

International Conference on
GYNECOLOGY AND OBSTETRICS

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Title: Interactive music therapy in women submitted to IVF/ICSI

Author Name: Eliamar Aparecida de Barros Fleury

Affiliation: *Assistant Professor at Federal University of Goiás. Reproduction Human Laboratory. Obstetrics and Gynecology Dept.; Music and Scenic Arts School. Federal University of Goiás State.*

Country: *Brazil*

Co-authors:

Mário Silva Approbato

Affiliation: *Professor at Faculty of Medicine; Reproduction Human Laboratory. Clinics Hospital. Obstetrics and Gynecology Dept. Faculty of Medicine. Federal University of Goiás State.*

Country: *Brazil*

Maria Alves Barbosa

Affiliation: *Professor at Federal University of Goiás. Faculty of Nursing. Federal University of Goiás State*

Country: *Brazil*

Abstract

The music therapy is an interactive, self-expressive, non-pharmacological therapeutic, applied by a professional qualified in this specialty. It has music as main element of intervention involving the patient in some kind of musical experience. The goal of this study was to identify the effects of interactive music therapy on stress levels in women undergoing high complexity infertility treatments. It is a prospective randomized study involving 113 women treated in the Reproduction Human Laboratory of the Clinics Hospital of the Federal University of Goiás State, submitted to *in vitro* fertilization/intracytoplasmic sperm injection. We used Depression, Anxiety and Stress Scale, and Lipp's Stress Symptoms Inventory for Adults. In the Intervention Group, we used small and easy to play percussive musical instruments, a guitar, voice, and a recorder. We used interactive music therapy approach individually, applied before baseline ultrasound scan, oocyte pick-up, and embryo transfer. We analyzed the data using the R. Paired *Student t-test* to compare the results. The results showed that the comparison of the stress levels by Depression, Anxiety and Stress Scale between the groups in the final moment of data retrieval resulted in 23.13 (SD±10.51; n=32) in the Control Group and 16.12 (SD±7.87; n=33) in the Intervention Group, being statistically different ($p=0.004$). Also in Lipp's Stress Symptoms Inventory for Adults there was a significant stress reduction in 39% of the patients in the Intervention Group compared to a reduction of 14% in the patients of the Control Group ($p=0.032$). In this same measurement resulted that only 3% of the Intervention Group patients *versus* 23% of the Control Group patients ($p=0.027$) were in the exhaustion stage. It was concluded that Interactive music therapy was effective for stress reduction in women during assisted reproduction techniques. More studies interactive music therapy must be conducted including other centers with this population.

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Biography

Eliamar A B Fleury

Music therapist. Completed her doctorate degree at Federal University of Goiás, a public university founded in 1960 and nationally recognized. She is a music therapist graduated from this institution and has been working as a music therapist for more than 21 years. She has been teaching since 2004 at the Federal University of Goiás, where she is an associate professor. She was the Course Coordinator for several years. Currently is a member of many committees, author, and implementer of implementation of Music therapy projects in the public and private sector in the state of Goiás. She has published several articles, a book, and is also an appraiser in reputed journals.

Mário Silva Approbato

Doctor. Doctor of Medicine from University of São Paulo (1983). He was a Visiting Professor at University of Michigan, Ann Arbor. He is an Advisor Professor in the Master and Doctorate Degree in the Health Sciences Program at Federal University of Goiás. He is a member of the American Society for Reproductive Medicine, and has a wide experience in reproductive medicine. His main areas of expertise are Infertility, Assisted fertilization, Ultrasound, and Medical informatics. He has published several articles and books.

Maria Alves Barbosa

Nurse. Doctor in Nursing from University of São Paulo (1994). She is an Advisor Professor at the Health Sciences Post Graduation Program of the Faculty of Medicine and the Post-Graduation Program in Nursing, both at Federal University of Goiás. Her areas of expertise are Quality of life, Integrative Therapies, Administration of Nursing Services and Assistance, Assistance Paradigms, Worker's health. She is the Coordinator of the Center of Studies in Assistance Paradigms and Quality of life.

Email ID: eliamar_fleury@ufg.br

Presenter Name: Eliamar A B Fleury

Type of Presentation: Speaker

Contact Number: +55 (62) 98121-6845

