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Effectiveness of music therapy and visual imagery techniques on preoperative anxiety among children undergoing surgeries in selected hospitals of Rajasthan: A pilot study

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Statement of the Problem: Increasing attention is nowadays being paid to a variety of non-pharmacological interventions for decreasing preoperative anxiety such as music therapy, music medicine interventions, visual imagery technique and so on.

Method: Three arm randomized controlled trial was conducted to assess the effectiveness of music therapy and visual imagery techniques on preoperative anxiety with total 36 children aged between 4 to 12 years. Samples were equally distributed to three groups (12 in each group). Group-A received music therapy, Group-B received visual imagery technique for 15 to 30 minutes duration minimum three times a day and Group-C (control group) received conventional intervention. Hamilton Anxiety Rating scale was used to measure the preoperative anxiety level. Data was computed in SPSS-16.

Result: The mean and SD score of pre and post-test in experimental group A, B and C was 7 ± 3.43 & 1.67 ± 2.06 , 15.33 ± 4.86 & 8.83 ± 4.78 and 19.67 ± 14.88 & 19.08 ± 12.12 respectively. The effect size of Group-A was 1.88 and Group-B was 1.34. One way ANOVA found significant difference between the groups and the interpretation of post Hoc test was, Group-A had much effectiveness when compared with other two groups.

Conclusion: If music therapy or visual imagery technique given especially just before giving anesthesia, the child will experience very less anxiety or no anxiety and that could reduce the post-operative stay and improve outcome status of the child.

Biography

S K Mohanasundari is currently pursuing PhD in INC and working in College of Nursing as Faculty in AIIMS Jodhpur, India. She has published more than 40 articles in various national and international journals and published one book (*Entrance Guide for Nurses to Succeed*). She is the Member of Editorial and Review Board of three national and two international journals and Life Member of four associations such as TNAI, NRSI, IANN and NNF. She received Best Lecturer Award from Tayma General Hospital, Saudi Arabia. She has worked as an Assistant Professor in private nursing colleges in India, also worked in MOH Saudi Arabia as a Nurse Educator (2013 to 2014) and later worked in All India Institute of Medical Sciences Rishikesh, India. Presently she is working in College of Nursing as Faculty in All India Institute of Medical Sciences Jodhpur, India.

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