

音乐疗法辅助抗肿瘤药物对 癌症患者抑郁焦虑情绪的调节作用

**Music therapy as an adjuvant antineo-
plastic drugs on cancer patients with de-
pression and anxiety emotion regulation**

蔡光蓉.朱世杰.贾立群.李佩文

中国北京

卫生部中日友好医院中西医结合肿瘤内科

Cai Guang-rong, Zhu Shi-Jie,

Jia Li-qun, Li Pei-wen

China, Beijing

**The TCM oncology department of
China-Japan Friendship Hospital**

研究背景

Research background

癌症是当前危害人类健康的主要疾病之一

Cancer is currently one of the main diseases that **endanger human health**

癌症患者诊断治疗承受躯体痛苦和强大精神压力

Patients with a cancer diagnosis and treatment of **somatic pain** and **under great pressure**

癌症患者约**60%**伴有不同程度**抑郁 焦虑情绪**

About **60%** of cancer patients with different levels of **depression** and **anxiety** emotion

癌症患者治疗.康复—**生物学 精神心理因素**

Treatment and rehabilitation of cancer patients -- **biological factors**
psychological factors

临床观察

Clinical observation

- 病理或细胞学诊断为大肠癌患者
Histological or cytological diagnosis for patients with colorectal cancer
- 心理测试有抑郁 焦虑负性情绪者
Psychological tests has **depression anxiety and negative mood**
- 年龄18—70岁之间
18 to 70 years of age

- 病期为II期—IV期 能服中药及需化疗的患者
The stage of the disease for the phase II to IV , Can traditional Chinese medicine and chemotherapy patients
- 无智力及语言表达障碍 接受音乐治疗者
Do not have intelligence and language barriers could **receive music therapy**
- 功能状态评分Karnofsky分值在60分以上
Functional status score of Karnofsky over 60 points

观察大肠癌患者82例

Observation of patients with colorectal cancer: a report of 82 cases

随机分层分组

Stratified random grouping

观察组42例 The observation group of 42 cases

对照组40例 The control group of 40 cases

观察方法 **Observation method**

- 观察组：化疗+中药+音乐治疗

**The observation group :Chemotherapy +
traditional chinese medicine and music therapy**

- 对照组：化疗+中药

**The control group :Chemotherapy +
traditional chinese medicine**

两组化疗方案：奥沙利铂 氟脲嘧啶 亚叶酸钙

**Two chemotherapy regimen : oxaliplatin
fluorouracil leucovorin**

两组中药治疗：辨证论治

**Two Traditional Chinese medicine therapy:
Dialectical treatment**

中药辨证论治处方

Chinese medicine prescription



脾胃虚弱—健脾益气和胃 香砂六君子汤加减

The weakness of the spleen and stomach--spleen qi and stomach, Xiang Sha Liu Jun Zi Tang more or less

瘀毒蕴结—解毒活血化瘀 膈下逐瘀汤加减

Blood stasis and toxin, activating blood circulation to dissipate blood stasis clinical, Ge Xia Zhu Yu Tang more or less

中药辨证论治处方

Chinese medicine prescription

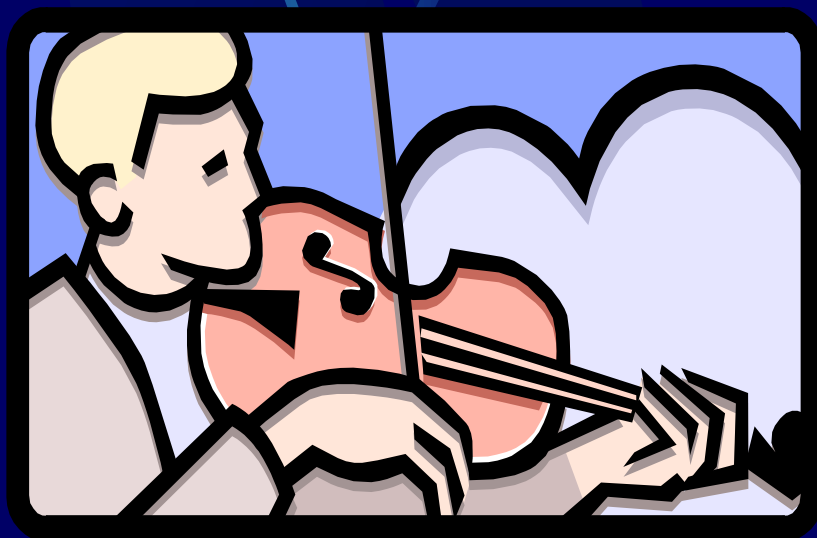


痰湿内阻—理气祛痰化湿 二陈汤加减
Phlegm damp resistance - Qi phlegm dampness,
Er Chen Tang more or less

