

primary studies - published, non RCT

Listening to motivational music while walking elicits more positive affective response in patients with cystic fibrosis

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

Non randomized Controlled trial

Participants

Thirty-seven patients with CF

Interventions

patients performed the 6-min walk test (6MWT) under three experimental conditions: listening to no music, relaxation music, and motivational music.

Outcome measures

6-min distance × body weight product (6MWORK) was calculated for each trial. Patients' affective responses during exercise was evaluated with Feeling Scale (FS). The motivational qualities of music were evaluated with the Brunel Music Rating Inventory-2 (BMRI-2)

Main results

6MWORK was significantly lower while listening to relaxation music compared to 6MWORK without music (p

Authors' conclusions

Carefully selected motivational music can lead to positive affective response during exercise and increase the enjoyment of patients from exercises in CF.

<https://www.ncbi.nlm.nih.gov/pubmed>

See also

Complement Ther Clin Pract. 2016 May;23:52-8

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;