Sigma’s 30th International Nursing Research Congress
Music and Anxiety in Chemotherapy Treatment of Breast Cancer Patients
Chyn-Yng Yang, PhD, RN
Department of Nursing Service, Taipei Medical University Hospital, Taipei, Taiwan
Kuei-Ru Chou, Professor, PhD, RN
College of Nursing, Taipei Medical University, Taipei City, Taiwan

Purpose: Cancer has continued to rank first among the top 10 leading causes of death in Taiwan nearly 36 years. For patients receiving chemotherapy, they must endure the side effects of chemotherapy on their physiological well-being and psychological symptom distresses. Music could be used as a non-invasive therapeutic tool to relieve the anxiety of many kinds patient. But less experimental design is used to compare the effects of music therapy on anxiety and salivary amylase and finger temperature during chemotherapy in Taiwan. The purpose of this study was to explore the effectiveness of music therapy in reducing anxiety in breast cancer patients undergoing chemotherapy.

Methods: We used a randomized, parallel-group, controlled trial design and allocated the 60 enrolled participants. Randomly assigned to the experimental group and the control group, each group of 30. The experimental group listened to the MP3 player with headphones for 30 minutes of optional music during chemotherapy. The control group listened to the MP3 player for 30 minutes of ambient sound during the chemotherapy period. Subjects were tested for anxiety, salivary amylase, and finger temperature before, 6th, 12th, and 24th week of intervention.

Results: The demographic characteristics and anxiety levels, salivary amylase, finger temperature, and homogeneity tests of the two groups were not statistically significant (p>.05). The results showed significant differences between the two groups at week 12 and week 24 (p < .05). Moreover, the average score of listening to music anxiety in the experimental group was lower than that in the control group. Further by GEE analysis, there was a statistically significant difference (p < .05) showing interaction (group x time point). The effect of music on salivary amylase showed that the experimental group had a decrease in salivary amylase values compared with the pretests at the baseline values of music intervention measures, weeks 6 and 12, and 24 weeks. The control group was on the rise. The difference between the measured and post-tested finger temperatures at four time points was not statistically significant (P>.05) after the Paired t test.

Conclusion: Our results showed that music intervention can relieve anxiety in Cancer Patients Undergoing Chemotherapy. During the listen to music, the patient’s alpha amylase decreased, that confirming the patient in a relaxed state. Therefore music can be recommended to relax relieve anxiety symptoms as non-drug effective interventions.

Title:
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Keywords:
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References:
Abstract Summary:
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Content Outline:
I. Introduction
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II. Body
A. Anxiety
B. salivary amylase
C. finger temperature

III. Conclusion
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First Primary Presenting Author
Primary Presenting Author
Chyn-Yng Yang, PhD, RN
Taipei Medical University Hospital
Department of Nursing Service
Deputy Director
Author Summary: Ms. Yang is engaged in clinical patient care and administration and nursing teaching for many years, just since the nursing doctorate graduate, specializing in music therapy and mental health related research.

Second Secondary Presenting Author

Kuei-Ru Chou, Professor, PhD, RN
Taipei Medical University
College of Nursing
Distinguished Professor and Dean of College of Nursing
Xinyi Dist.,
Taipei City
Taiwan

Author Summary: Dr. Chou has more than 30 years of experience in nursing science and has published more than 130 scientific publications in SCI/SSCI journals. She has been serviced as the Director of Library from 2011-2017, Director of Graduate Institute of Nursing from 2006-2011 at Taipei Medical University (TMU). She is currently appointed as the Dean at the College of Nursing at the TMU and the Vice Director of department of Nursing at TMU-Shuang Ho Hospital.