脾肾阳虚—温补脾肾 附子理中汤 四神丸加减
Yang deficiency of spleen and kidney - tonifying
spleen and Kidney, Fu Zi Li Zhong Tang, Si Shen
Wan more or less

音乐疗法的机理

The mechanism of music therapy



音乐声波

大脑

提高神经细胞兴奋性

分泌

激素

酶

乙酰胆碱

调节血流量

改善血液循环

增强肠胃蠕动

促进消化液分泌

加强新陈代谢

The music sound wave



Brain



Improve neuronal excitability



Secretion



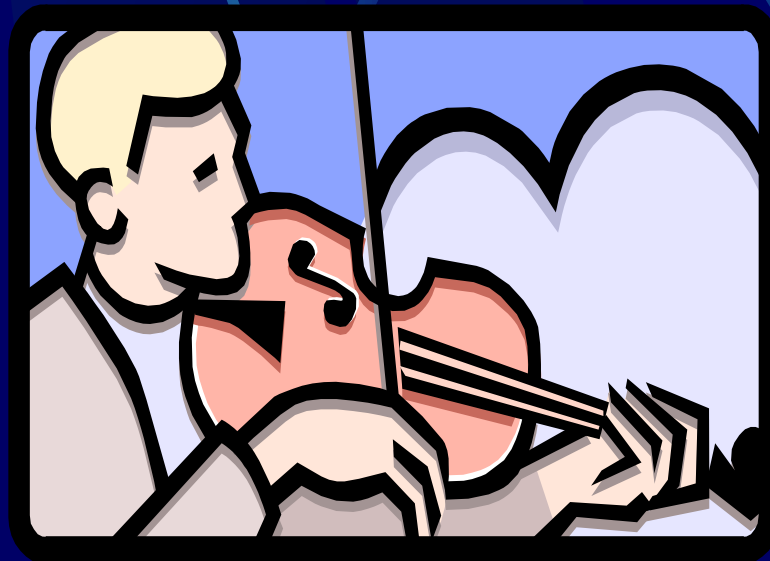
Hormone
Enzyme
Acetylcholine



Regulate blood flow
flow Improve blood circulation
Enhanced gastrointestinal peristalsis
Promote the secretion of digestive
Enhance the metabolism

音乐疗法的作用与优势

Effects and advantages of the music therapy



- 音乐治疗—情感效应. 心理效应. 振动效应

Music therapy—emotional effect. The psychological effect of vibration effect

- 心理学—移情. 寄托. 冥想. 暗示. 诱导

Psychology—Empathy. Sustenance. Meditation. Hint. Induced.

- 改善肿瘤患者负性情绪,调节神经.内分泌系统,使患者紊乱的生理机能恢复。

Improve the negative emotions of cancer patients, regulation of nerve and endocrine system,the physiological function recovery of patients with the disorder.

- 自然 无创伤性疗法,减少药物治疗对肝肾功能损害
- Natural non-invasive therapy, reduction of drug therapy on liver and kidney function damage**

观察组:辨证施乐 选曲方法

The observation group: music therapy selection method

五音——宫 商 角 徵 羽

Five Notes--Gong, Shang, Jiao, Zheng, and Yu

五脏——脾 肺 肝 心 肾

Five Organs--spleen lung liver heart and kidney

五行——土 金 木 火 水

Five Elements -- Jin Mu fire and water and soil

五志——思 忧 怒 喜 恐

Five Sentiment -- worry sorrow anger joy and fear

辩证施乐—五行同质选曲 生克选曲

**Two methods in choosing music--by
the same nature method or by the
opposite nature method**

乐 曲 Music

- **宫调式** ---月儿高.春江花月夜.平湖秋月等
Gong tune: Yue'er Gao, Chun Jiang Hua Yue Ye, Ping Hu Qiu Yue etc.
- **商调式** ---黄河.金蛇狂舞.潇湘水云.十五的月亮等
Shang tune: Huang He, Jin She Kuang Wu, Xiao Xiang Shui Yun, Shi Wu De Yue Liang etc.
- **角调式** ---江南丝竹乐.春风得意.鹧鸪飞等
Jiao tune: Jiang Nan Si Zhu Yue, Chun Feng De Yi, Zhe Gu Fei etc.

