

Photographs and music lessen patients' anxiety before surgery

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A new study found that viewing photographs combined with listening to music can less patients' anxiety before surgical operations and improve their physical and psychological well-being.

Listening to music while viewing photographs led to benefits related to anxiety, heart and respiratory rate, and [blood pressure](#), compared with only viewing photographs.

The findings suggest a simple way to improve care at a low cost and without medications or invasive treatments, perhaps by playing videos with photos and music on televisions in preoperative waiting rooms.

"Creating different kinds of [music](#) lists and photographs collections, which the patient can choose depending on his preferences, could be an affordable and low risk treatment for preoperative anxiety," said Jose Gomez-Urquiza, lead author of the *Journal of Advanced Nursing* study.

More information: Jose L. Gómez-Urquiza et al. A randomized controlled trial of the effect of a photographic display with and without music on pre-operative anxiety, *Journal of Advanced Nursing* (2016). [DOI: 10.1111/jan.12937](https://doi.org/10.1111/jan.12937)

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