primary studies - published RCT

Effects of music therapy as an adjunct to chest physiotherapy in children with cystic fibrosis: A randomized controlled trial.

Code: PM33125399 **Year:** 2020 **Date:** 2020 **Author:** Montero-Ruiz A

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

Randomized controlled trial

Participants

Children with CF between the ages of 2 and 17

Interventions

Music therapy (MT). Specifically composed and recorded instrumental music as an adjunct to ACT. The authors compared the use of specifically composed music (Treated Group, TG), music that the patient liked (Placebo Group, PG), and no music (Control Group, CG) during the usual ACT routine

Outcome measures

The primary outcomes, i.e., enjoyment and perception of time, were evaluated via validated questionnaires. The secondary outcome, i.e., efficiency, was evaluated in terms of avoided healthcare resources.

Main results

Enjoyment increased after the use of the specifically composed music (children +0.9 units/parents +1.7 units; p

Authors' conclusions

The specifically composed, played and compiled instrumental recorded music is an effective adjunct to ACT to establish a positive response and is an efficient option in terms of avoided costs.

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See also

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Keywords

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