乐曲 Music

- **徵调式**---吹打乐.喜洋洋.步步高.欢乐颂等
Zhi tune:Chui Da Yue,Xi Yang Yang,
Bu Bu Gao, Ode to Joy etc.
- **羽调式**---月光奏鸣曲.船歌.梁祝.二泉映月等
Yu tune:Moonlight Sonata, Chuan Ge,
Liang Zhu, Er Quan Ying Yue etc.

辨证施乐---临床运用

Differential diagnosis---Clinical application

- **肝胃不合：疏肝健脾和胃——角调式、宫调式**
Liver stomach disagreement: Soothing liver and invigorating spleen and stomach—Jiao tune & Gong tune

- **脾胃虚弱：健脾益气和胃——宫调式、徵调式**
The weakness of the spleen and stomach: strengthening spleen and stomach—Gong tune & Zhi tune
- **心肾不交：补益心肾——徵调式、羽调式**
Heart kidney incoordination: heart kidney
—Zhi tune & Yu tune

疗效评定

Assessment of treatment effect

1. 心理测试：抑郁、焦虑自评量表

汉密尔顿抑郁、焦虑量表

Psychological test: SDS、SAS、HAMD、HAMA

(患者自测 医生评定)

(Self testing for patients, Doctors assessed)

双项测定 增加测查结果的科学性及可靠性

Determination of dual: Increase science and reliability

2. 生化指标：5羟色胺、神经营养因子

Biochemical indexes: 5-HT、BDNF

3. 免疫指标：T淋巴细胞亚群.NK细胞抗肿瘤活性测定

Immune parameters : T lymphocyte subsets、NK-C

4. 生活质量评定（QLQ—CCC）

Quality of life assessment: QLQ—CCC



心理测试结果（治疗前）

Psychological test results (before treatment)

- 轻度抑郁 46例 —— 56%
Mild depression: 46 cases—56%
- 中度抑郁 2例 —— 2%
Moderate depression: 2 cases—2%
- 轻度焦虑 27例 —— 33%
Mild anxiety 27 cases—33%
- 中度焦虑 1例 —— 1%
Moderate anxiety 1 case—1%

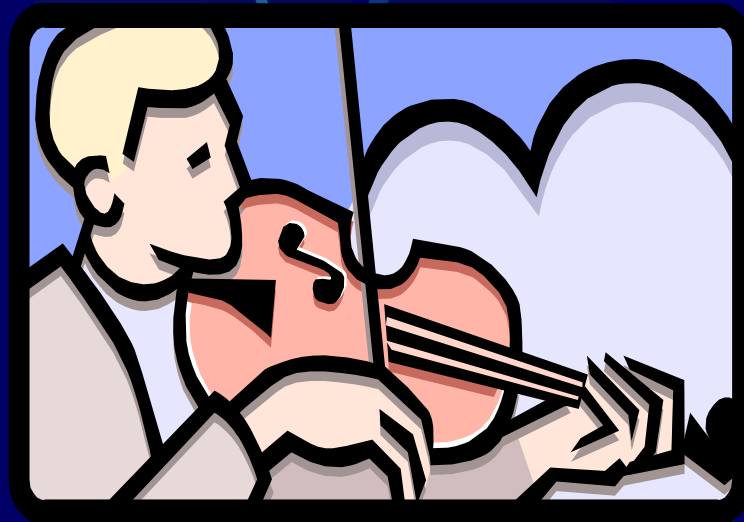
肿瘤患者心理特征

The psychological characteristics of cancer patients

- **文化**—文化程度越高 抑郁 焦虑情绪越明显
Education-The higher level of education,
the more depression and anxiety obvious
- **年龄**—青年组 多焦虑，年老组 多抑郁
Age-the young group is more anxiety, and
more depression in old age group
- **性别**—女性 抑郁，男性 抑郁与焦虑
Sex-female: depression, male: depression
and anxiety

