

*Supportive Research Article 1*

Title/Author	Theory	Objective	Study Method	Data analysis	Findings	Personal thoughts
<p>Good, M., Anderson, G. C., Ahn, S., Cong, X., Stanton-Hicks, M. (2005). Relaxation and music reduce pain following intestinal surgery. <i>Research in Nursing &amp; Health</i>, 28, 240-251.</p>	<p>Gate Control Theory</p>	<p>The objective of the study was to evaluate the effects of relaxation, chosen music and the combination of relaxation and chosen music on postoperative pain in intestinal surgery patients during rest and ambulation on postoperative days one and two.</p>	<p>Randomized clinical trial</p> <p>Using a convenience sampling method, intestinal surgery patients were randomly assigned to one of four groups (relaxation, music, combination therapy and a control group).</p> <p>Patients were interviewed and taught the following interventions preoperatively:</p> <ol style="list-style-type: none"> <li>1. Visual Analogue pain scale (VAS)</li> <li>2. Music therapy</li> <li>3. Relaxation techniques</li> </ol>	<p>Abdominal Surgery patients in five US hospitals (n=468) 84 percent women and 16 percent mean with a mean age of 45 years. Repeated measures multivariate analysis of covariance with three contrasts was used to compare pain across ambulation each day, across two days, across two days of ambulation and two of rest, as well as, between days and activities. (all P&lt;0.001)</p> <p>Pre test sensation and distress scores were correlated with ambulation posttest scores</p>	<p>The three therapies (relaxation, music and combination therapy) had similar side effects of reducing pain and were better than the control (or standard pain medication group). However, there was no difference in the reported pain scores between each of the three therapy groups</p>	<p>Study did not correlate other variables that may influence pain experience (i.e. age; gender; education; smoking; alcohol use; previous experience with the use of relaxation therapy; intensity of past or expected sensation or distress; hours in surgery,; belief in interventions; incision location,; chronic pain; narcotic use; etc.).</p> <p>VAS standard assessment tool at organization.</p> <p>? if music selections appropriate for all patients.</p> <p>Would relaxation therapy be enough since showed similar results with music therapy?</p> <p>? including all patient sin final sample, since some refused or did not complete all steps of the study.</p>