



AB111. The effect of individual music therapy on the health and well-being of people living with chronic pain

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Background: This research looks at an 8-week programme of music therapy for ten participants with chronic pain. Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship with an accredited music therapist.

Methods: This mixed methods study incorporates both quantitative and qualitative data during and following a programme of individual music therapy. Quantitative data was collected through entry and exit questionnaires and weekly pre and post pain ratings. Questionnaires collected general and demographical information on quality of life and health satisfaction. Measures used included the Hospital

Anxiety and Depression Scale (HADS), Adult Hope Scale (AHS) and the Mindful Attention Awareness Scale (MAAS). Qualitative data is subsequently being collected through semi-structured interviews.

Results: Of the ten participants, five completed their programme of music therapy. Five participants were unable to attend all sessions due to ill health. Initial qualitative results have shown that participants found sessions to be challenging and supportive. Some benefits cited were a space for emotional expression, creative expression, pain relief, improved mood, enjoyment and relaxation. Some evidence of pain reduction was found.

Conclusions: Initial findings from this pilot study have shown that there is the potential for music therapy to be a supportive intervention for adults with chronic pain. Further study is required with a longer intervention time and a closer look at the potential psychological benefits that this type of intervention could have for people with chronic pain.

Keywords: Chronic pain; music therapy; music and pain; music and health

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