音乐治疗操作方法

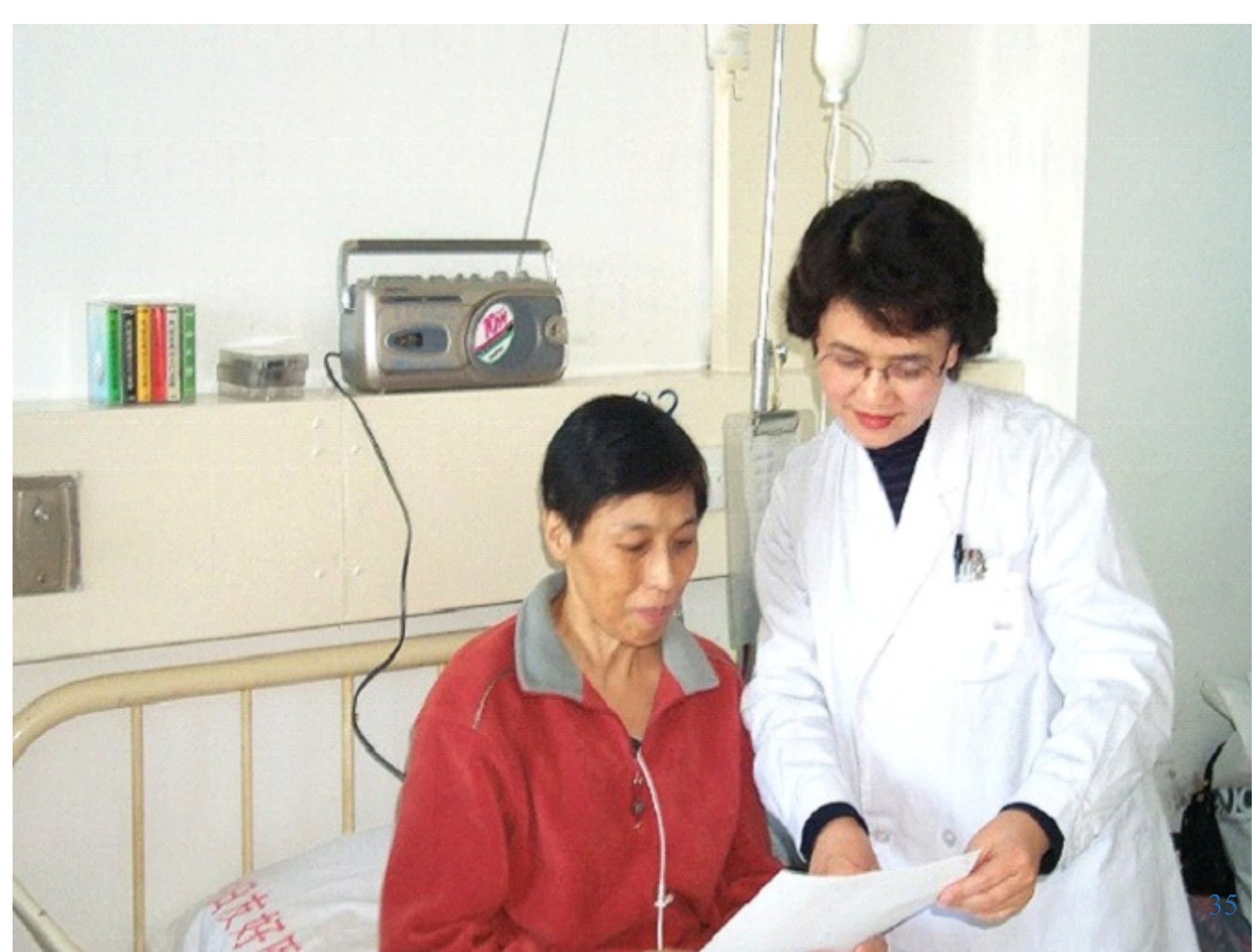
Music therapy method



患者**放松身心, 调整呼吸**, 用音乐播放器进行治疗, 每日1—2次, 每次60min左右, 15天为1个疗程。治疗音量约20—40dp左右, 以本人感觉舒适、悦耳为度。

The patients **relax, breath**, and use music player for treatment, 1 - 2 times everyday, each time about 60 mins, 15 days for a course . The treatment volume about 20 - 40dp, until feel comfortable and sweet.





