

Amy Madson

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Mentor: Michael J. Silverman,

Music Therapy

The Effect of Music Therapy on Perception of Relaxation, Anxiety, Pain, and Nausea in Organ Transplant Recipients: A Preliminary Analysis

Due to their unique clinical needs, organ transplant recipients characteristically experience low levels of relaxation, heightened anxiety, pain, and nausea. While music therapy interventions have demonstrated effectiveness in ameliorating these conditions with patients in other medical settings, there is a lack of research concerning the use of music therapy with adult organ transplant patients. The purpose of this study was to assess the effect of music therapy on relaxation, anxiety, pain, and nausea levels in recovering organ transplant recipients. Participants ($N = 28$) received a 15-30 minute music therapy session consisting of live patient-preferred music and therapeutic social interaction. Participants' pre and post self-reported levels of relaxation, anxiety, pain, and nausea were evaluated based on separate ten-point Likert-type scales. Changes in affect and verbalizations were observed by the researcher and anecdotal data were collected from patients, caregivers, and hospital staff. Results of paired t -tests indicated statistically significant improvements in relaxation and anxiety ($p < .01$). Improvements in pain and nausea were not statistically significant. Observations by the therapist indicated that 44% of patients showed improved affect and 48% of patients increased their positive verbalizations or decreased their negative verbalizations. All participants reported that they would like to receive music therapy again in a future long-term hospital stay. It seems music therapy can meet some clinical needs of hospitalized patients recovering from organ transplants.



Poster Number: Session: