Maaßstraße 26 D-69123 Heidelberg
Tel. +49 (6221) 8338-60/68
Fax +49 (6221) 833874
E-Mail: dzm@fh-heidelberg.de
www.dzm.fh-heidelberg.de

Deutsches Zentrum für Musiktherapieforschung

(Viktor Dulger Institut) DZM e.V.

German Center for Music Therapy Research
Institute of the University of Applied Sciences Heidelberg

MUSIC THERAPY IN TINNITUS – A PROSPECTIVE PILOT STUDY

HEIKE ARGSTATTER[1], SEBASTIAN HOTH[2], GERHARD DYCKHOFF[2], ANNE KATHRIN NICKEL[3], HANS VOLKER BOLAY[4], HAGEN WEIDAUER[2]

[1] *Deutsches Zentrum für Musiktherapieforschung (German Center for Music Therapy Research)*
[2] *University Hospital for Ear, Nose and Throat, University Heidelberg*
[3] *Outpatient Department at the Music Therapy Department, University of Applied Sciences Heidelberg*
[4] *University of Applied Sciences, Heidelberg, Music Therapy Department*

BACKGROUND: Tinnitus is one of the most common disorders in ENT medicine / otorhinolaryngology. Patients suffering from chronic tinnitus experience psychiatric distress such as sleeping disturbance, scant attention, anxiety and depression. Brain imaging (PET, fMRI, MEG) revealed cortical plasiticity in the auditory cortex similar to reorganization in phantom pain.

OBJECTIVE: Due to the complexity of tinnitus, a comprehensive and interdisciplinary treatment is required. The music therapy concept, developed at the German Center for Music Therapy Research, aims at integrating the tinnitus sound into a musically controllable acoustic process. Aim of the present study is to evaluate the effectiveness of this new concept.

METHODS: Prospective pilot study; Sample: 10 patients (5 male, 5 female; mean age 51 ± 7 yrs), suffering from decompensated chronic tinnitus. All subjects underwent a comprehensive medical and psychological checkup in order to rule out organic and psychiatric diseases; Intervention: 12 sessions à 50 minutes individual music therapy; Target variables were tinnitus variables as well as psychological factors. The target variables were obtained through interviews and psychological questionnaires. Data collection: pre-post-measurements, process measurement every 4 weeks, follow-up after 24 weeks.

RESULTS: Results indicate a highly statistical and clinical significant decrease in mean TQ-Scores pre-post by 24,5 points or 52% (ANOVA: $F_{(4)} = 5{,}99$, $p = .002$).

DISCUSSION: Despite the small sample size, the innovative music therapy concept yields statistical and clinical significant results. Further research seems to be beneficial. The costs and advantages of music-therapy in treating tinnitus are discussed.

KEYWORDS: music therapy - tinnitus - therapy outcome study