结 果

Results

心理测试(治疗后)

Psychological test (after treatment)

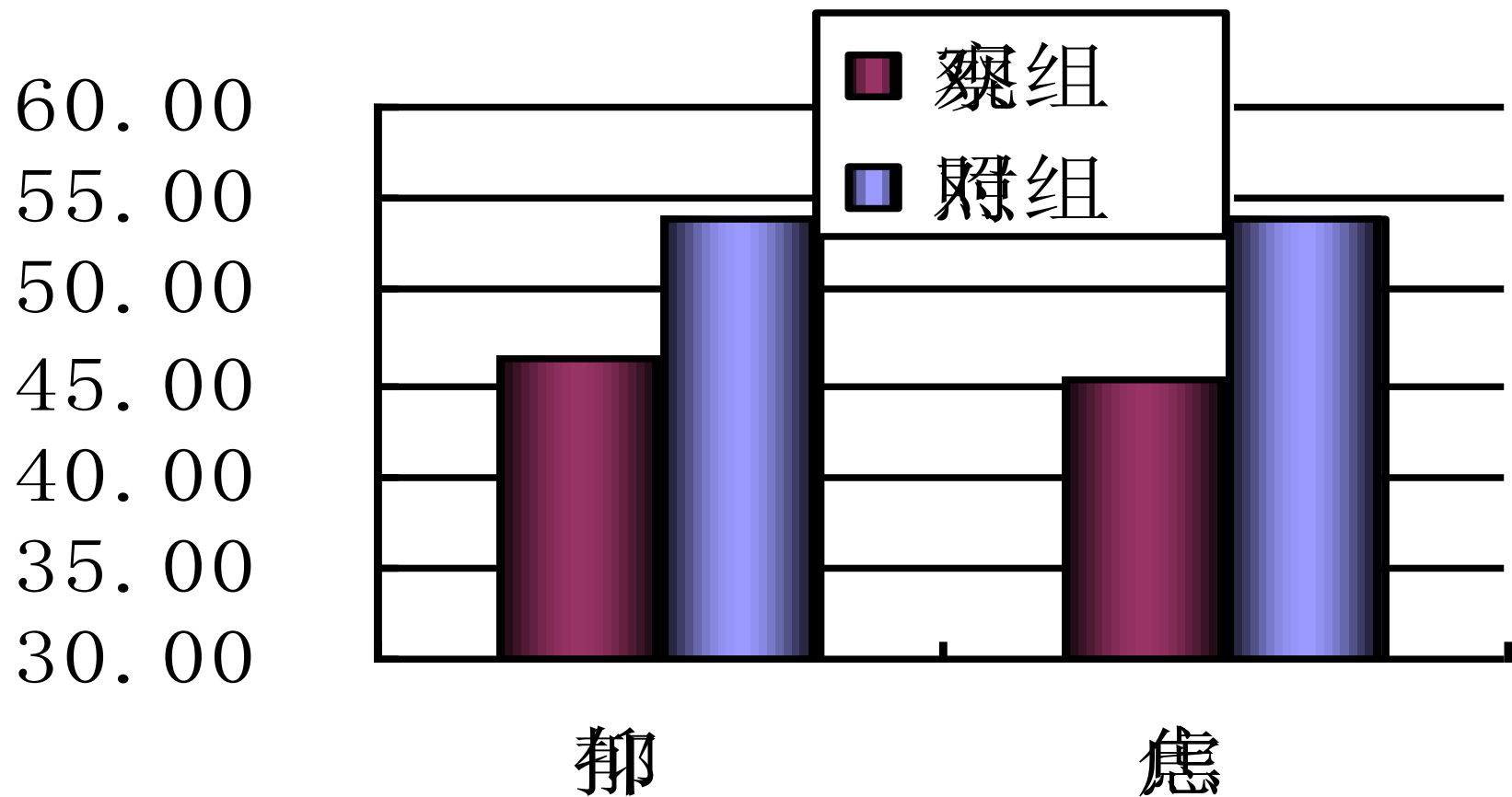
观察组抑郁、焦虑自评量表标准分低于对照组差异有显著性($P < 0.05$)

