

# Media-supported music therapy in the integrative pain therapy of chronic back pain

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		<input type="checkbox"/> Protocol
<b>Registration date</b> 08/06/2012	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
<b>Last Edited</b> 29/09/2014	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Chronic pain is one of the most serious quality-of-life impairing and difficult to treat diseases. Usually, affected patients have been through a wide range of treatments with insufficient improvement. For the affected patients, the pain impairs all aspects of daily life. Against this background, the development and evaluation of treatment methods that go beyond conventional pain therapy is urgently required. By modifying the focus of pain perception, music therapy is likely to be an appropriate treatment method. A special receptive music therapy approach has been developed within the MusicMedicine Research Program of the Paracelsus Medical University of Salzburg, containing audio programs composed on the basis of neurophysiological and psychological aspects of music. These programs are applied by listening twice daily for 30 minutes via headphones played from a special audio device. The efficacy of this treatment was demonstrated in a controlled study including outpatients with depression. The aim of this study is to find out about the effectiveness of receptive music therapy during the rehabilitation of patients with chronic low back pain.

### Who can participate?

Patients aged 18-65 who have had chronic back pain for over 6 months.

### What does the study involve?

Participants will be randomly allocated to be treated with either receptive music therapy in addition to standard treatment, or standard treatment only. The extent of pain reduction will be measured by completing a questionnaire before and after treatment and at the 6-month follow-up.

### What are the possible benefits and risks of participating?

The possible benefits are relief from pain and depression. There are no risks involved in this study.

### When is the study starting and how long is it expected to run for?

It is anticipated that recruitment will start in October 2011. Participants will be enrolled on the study consecutively for a period of 2 years.

Where is the study run from?

Research Program MusicMedicine, Paracelsus Medical University Salzburg (Austria); Klinik Roseneck, Prien am Chiemsee; Orthopaedie-Zentrum, Bad Fuessing; Schoen Klinik Staffelstein; Schoen Klinik Harthausen; Orthopaedische Klinik Tegernsee.

Who is funding the study?

Deutsche Rentenversicherung Nordbayern (German statutory pension insurance of Northern Bavaria).

Who is the main contact?

Vera Brandes, vera.brandes@pmu.ac.at

Prof. Dr. Dr. Andreas Hillert, ahillert@schoen-kliniken.de

## Contact information

### Type(s)

Scientific

### Contact name

Mrs Vera Brandes

### Contact details

Waehringer Strasse 115/19

Vienna

Austria

1180

## Additional identifiers

### Protocol serial number

N/A

## Study information

### Scientific Title

Media-supported music therapy in the integrative pain therapy of chronic back pain: a randomized controlled trial

### Study objectives

In what way is receptive music therapy effectively applicable in chronic pain patients, particularly in rehab clinic inpatients with chronic low back pain?

We suppose that combination therapy (receptive music therapy and clinical standard treatment) of chronic low back pain patients is more effective than clinical standard therapy alone regarding symptom reduction (measured by the German pain questionnaire) and subjective disability immediately post treatment as well as after 6 months.

### Ethics approval required

Old ethics approval format

## **Ethics approval(s)**

Ethics Commission of Bavarian Chamber of Physicians [Ethik-Kommission der Bayerischen Landesärztekammer (BLAEK)], Germany, 10/17/2011, ref: 11090

## **Study design**

Randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Treatment

## **Health condition(s) or problem(s) studied**

Chronic back pain

## **Interventions**

During their inpatient rehabilitation treatment (3-4 weeks), the intervention group will be treated with receptive music therapy (i.e., specially developed audio programs, 5 to 7 days per week, each day 2 x 30 minutes) in addition to standard clinical pain treatment, whereas the control group will undergo only standard clinical pain treatment.

## **Intervention Type**

Other

## **Phase**

Not Applicable

## **Primary outcome(s)**

Short- and long-term (pre-, post-treatment and 6-month follow-up) difference between intervention and control group:

1. Regarding the extent of pain reduction (measured by the German pain questionnaire [Deutscher Schmerzfragebogen])
2. Regarding subjective disability (measured by the Hannover Functional Ability Questionnaire [Funktionsfragebogen Hannover zur alltagsnahen Diagnostik der Funktionsbeeinträchtigung durch Rückenschmerzen, FFbH-R])
3. Documentation of sociodemographic data (Bado)
4. German Pain Questionnaire (DSF)
5. Hannover Functional Ability Questionnaire for the diagnosis of near-daily functional impairment by back pain (FFbH-R)
6. Beck Depression - Inventory (BDI-II)
7. Questionnaire for acceptance of receptive music therapy at enrollment MT Primary Questionnaire and to 'hear the inner music' (Brandes and Hillert)

## **Key secondary outcome(s)**

1. Exploration of mode of action (mediation vs moderation): To what extent will comorbid depression symptoms ameliorate during the intervention (mediation)? Do patients with comorbid depression show more response to the intervention (moderation) than non-depressed patients? Depressive symptom severity will be measured by the Beck Depression Inventory II (BDI II) and the Quick Inventory of Depressive Symptomatology, clinician rating (QIDS-C).
2. To what extent does receptive music therapy affect recreational ability, reaction to stressful

situations and subjective life quality?

3. Treatment adherence and compliance will be assessed by a questionnaire (music therapy acceptance questionnaire) as well as an analysis of dates, times and frequencies of listening, which will be automatically recorded by the audio devices.

4. Patients will be asked for their subjective appraisal of the intervention

### **Completion date**

31/03/2013

## **Eligibility**

### **Key inclusion criteria**

1. Main diagnosis: chronic back pain (highest degree of chronification according to Gerbershagen) of non-specific origin pain symptom duration > 6 months

2. Age: 18-65 years

3. Adequate knowledge of the German language

4. Written consent for study participation

### **Participant type(s)**

Patient

### **Healthy volunteers allowed**

No

### **Age group**

Adult

### **Lower age limit**

18 years

### **Sex**

All

### **Key exclusion criteria**

1. Pain of specific origin

2. Surgical indication (e.g., radicular deficits, spondylolisthesis)

3. Acute inflammation of the musculoskeletal system

4. Severe acute psychiatric conditions (e.g., psychosis, severe depression)

5. Alcohol or drug addiction

6. Clinically relevant hearing loss

### **Date of first enrolment**

01/10/2011

### **Date of final enrolment**

31/03/2013

## **Locations**

### **Countries of recruitment**

Austria

Germany

**Study participating centre**  
**Waehringer Strasse 115/19**  
Vienna  
Austria  
1180

## **Sponsor information**

### **Organisation**

German Statutory Pension Insurance of Northern Bavaria (Deutsche Rentenversicherung Nordbayern) (Germany)

### **ROR**

<https://ror.org/05am9gt90>

## **Funder(s)**

### **Funder type**

Government

### **Funder Name**

German Statutory Pension Insurance of Northern Bavaria (Deutsche Rentenversicherung Nordbayern) (Germany)

## **Results and Publications**

### **Individual participant data (IPD) sharing plan**

### **IPD sharing plan summary**

Not provided at time of registration