



## EFFECTS OF LISTENING TO MUSIC ON PATIENTS' ANXIETY AND PAIN DURING COLONOSCOPY: A RANDOMIZED CONTROLLED TRIAL



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**AIM:** To determine whether music affects anxiety level of patients' and pain experiences associated with colonoscopy.

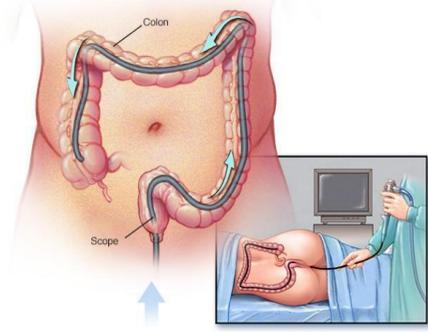
### MATERIAL AND METHODS

The study was conducted as a randomized controlled quasi-experimental study between 20 July 2017 and 20 September 2017 in the Department of Gastroenterology Polyclinic of Aydın Adnan Menderes University, Aydın.

Forty colonoscopy patients were randomized into either listening to music (Experimental group, n=20) or not listening to music (Control group, n=20)

After all patients were informed about procedure by researcher, the anxiety level of patients' was measured using the State-Trait Anxiety Inventory's two scales (STAI-State and STAI-Trait) and the pain was measured Visual Analog Scale (VAS).

The control group did not listen to the music during procedure. After the procedure, all patients rated pain and only STAI-State related to the procedure.



## RESULTS

Patients in the experimental group were listened the Turkish Art Music with headphones for 15 minutes during colonoscopy

According the sociodemographic characteristics of patients, 55% of the patients in the experimental group were female and 50% of the control group were male.

It was determined that 59.1% of the patients in the experimental group and 72.2% of the patients in the control group had no cancer storms.

In addition to this 55% of the experimental group and 61.1% of the control group patients had colonoscopy before.

The mean age  $55.77 \pm 16.22$  (min=24, max=78) in control group and  $55.95 \pm 11.40$  (min=31 max= 79) in the experimental group.

### EXPERIMENTAL GROUP

Before the procedure the mean STAI-state score was  $42.45 \pm 5.42$  (min:33,max:50)

After the procedure the mean STAI-state score was  $37.55 \pm 4.24$  (min=32 max=48)

Mean pain score was  $1.56 \pm 0.53$  (min=0 max=10). (p=0.925).

### CONTROL GROUP

Before the procedure the mean STAI-state score was  $40.15 \pm 5.45$  (min:32 max:51)

After the procedure the mean STAI-state score was  $42.45 \pm 5.42$  (min:33,max:50)

Mean pain score was  $1.8 \pm 0.53$  (min=0 max=8). (p=0.925).

**Conclusion:** According to results no significant effects of music on anxiety and pain during colonoscopy.



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**Key Words:** colonoscopy, music, pain, anxiety.

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