The observation group **SDS, SAS** standard is lower than the control group. There was a significant difference ($P < 0.05$)

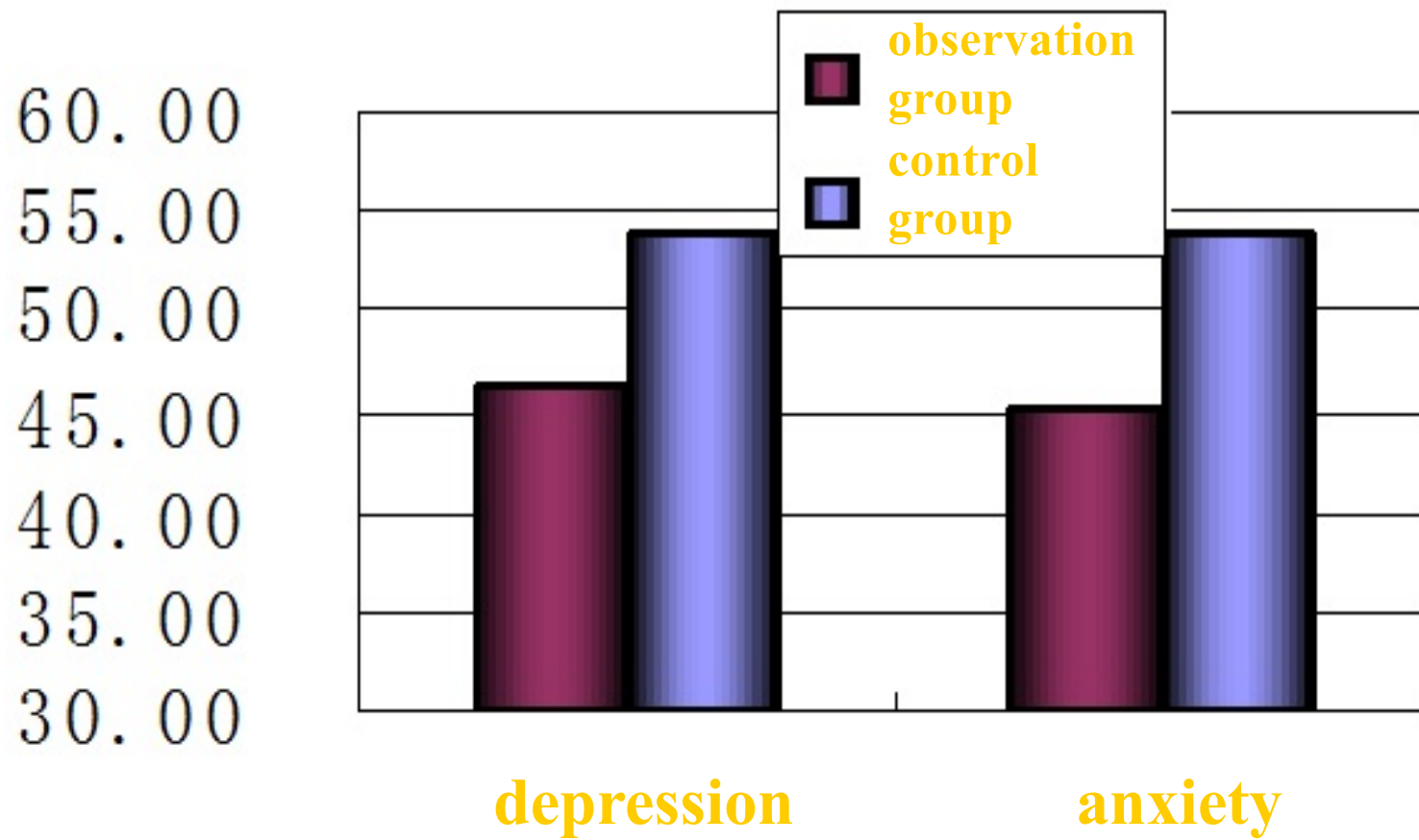
汉密尔顿抑郁、焦虑量表两组部分症状有显著性差异 ($P < 0.05$)

