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PII: S0165-0327(17)32370-4
DOI: <https://doi.org/10.1016/j.jad.2018.02.008>
Reference: JAD9554

To appear in: *Journal of Affective Disorders*

Received date: 16 November 2017

Revised date: 25 January 2018

Accepted date: 12 February 2018

Cite this article as: J. Garcia Gonzalez, M.I. Ventura Miranda, M. Requena Mullor, T. T. Parron Carreño and R. Alarcon Rodriguez, STATE-TRAIT ANXIETY LEVELS DURING PREGNANCY AND FOETAL PARAMETERS FOLLOWING INTERVENTION WITH MUSIC THERAPY, *Journal of Affective Disorders*, <https://doi.org/10.1016/j.jad.2018.02.008>

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STATE-TRAIT ANXIETY LEVELS DURING PREGNANCY AND FOETAL PARAMETERS FOLLOWING INTERVENTION WITH MUSIC THERAPY

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ABSTRACT**Background**

Research indicates that anxiety during pregnancy may be a risk factor for the development of alterations in the mental health of the pregnant woman and of obstetric complications.

Objective

to investigate the effect of music therapy on maternal anxiety, before and after a non-stress test (NST), and the effect of maternal anxiety on the birthing process and birth size.

Methods

409 nulliparous women coming for routine prenatal care were randomized in the third trimester to receive either music therapy (n=204) or no music therapy (n=205) during an NST. Maternal anxiety was assessed using the Spielberger State-Trait Anxiety Inventory before and after the NST.

Results

After the NST, the women from the music group showed significantly lower scores in state anxiety (OR=0.87; p<0.001) as well as trait anxiety (p<0.001) than the control

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