

Table 26. Music Therapy for Anxiety following SCI

Author Year Country Research Design PEDro Score Total Sample Size	Methods	Outcome
<p>Wood et al. (2021)</p> <p>United States</p> <p>Pre Post Level 4</p> <p>N_{Initial}=20 N_{Final}=12</p>	<p>Population: <i>Intervention group</i> (Music Therapy, n=13): Mean age=18-40yr=3, 41-50yr=3, 51- 60yr=2, 61-70yr=2, >15yr=3; Gender: males=7, females=6; Mean time post injury=Acute; Level of injury: cervical=7, thoracic=5, lumbar=1; Severity of injury=not reported; Anxiety status=mild as reported by the GAD-7 at hospital admission.</p> <p>Intervention: Participants received 2x personalized Music Assisted Relaxation (MAR) exercises during a music therapy session by a Board- Certified Music Therapist for 20min within 3d. VAS scores for pain, anxiety and relaxation were assessed before and after the intervention. GAD-7 and PSS-10 were completed at hospital admission and dismissal.</p> <p>Outcome Measures: Visual Analog Scale (VAS) score for pain, anxiety and relaxation, Perceived Stress Scale-10 (PSS), Generalized Anxiety Disorder (GAD-7).</p>	<ol style="list-style-type: none"> 1. Anxiety and relaxation scores improved significantly after the Music therapy intervention (p<.05). 2. Perceived Stress Scale-10 (PSS, mean difference=7.29) and generalized anxiety disorder (GAD-7, mean difference=3.29) scores decreased from hospital admission to dismissal.