procedure via validated scales:
 - Visual Analog Scale for Anxiety
 - Visual Analog Scale for Pain
- Intervention group listened to patient-selected music during the procedure

Results

Pre-procedure pain and anxiety levels were similar between the intervention and control groups

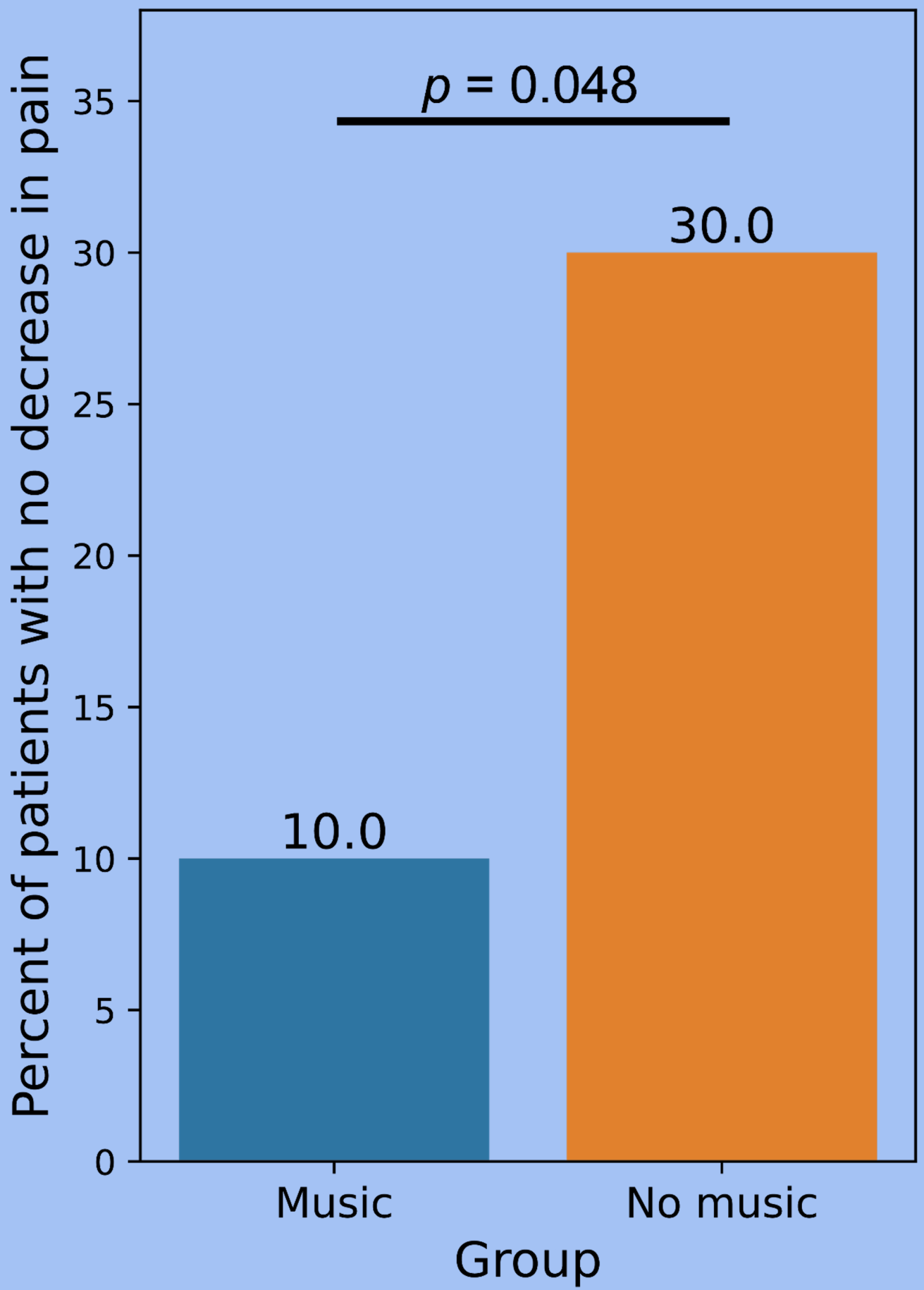


Listening to music reduces post-procedural pain and anxiety for chronic pain intervention procedures

