

NIH Grant Award Studies the Effect of a Vocal Music Therapy Protocol in Chronic Pain Management

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A recent small grant research award from the NIH, National Institute of Nursing Research funded a pilot study examining the effects of vocal music therapy on core outcomes in chronic pain management. The Principal Investigator of the study is Joke Bradt, PhD, MT-BC, Associate Professor, Department of Creative Arts Therapies, Drexel University. Dr. Bradt is a music therapist and Professional Member of the American Music Therapy Association.

According to Dr. Bradt, chronic pain affects more than 35% of the U.S. population and carries an estimated healthcare expense of \$413 billion. Because traditional pain treatments often fail to bring adequate pain relief, people with chronic pain increasingly seek complementary pain treatments. This pilot study tests the feasibility and effects of a vocal music therapy treatment program that was developed specifically to improve the physical and emotional functioning and self-efficacy of people with chronic pain. An eight-week vocal music therapy treatment program examines core outcomes in patients with chronic pain at Drexel University's 11th Street Family Health Services. The specific outcomes that Dr. Bradt will assess include patients' physical functioning, self-efficacy, pain level, emotional functioning, as well as their healthcare consumption.

Study Title: The Effects of Vocal Music Therapy on Core Outcomes in Chronic Pain Management.

http://projectreporter.nih.gov/project_info_description.cfm?aid=8283487&icde=13347265&ddparam=&ddvalue=&ddsub=&cr=3&csb=default&cs=ASC

Background

Music therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.

About the American Music Therapy Association

Headquartered in Silver Spring, Maryland, the American Music Therapy Association (AMTA) is a nonprofit organization representing over 5,000 music therapists, corporate members, and related associations worldwide.. AMTA's purpose is the progressive development of the therapeutic use of music in rehabilitation, special education, and community settings. The mission of the American Music Therapy Association is to advance public awareness of the benefits of music therapy and increase access to quality music therapy services in a rapidly changing world.

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