

28th World Congress on

PSYCHIATRY, PSYCHOLOGICAL SYNDROMES & THERAPEUTICS

May 21-22, 2018 | New York, USA

Patients' and health care providers' perception of and attitudes towards the use of music as therapy in psychiatric hospitals

Mayar Elnakeeb¹, Heba Hammad² and Mervat Elgueneidy¹

¹University of Alexandria, Egypt

²University of Damanhour, Egypt

Introduction: Music is a widely utilized form of complementary therapy. Despite the available literature supporting its positive effect on patients, yet its use in psychiatric clinical settings is still limited. Positive perception and greater understanding of music as therapy may lead to increase use of music, and more opportunities for direct patient care. Little literature indicates that if health care providers are interested in Music as Therapy, this will help in the provision of sound medical advice to their patients.

Aim: This study aimed to explore patients' and health care providers' perception and attitudes towards the use of music as therapy in psychiatric hospitals.

Design: The study followed a descriptive research design. Setting: It was conducted at El-Maamoura Hospital for psychiatric medicine.

Methods: Four tools were used for data collection. The attitude towards the use of music as therapy survey, the psychiatric health care provider's perception of music as therapy structured interview schedule, patient's perception of music as therapy structured interview schedule, and a socio-demographic and clinical data sheet were used.

Results: 75.1% of the studied health care providers had high knowledge about music as therapy and 81.8% of them had positive perception of music as therapy and of its effectiveness and 70.7% of the studied health care providers had positive attitude towards music as therapy. Additionally, 70.8 % of the studied patients perceived that they could use music as therapy and 66.2% of the studied patients had positive attitude toward music as therapy.

Conclusion: Health care providers have knowledge about music as therapy, they perceive it as helpful in improving patients' condition and they possess positive attitudes towards music as therapy. So the researcher recommended that nurses should assume a more positive role in the implementation of music as therapy. Integrating music as therapy into the nursing and medical curriculum is necessary and psycho-educational programs to develop patients' awareness about music as therapy are needed.

mayar.e.elnakeeb@gmail.com

Notes: