A PILOT STUDY - EVALUATION OF Listening Training IN ADULTS WITH Stress-related Symptoms IN PRIMARY HEALTH CARE

CONCLUSION:
Possible new instrument for treating stress-related dysfunction
- Significant effect already after 10 weeks - important aspect for motivation of patients
- The mean score of the listening group reached a normal reaction to stress at the end of our observation.
Because of the limited study (16 persons) it is not possible to draw any definite conclusions, but some tendencies are clear.

Introduction
Dysfunction due to stress is a growing problem in western society and is reflected also in primary care patients. Music has been used in medical practice for a long time and there is clinical evidence on the efficacy of music treatment. Our aim was to evaluate The Listening Program further, hoping to find an additional instrument for treating adult patients with stress-induced complaints.

Method
Two randomized groups were treated for 20 weeks
- one group by psychologist
- one group by The Listening Program (TLP)
Evaluation by questionnaires presented below.

Results (SCI-93)
The listening group shows statistically significant score reduction compared to baseline at 10 weeks, 20 weeks and 8 months.

QUESTIONNAIRES - STRESS AND CRISIS INVENTORY (SCI-93)

Results (SMBQ)
The listening group shows statistically significant score reduction compared to baseline at 10 weeks, 20 weeks and 8 months.

QUESTIONNAIRES - SHIROM MELAMED BURNOUT QUESTIONNAIRE

The Listening Program (TLP)
- based on psycho-acoustically modified classical music with or without the addition of nature sounds.
The headphones deliver both air-conducted and bone-conducted sound.

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