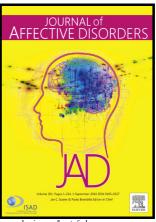
### Author's Accepted Manuscript

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

J. Garcia Gonzalez, M.I. Ventura Miranda, M. Requena Mullor, T. T. Parron Carreño, R. Alarcon Rodriguez



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#### **ACCEPTED MANUSCRIPT**

## 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 nonstress 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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