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## Music Therapy Aids in Relieving Fibromyalgia

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Reviewed by John M. Grohol, Psy.D. on May 27, 2011

Spanish researchers have discovered an innovative, non-pharmacological method to help individuals suffering from fibromyalgia — music [therapy](#).

In a new study, University of Granada researchers showed that music therapy in association with guided imagery or other relaxation techniques significantly reduced pain, relieved [depression](#) and [anxiety](#) and improve [sleep](#).

Experts believe use of music therapy and guided imagery allows people to have more control over their body, thereby enhancing personal well-being.

The research was conducted with patients suffering from fibromyalgia from the provinces of Granada, Almería and Córdoba, Spain. Study participants were evaluated at the beginning of the treatment, four weeks after the intervention, and eight weeks after the intervention, at the end of the study.

The researchers utilized a relaxation technique based on guided imagery and music therapy to patients.

Patients were given a CD to listen at home. Then, researchers measured a number of variables associated with the main symptoms of fibromyalgia including pain intensity, quality of life, impact of the condition on patient's daily life, sleep disorders, anxiety, depression, self-efficacy and well-being.

Patients were also able to participate in their own treatment by learning how they could obtain symptomatic relief.

While the method helps individuals obtain relief, additional studies are needed to address other physiological variables associated with well-being, the researchers said.

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