Music Therapy for Patients in the Hospital: Clinical Effectiveness and Cost-Effectiveness
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About CADTH: CADTH is an independent, not-for-profit organization responsible for providing Canada’s health care decision-makers with objective evidence to help make informed decisions about the optimal use of drugs, medical devices, diagnostics, and procedures in our health care system.

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Research Questions

1. What is the clinical effectiveness of music therapy for patients receiving hospital-based treatments or procedures?
2. What is the cost-effectiveness of music therapy for patients receiving hospital-based treatments or procedures?

Key Findings

Eight systematic reviews, 17 randomized controlled trials, and nine non-randomized studies were identified regarding the clinical effectiveness of music therapy for patients receiving hospital-based treatments or procedures.

Methods

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit retrieval by publication type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2012 and January 31, 2017. Internet links were provided, where available.

Selection Criteria

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

Table 1: Selection Criteria

| Population | Patients (pediatric and adults) who are in the hospital (either for a day, partial day, or who are hospitalized) to receive any type of treatment |
| Intervention | Music Therapy (group or individual)  
May include: music assisted relaxation, music therapy |
| Comparator | Q1: No active comparator  
Q2: Pharmacological comparators (such as anti-anxiety medication or sleep aids);  
Other active treatments |
| Outcomes | Q1: Clinical effectiveness (reduction in anxiety, reduction in depression, stress reduction reduced negative psychological outcomes, reduction in agitation, reduction in antianxiety/sleep/antidepressant drugs)  
Q2: Cost-effectiveness of music therapy versus pharmacological or other active treatments |
| Study Designs | Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, economic evaluations |
Results

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and economic evaluations.

Eight systematic reviews, 17 randomized controlled trials, and nine non-randomized studies were identified regarding the clinical effectiveness of music therapy for patients receiving hospital-based treatments or procedures. No relevant health technology assessments or economic analyses were identified.

Additional references of potential interest are provided in the appendix.

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-analyses


Randomized Controlled Trials


Non-Randomized Studies


Economic Evaluations

No literature identified.
Appendix — Further Information

Systematic Reviews – Alternate Outcomes


Randomized Controlled Trials – Alternate Outcomes


Non-Randomized Studies – Alternate Outcomes