CareSearch Project Research Studies Register: Registration Proforma	0064

Study Title: The effect of self-selected music on adults' anxiety and subjective experience during their first radiotherapy treatment

Brief description of the study: Randomised controlled study plus subjective data collection assessing whether self-selected recorded music reduces anxiety of patients undergoing their first radiotherapy treatment.

Background: Anticipating radiotherapy can be stressful. Self selected music has been found to reduce anxiety in non radiotherapy settings when measured by physiological parameters, psychological testing, and the dosage of self titrated sedative drugs. This is in contrast with predominantly statistically non significant findings when a constrained or no music choice is offered in similar settings. This study is investigating whether self selected music, played during the initial radiotherapy session, alters patients' anxiety states, as well as their subjective experiences of their first session.

Methodology: Triangulation Mixed Methods Design: Convergence Model (Cresswell & Plano Clark, 2007) comprising a randomised, single centre, unblinded controlled trial, plus subjective data collection. N = 100. Data collection tools include a Music Demographic Questionnaire, State Trait Anxiety Inventories, and a Radiotherapy Experience Questionnaire. Qualitative and quantitative results are collected at the same time, and the results are compared and contrasted, ultimately informing the final representation of the data, and interpretation of the findings. Qualitative inter-rater reliability procedures will be integrated.

Findings will inform appropriate music exposure during radiotherapy treatments.

Study Methodology: (Please mark with an x which type of study methodology)

	Epidemiology
	Health Services / Health Economics / Quality Improvement
	Qualitative, Observational or Descriptive
X	Mixed Method
	Systematic Review
	Intervention: RCT
	Intervention: Comparative or cohort study
	Intervention: Case series

Project details:						
Funding source (Optional): NHMRC Palliative Care Post Doctoral Fellowship						
Has the study received ethics approval?	**X**	Yes		No		Not applicable
Project starting date: 2004						
Project completion date: end 2009						
Multi site:		Yes	**X**	No		Not applicable

RESEARCHERS	
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Investigator G	Ms Vicki Walscher
Investigator H	A/Prof Denise Grocke
Associated publications / reports: O'Callaghan, C., Sexton, M., & Wheeler, G. (2007). Music therapy as a non-pharmacological anxiolytic for paediatric radiotherapy patients. *Australasian Radiology, 51*, 159-162	
Topics (Admin only) Complementary Therapists	