

CAN LISTENING TO MUSIC DECREASE PAIN, ANXIETY AND STRESS DURING A URODYNAMIC STUDY? A RANDOMIZED PROSPECTIVE TRIAL FOCUSING ON GENDER DIFFERENCES

Hypothesis / aims of study

To evaluate the effect of listening to music on pain, anxiety or stress during a urodynamic study (UDS).

Study design, materials and methods

A total of 74 female and 74 male patients who underwent UDS between March 2013 and October 2013 were prospectively randomized. The patients were divided into 2 groups according to gender (female, n=74 vs male, n=74) and into 2 sub-groups according to whether they listened to music or not. Music group subjects played their preferred music during UDS. Before and after UDS, all subjects completed the State-Trait Anxiety Inventory (STAI) form and their degree of pain, anxiety, and satisfaction during examination were assessed by the visual analogue scale (VAS, 0-10). Basic vital signs were also checked before and after the procedure.

Results

In the analysis of anxiety, pain and stress score, the mean shame, discomfort and satisfaction scores (VAS) were significantly higher in females, whereas the mean score of willingness to retry the procedure was higher in males whether listening to music or not ($p < 0.001$). In the analysis of differences of STAI total, state anxiety and trait anxiety, there were no statistical significances between the music group and the no music group in either gender.

Interpretation of results

In both gender, there were no significant differences in anxiety scores even though listening music.

Concluding message

In our study music during UDS did not reduce anxiety, pain and stress in either gender. In the analysis focusing on gender difference, females showed statistically higher levels of pain, anxiety and stress score than males whether listening to music or not.

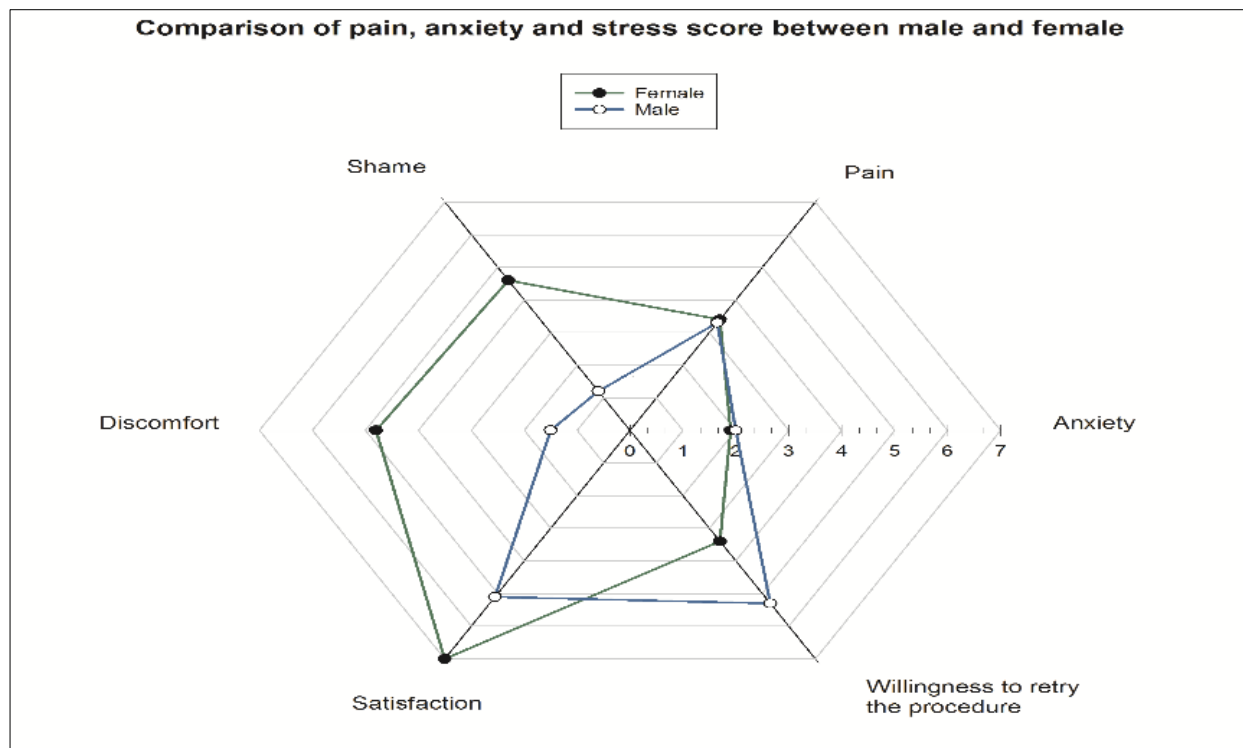


Figure 1. Comparison of pain, anxiety and stress scores between males and females via scoring visual analogue scale

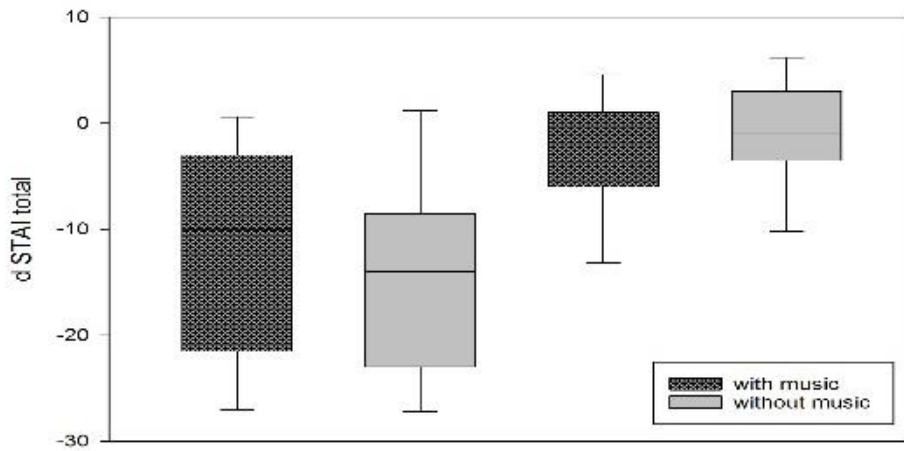


Figure 2. Peri-procedural differences of STAI total showed no statistical significance between the music group and no music group (regardless of gender).

Disclosures

Funding: none **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Korea University Institutional Review Boards **Helsinki:** Yes **Informed Consent:** Yes