

primary studies - published RCT

## Benefits of music therapy as an adjunct to chest physiotherapy in infants and toddlers with cystic fibrosis.

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### Study design (if review, criteria of inclusion for studies)

RCT

### Participants

Participants were caregivers of one or more children with CF who were aged between 4(1/2) months and 24 months at the commencement of the clinical trial and required CPT on a daily basis.

### Interventions

Control group participants experienced two conditions consecutively: no audiotape (NT; control) and familiar music tape (FT; placebo control). Treatment group participants were given the treatment music tape (TT), which was composed and compiled by a music therapist.

### Outcome measures

Enjoyment and perception of time were evaluated via questionnaires designed specifically for this study. After baseline assessment, evaluation occurred at two 6-weekly intervals.

### Main results

Children's enjoyment increased significantly after use of the TT (+1.25 units) compared to NT (-0.5 units;  $P = 0.03$ ), as did parents' enjoyment (+1.0 vs. 0.0 units,  $P = 0.02$ ). Children's enjoyment did not change significantly after use of the FT (+0.75 units) compared to NT (n.s.). Likewise, parents' enjoyment did not change significantly after use of the FT (+1.0 units, n.s.). There was no change in perception of time after use of the TT (-4.5 vs. +0.2 min, n.s.) or the FT (+3.3 min, n.s.).

### Authors' conclusions

These results indicate that children's and parents' enjoyment of CPT significantly increased after the use of specifically composed and recorded music as an adjunct. We therefore recommend that recorded music, such as that provided in this study, be given to parents to use as an adjunct to CPT when their young children are diagnosed with CF, in order to assist the establishment of a positive routine.

[3.0.CO;2-K" target=" blank">http://dx.doi.org/10.1002/\(SICI\)1099-0496\(200005\)29:5<371::AID-PPUL6>3.0.CO;2-K](http://dx.doi.org/10.1002/(SICI)1099-0496(200005)29:5<371::AID-PPUL6>3.0.CO;2-K)

### See also

Pediatr Pulmonol. 2000 May;29(5):371-81.

### Keywords

Adult; Caregivers; Child; Infant; Music Therapy - Singing; non pharmacological intervention - devices OR physiotherapy; non pharmacological intervention - psycho-soc-edu-org; Creative and physical therapies; Behavioural interventions;