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MONTHLY

ORIGINAL ARTICLE

Clinical Outcomes of Preoperative Music Medicine and Relaxation Techniques in Elderly Surgical Patients: A Randomized Controlled Trial

Methods



Elderly patients undergoing elective surgery at university hospital between 2020-2024
N = 104

Randomized

Music
N = 26



Relaxation
N = 26



Combine
N = 28



Control
N = 24



Seven days prior to surgery

Measurement

Anxiety level: HADS-A score



- Baseline,
- Preoperative day 1
- Postoperative day 3, and month 1 and 3

Quality of Recovery: QoR-35



- Postoperative day 3, and month 1 and 3

Results

Anxiety level



The Relaxation group showed a significantly greater reduction in anxiety one day before surgery compared to the control group (mean difference: -1.25, $p = 0.04$)

Quality of Recovery



The Relaxation group showed significantly higher QoR-35 scores than controls on postoperative day 3 (mean difference: 2.34, $p = 0.04$)

Conclusion

Preoperative **relaxation techniques** effectively reduced anxiety and improved early postoperative recovery.

SCAN FOR FULL TEXT



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Pukrittayakamee, et al. *Siriraj Med J* 2025;77(8):563-573.

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E-mail: sijournal92@gmail.com