



## The Effect of Music on Pain, Anxiety and Vital Signs of Children during Colonoscopy

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### **Introduction:**

This study aimed to investigate the effect of music on pain, anxiety and vital signs in children undergoing colonoscopy.

### **Method and Materials:**

This randomized study was carried out on 101 children (7 to 14 years old) requiring colonoscopy. Children were randomly allocated to a control or case group. The case group was played relaxing music (by Clayderman) during the procedure. Spiegelberger and pain questionnaires were administered immediately after the colonoscopy. Pulse rate, blood pressure and percent blood oxygen saturation were recorded for each subject. The control group was treated in an identical manner, but was not played music during the procedure. Data were analyzed using SPSS software.

### **Results:**

Satisfaction, anxiety, pain, and blood pressure were significantly different between the groups ( $P < 0.05$ ), but oxygen saturation and heart rate did not differ significantly ( $P > 0.05$ ).

### **Conclusion:**

Music can reduce anxiety and pain during colonoscopy.

**Key words:** Anxiety, Music, Vital signs, Colonoscopy

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