

July 19-20, 2018
Prague, Czech Republic

Biomark J 2018, Volume 4
DOI: 10.21767/2472-1646-C1-003

THE EFFECT OF MUSIC THERAPY ON THE SALIVARY CORTISOL OF CHEMICAL DEPENDENTS

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Objective: To evaluate the effect of music therapy on the stress of chemical dependents.

Method: A quasi-experimental study carried out in a philanthropic institution with 18 chemical dependents undergoing treatment. Salivary cortisol (stress hormone) was collected before, 60 and 120 minutes after the sole intervention in group therapy. Statistical analysis adopted a significance level of $p<0.05$ using Wilcoxon and Kruskal-Wallis non-parametric tests.

Results: After 60 minutes of intervention, there was a statistically significant reduction in mean salivary cortisol levels ($p<0.001$). After 120 minutes, there was also a reduction, but no statistical significance ($p = 0.139$).

Conclusion: a single session of 60 minutes of group music therapy was able to reduce stress (salivary cortisol levels) of chemical dependents.

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