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Effects of music on pain in patients with fibromyalgia.

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Abstract

Fibromyalgia syndrome (FMS) is a chronic syndrome characterized by diffuse musculoskeletal system pain and painful tender points in certain areas of the body. The aim of the investigation was to determine the effects of music on pain in fibromyalgia patients. This randomized clinical trial was carried out with 37 fibromyalgia outpatients as an experimental group (n=21) and control group (n=16) at a University Hospital Internal Medicine and Rheumatology Clinic between 1 June and 1 December 2014. The research instruments used were descriptive characteristics questionnaire, Visual Analogue Scale (VAS), music CD which includes water and wave sounds recommended by the Turkish Psychological Association for psychological relaxation, and pain evaluation form. According to the findings, the average age of patients was 43.59 years \pm 10.30, 94.6 % were women and 81.1 % were married. The fibromyalgia patients had the disease ranged from 1 month to 20 years, the average of disease duration was 23.6 \pm 45.5 months, and the average of pain intensity was 6.89 \pm 1.64 on the VAS. Average pain was reported in the experimental group in VAS on day 1 (5.45 \pm 2.73), day 7 (4.57 \pm 2.71), and day 14 (4.14 \pm 2.45), and significant reduction in pain in the listening music group was seen (p=0.026). A repeated measure analysis of variance controlling for differences between days demonstrated a significant decrease in pain between day 1 and day 14 (p=0.022). There was no significant decrease in pain among control group participants. The effect of music has been found to control pain in fibromyalgia patients. Music therapy should be suggested in pain management for fibromyalgia patients as a non-pharmacologic nursing intervention.

KEYWORDS: Fibromyalgia; Music; Nursing; Pain; Therapy

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