

Anxiety Reduction Through Music

Samantha Schrader BSN, RN
Lehigh Valley Health Network, samantha.schrader@lvhn.org

Megan Sudol
Lehigh Valley Health Network, megan.sudol@lvhn.org

Jennifer Gorant BSN, RN
Lehigh Valley Health Network, jennifer.gorant@lvhn.org

Siri Amungwa RN
Lehigh Valley Health Network, siri.amungwa@lvhn.org

Follow this and additional works at: <https://scholarlyworks.lvhn.org/patient-care-services-nursing>



Part of the [Medicine and Health Sciences Commons](#)

Let us know how access to this document benefits you

Published In/Presented At

Schrader, S., Sudol, M., Gorant, J., & Amungwa, S. (2022). *Anxiety Reduction Through Music*. Poster presented at PSNA Virtual Summit.

Also presented at Nursing Research Day 2023, Center Valley, PA, September 7, 2023.

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact LibraryServices@lvhn.org.

Anxiety Reduction Through Music

Samantha Schrader, BSN, RN; Megan Sudol, BSN, RN; Jennifer Gorant, BSN, RN; Siri Amungwa, RN
Lehigh Valley Health Network, Allentown, Pa.

INTRODUCTION

- Music based interventions can provide varied benefits for psychiatric patients in an acute setting (Volpe et al., 2018).
- Many psychiatric patients are overwhelmed, anxious, depressed or internally preoccupied – factors which can lead to aggressive and/or self-harm behaviors and result in restraint episodes.
- This presentation details the therapeutic effectiveness of music therapy groups on acute psychiatric units with the goal of improving care and decreasing restraint use.

