

عنوان مقاله:

The Effect of Music and Lavender's Aroma on Patients Anxiety, during Periodontal Surgery

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خلاصه مقاله:

Statement of the Problem: Anxiety is one of the most common factors hindering people from visiting dentists. Therefore, finding a solution for stress control has been a significant issue in recent studies. It seems that music positively affects inhibition of psychological stress. Other studies have shown that aroma may adjust perception, patience and moods. Purpose: This study investigated the effect of music and lavender's aroma on blood pressure, heart rate and anxiety. Materials and Method: Ninety patients were divided into three groups. At the beginning, patients were asked to complete Spielberger's questionnaire to assess the level of anxiety. Blood pressure and heart rate were also measured. In the first group, surgery was performed, while the patient smelled the fragrance of lavender; in the second group, surgery was accompanied by playing a relaxing music and in the third group, no intervention was done. Then, patients were again requested to complete the questionnaire and their blood pressure and heart rate were again measured. Results: In the control group, no statistically or clinically significant difference was observed in systolic and diastolic blood pressure or heart rate. In the aroma therapy and music groups, systolic and diastolic blood pressure values didn't change clinically but heart rates were decreased. In the control and music groups, anxiety levels didn't change significantly but in the aroma therapy group, anxiety had a significant decrease. Conclusion: Using aroma and relaxing music, regardless of whether it affects or not on anxiety, aroused pleasant feelings in patients.

کلمات کلیدی:

Anxiety, Periodontal Treatment, Music, Aroma

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