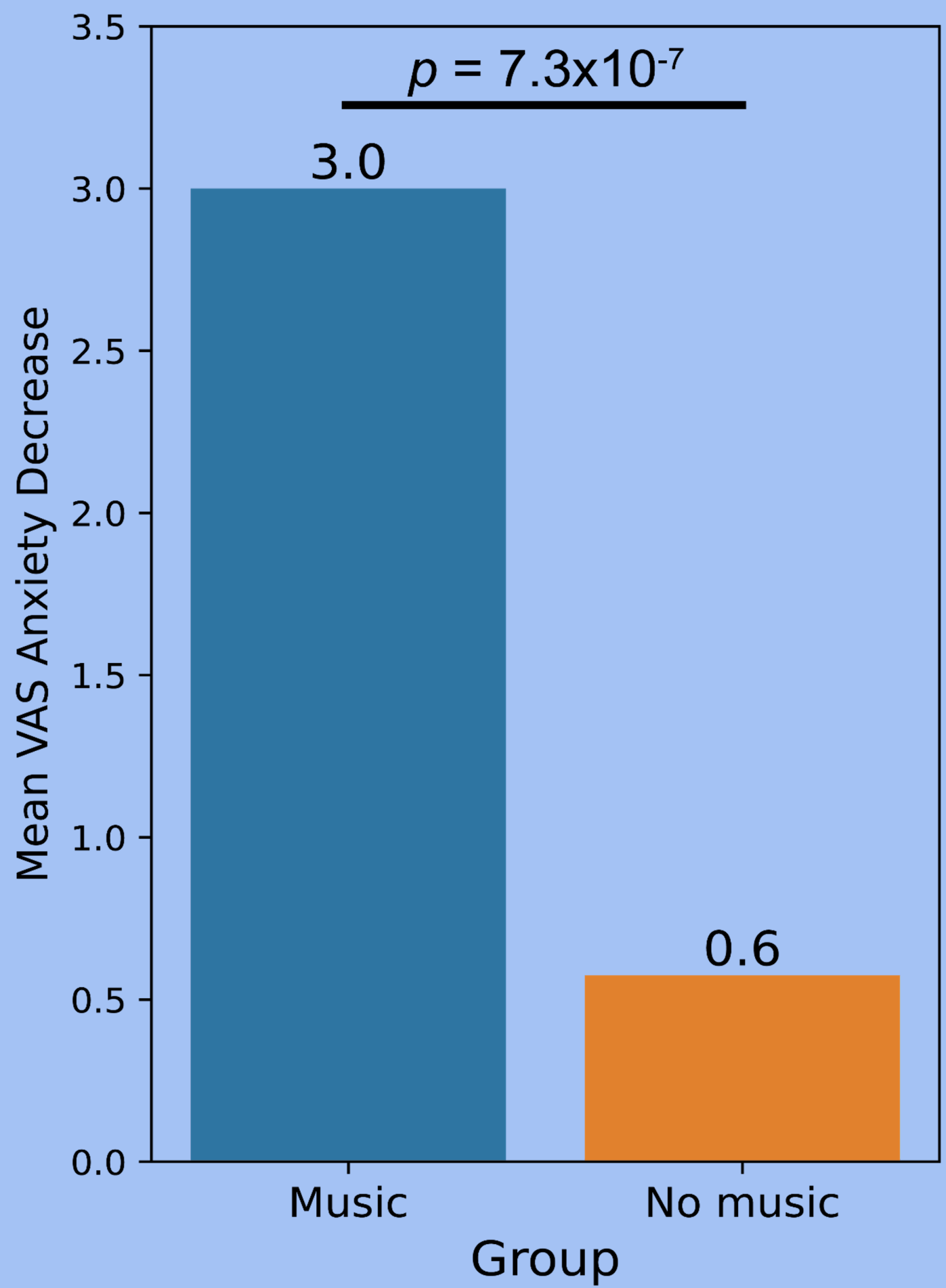


AI generated artwork

Pain reduction is more common in patients receiving music intervention

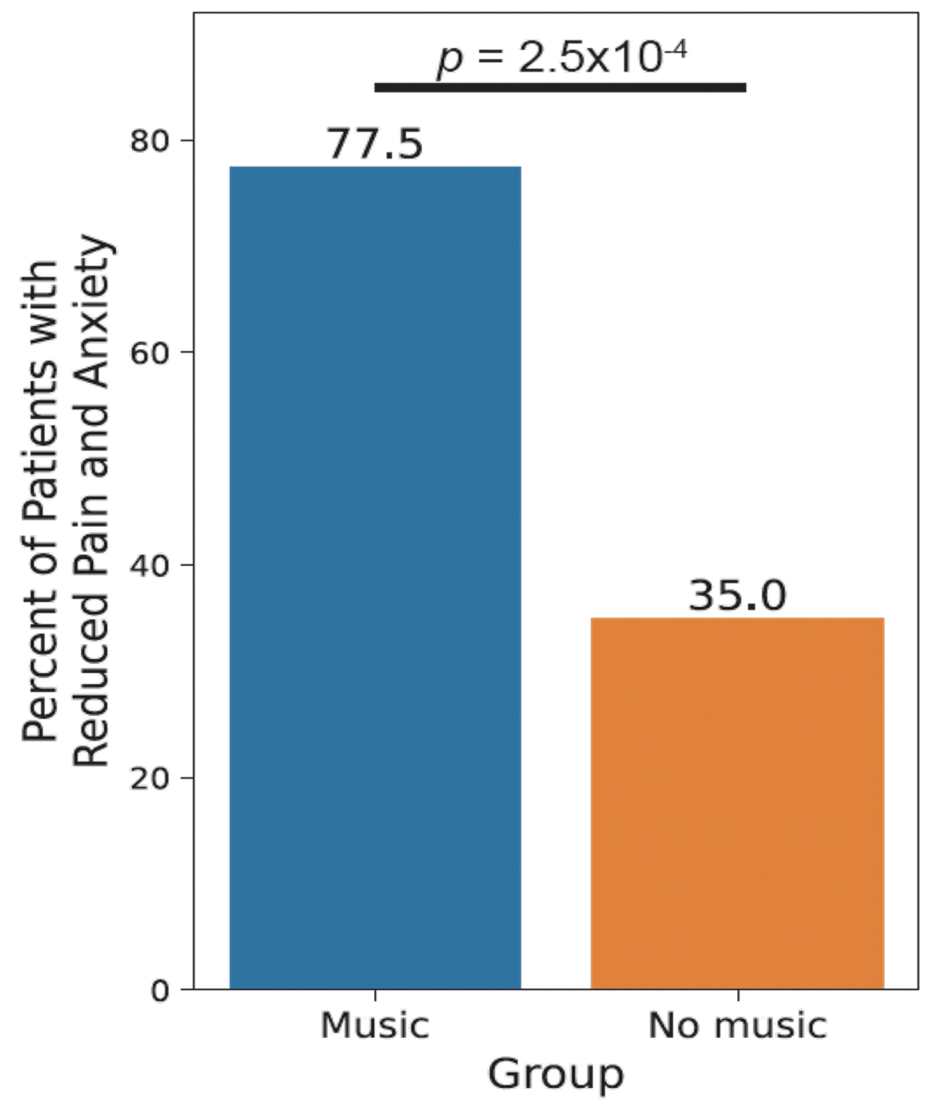


Music intervention decreases post-procedure anxiety

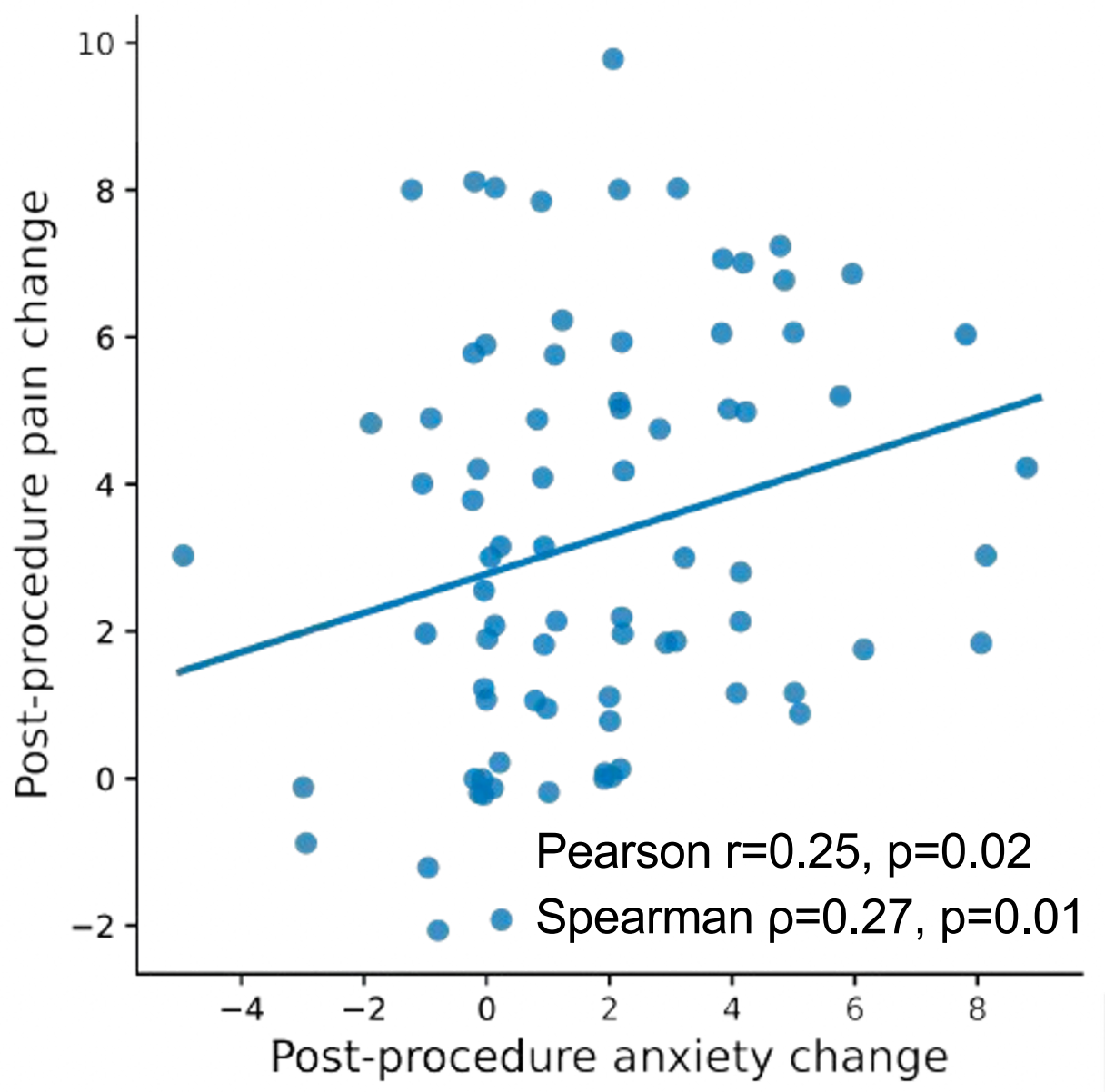


Results

Music intervention promotes combined pain and anxiety reduction



Reductions in pain and anxiety are significantly correlated



Discussion

- The number of patients afflicted by chronic pain conditions in the United States has continued to grow
- Previous studies in different fields have shown an association between music and anxiety reduction in other procedural settings and that anxiety and pain levels are significantly correlated
- Music effectively reduces post-procedural pain and anxiety levels in patients undergoing awake chronic pain interventions and can serve as a non-pharmacological treatment alternative

Limitations:

- Limited sample size precluded investigations of how procedure type impacted music interventions
- May not be effective in patients with impaired hearing
- Can impair patient-physician communication

References

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