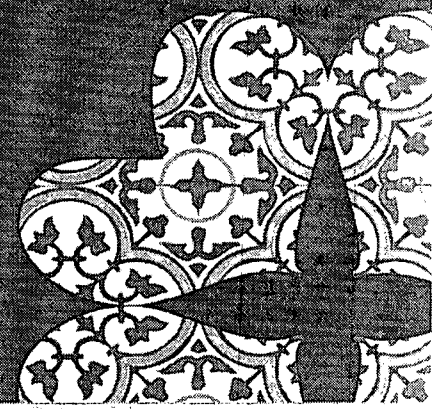


Effectiveness of tranquilizing classical music on pain, anxiety and mood modulation in cancer patients – a randomized crossover clinical trial.

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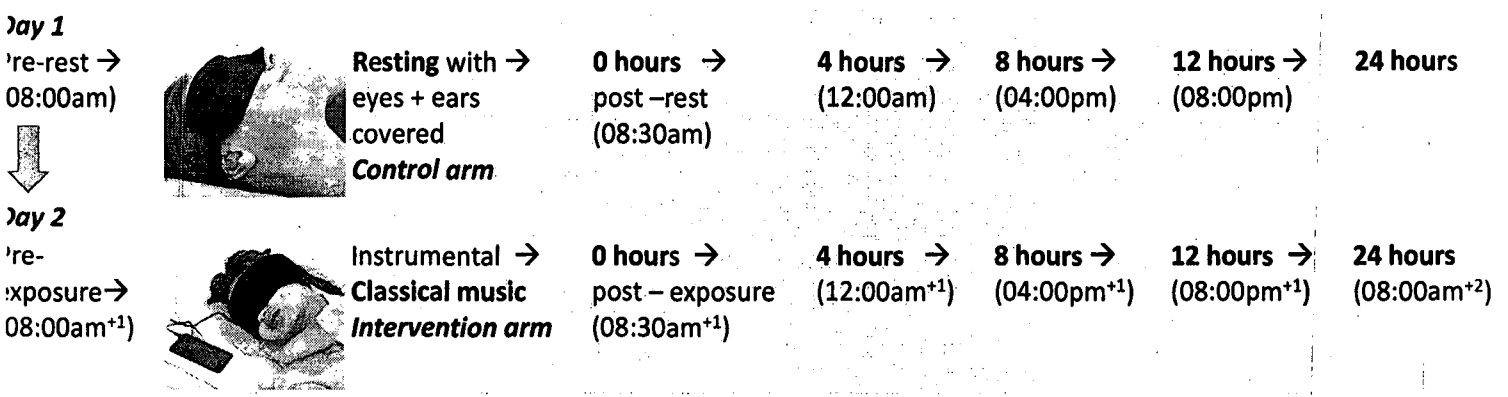
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Background: Pain, as a symptom, burdens 50% of all cancer patients, rising to 75% in those with advanced cancer and it is also closely related to low mood and anxiety. Although it is evident that acceptable level of pain relief is achievable in 90% of them, worldwide studies reveal pain relief in cancer patients remain sub-optimal.

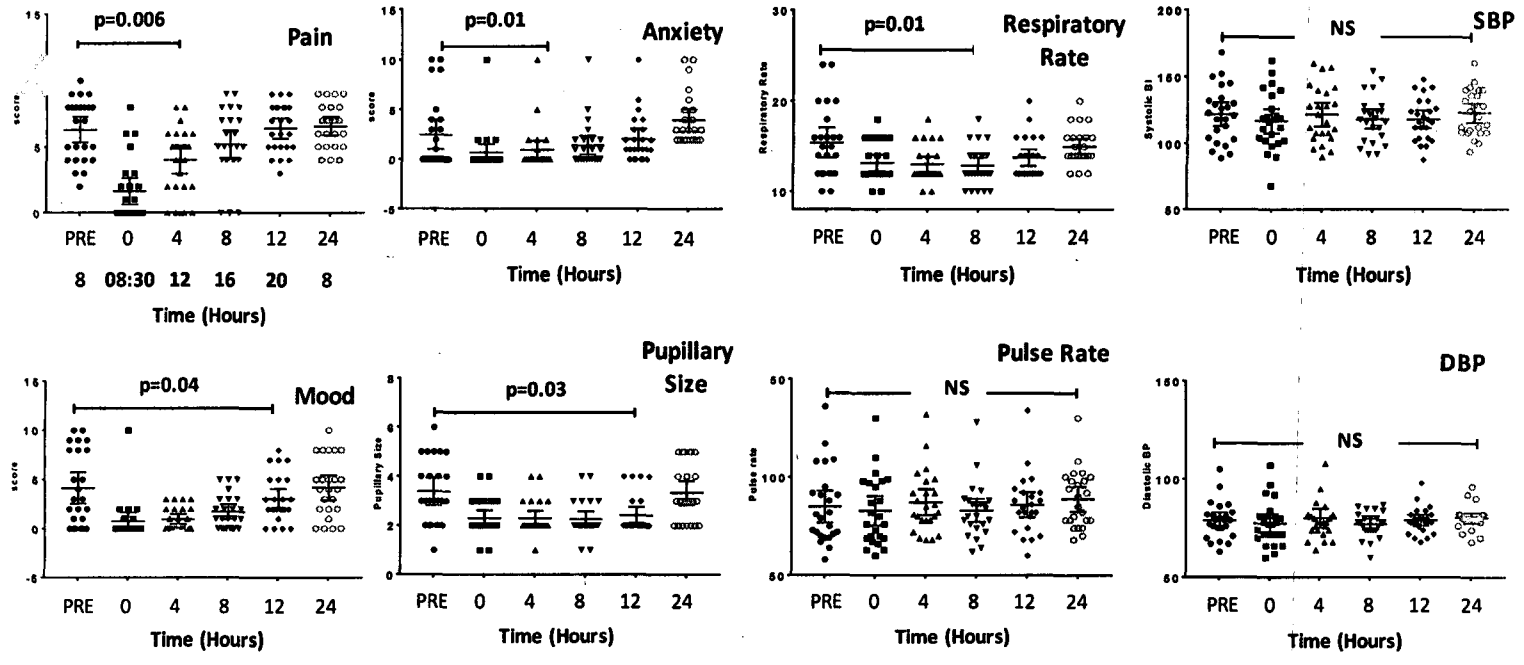
Objectives: To assess the effect of tranquilizing classical music as an adjunct to the ongoing pharmacotherapies, on modulation of
 1. *subjective parameters*; pain, anxiety and mood (measured on visual analog scales) and
 2. *surrogate endpoints*; respiratory rate, pupillary size, pulse rate, systolic and diastolic blood pressure.

Methods: Randomized crossover open clinical trial. Sample: 24 institutionalized cancer patients with baseline pain (M:F = 1:1). Paired sample t-test, compared the corresponding chronological values read for individual parameters, on the two days.



Universal Trial Number: U1111-1175- 9732 (WHO-ICTRP), Ethical Approval Number: 44/15 ERC, FMS, USJ.

Results: (Importantly none of the patients suffered adverse effects in relation to the measured parameters.)



Inference: It is widely accepted that in palliative patients, subjective feeling of wellbeing is better valued than the changes noted in objective parameters. Hence we conclude that classical music can be effectively and safely administered to alleviate pain, low mood and anxiety as an adjunct to on-going therapies in Sri Lankan cancer patients.

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