



Positive effect of MusiCure on patients undergoing bronchoscopy - A randomized controlled trial

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Abstract

Background: The use of music to relieve anxiety has been examined in various studies, but the results have been inconclusive.

Objectives: The aim of the study was to investigate whether MusiCure played through headphones could relieve anxiety for patients undergoing bronchoscopy.

Methods: 160 patients, under investigation for diagnosis of lung cancer, were randomly assigned to MusiCure treatment or no-music (control group) from April to October 2015. The MusiCure treatment was administered through earplugs, to ensure blinding of the staff and was played from admission in the operating theater and to the end of the bronchoscopy. The anxiety inventory STAI (Spielbergers State Trait Anxiety Inventory) was administered at admission, after 10 minutes prior to bronchoscopy with or without music in the operating theatre and at discharge.

Results: The STAI scores were similar at the time of admission, but there was a significant difference in the STAI state count between the groups after waiting 10 minutes in the operating theatre with MusiCure or no music. (Median 35 [18] vs 43 [25], $p = 0,03$, $r = - 0,18$). Before discharge the differences were eliminated.

Conclusions: MusiCure is a low cost and low risk method of relieving anxiety in patients undergoing bronchoscopy.

[Bronchoscopy](#)

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