



## KEY POINT SUMMARY

### OBJECTIVES

The objective of the researchers was to better understand the effect of listening to music on day-surgery patient anxiety levels.



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## Music and Its Effect on Anxiety in Short Waiting Periods: A Critical Appraisal

Cooke, M., Chaboyer, W., Hiratos, M.  
2005 | *Journal of Clinical Nursing*  
Volume 14, Issue 2, Pages 145-155

### Key Concepts/Context

The authors review research on the influence of listening to music on anxiety levels among patients having day surgery and found that, indeed, music does seem effective in reducing anxiety among day-surgery patients.

### Methods

After a comprehensive review of the literature, the authors identified 12 studies that met their criteria for inclusion in the analysis. The criteria were: had “evaluated the effect of music on anxiety in short-term waiting periods,” clearly described research methods used, and in English. These studies were evaluated by the research team using the following criteria: appropriateness of the research design, who study participants were, how music was listened to (for example duration of listening), and how effects, if any, of the music were assessed.

### Findings

In 11 of the 12 studies evaluated, music effectively reduced patient anxiety levels.

### Limitations

Only 12 of the studies focused on music and patient experience were included in the analyses.

### Design Implications

Day-patient surgical areas should be designed to support patients’ ability to listen to music.