

Music therapy benefits fibromyalgia patients

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Scientists have found that **music therapy** enhances quality of life among patients suffering from fibromyalgia.

University of Granada researchers proved that music therapy combined with other relax techniques based on guided imagery reduces significantly pain, [depression](#) and [anxiety](#), and improves sleep among patients.

This pioneer experimental study in Europe has shown that these two techniques enhance the well-being and personal power of patients with **fibromyalgia**, who are allowed to take part in their treatment.

Fibromyalgia is a chronic condition that affects and conditions patients' social, personal and working life and requires a multidisciplinary approach developed by a team of physicians, physiotherapists, experts in physical activity and sport, psychologists and nurses.

The low cost, easy implementation, numerous advantages, and the fact that patients can get involved in their treatment at home are some of the many advantages of this technique.

Researchers have stated that "further empirical research studies are needed to address other physiological variables associated with the well-being generated by these two techniques, and that analyse patients' self-efficiency and personal power to get involved in their own treatment.

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