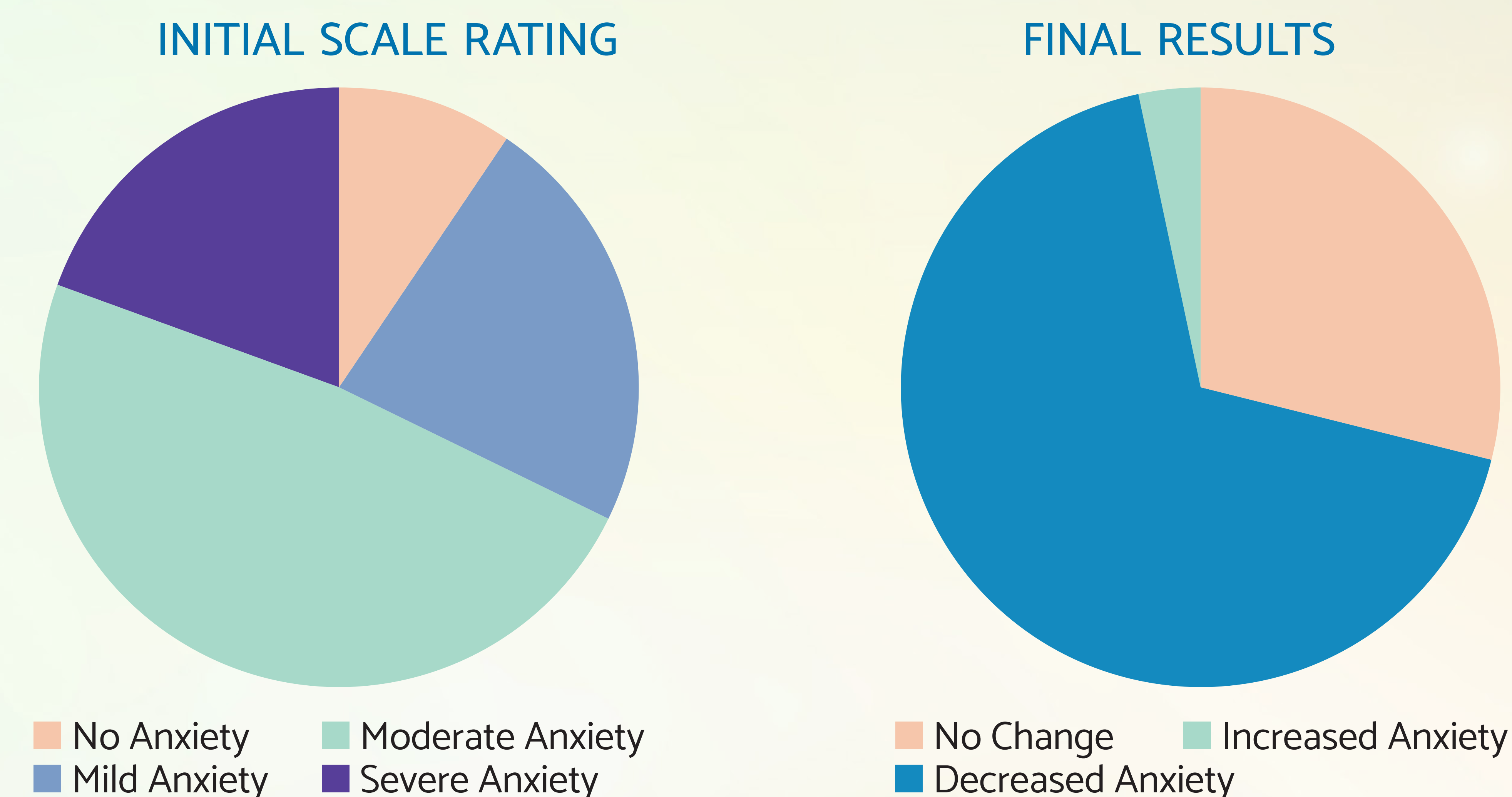
EVIDENCE

- Exposing patients diagnosed with psychosis or mood disorders to relaxing music has shown positive results among patients in acute care settings (Volpe et al 2018).
- Verbal and nonverbal rating scales were used to assess patient anxiety before and after music therapy (Volpe et al., 2018, Schroeder et al., 2018, Bensimon et al., 2018).
- Study outcomes revealed a significant reduction of stress levels, agitation, depression, and an increase in over all calmness with no adverse side effects after rating and observing patients post music sessions (Volpe et al., 2018, Schroeder et al., 2018, Bensimon et al., 2018).

METHODS

- February 2022: Pre-Intervention – patients given a questionnaire to evaluate their current anxiety level (circle one) Mild, Moderate, Severe
- Intervention - March-May 2022
 - Structured, RN-led, music groups; acute care psychiatric setting
 - Three cohorts; ten patients/cohor
 - Genre was chosen by group census
- Post-intervention – re-administered pre-intervention questionnaire

OUTCOMES



RESULTS

- Patients sang, danced, and discussed the music with the nurse.
- The majority of patients noted reduced anxiety levels.
- Post intervention, patients expressed interest in having additional music therapy sessions.

KEY LEARNINGS/FUTURE DIRECTION

- Outcome data presented to clinical behavioral health leadership
- Implementation of a regular therapeutic music group is being reviewed by management to incorporate in regular patient care
- Staff also reported a reduction in anxiety with music therapy
- The care of the behavioral health patient requires a creative, multifaceted approach.

REFERENCES

- 1) Bensimon, M., Shaul, S., Div, S., Sandler, L., & Teltelbaum, A. (2018). Patient –centered approach in closed psychiatric wards: The curative power of relaxing music chosen by patients. *The Israel Journal of Psychiatry and Related Sciences*, 55(2), 52-57.
- 2) Schroeder, R. W., Martin, P. K., Marsh, C., Carr, S., Richardson, T., Kaur, J., Rusk, J., & Jiwani, S. (2018). An individualized music-based intervention for acute neuropsychiatric symptoms in hospitalized older adults with cognitive impairment: A prospective, controlled, nonrandomized trial. *Gerontology & Geriatric Medicine*, 4, 2333721418783121. <https://doi.org/10.1177/2333731418783121>
- 3) Volpe, U., Gianoglo, C., Autiero, L., Marino, M. L., Facchin I, D., Mucci, A., & Galderisi, S. (2018). Acute effects of music therapy in subjects with psychosis during inpatient treatment. *Psychiatry*, 81(3) 218-227. <https://doi.org/10.1080/00332747.2018.1502559>