HAMD, HAMA two sets of partial symptoms has significant difference ($P < 0.05$)

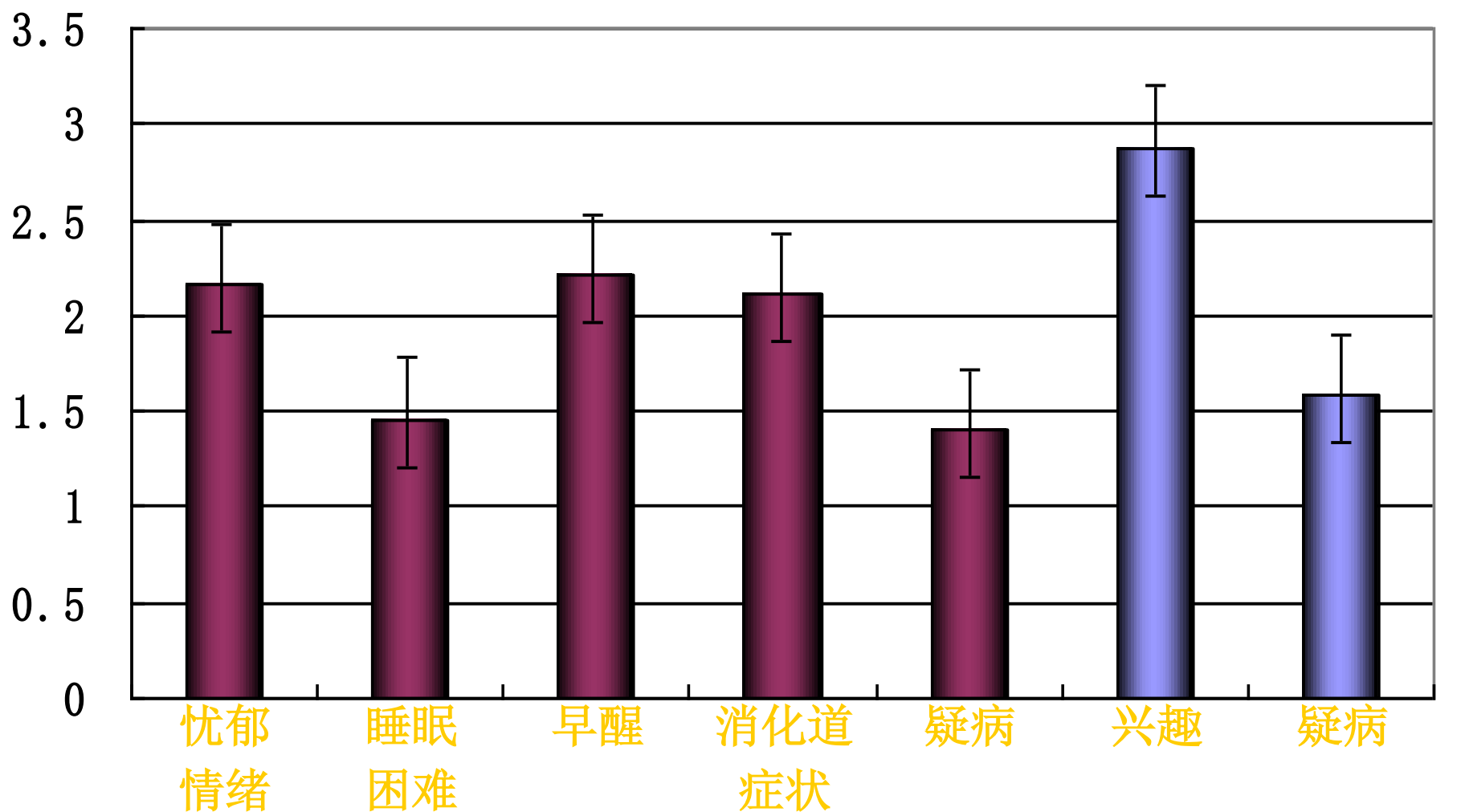
治疗后观察组抑郁、焦虑自评量表标准分低于对照组差异有显著性 ($P < 0.05$)



**After treatment were observed in group SDS,
SAS standard is lower than the control group
and the difference was significant ($P < 0.05$)**



治疗后两组HAMDD17项症状评分改善情况

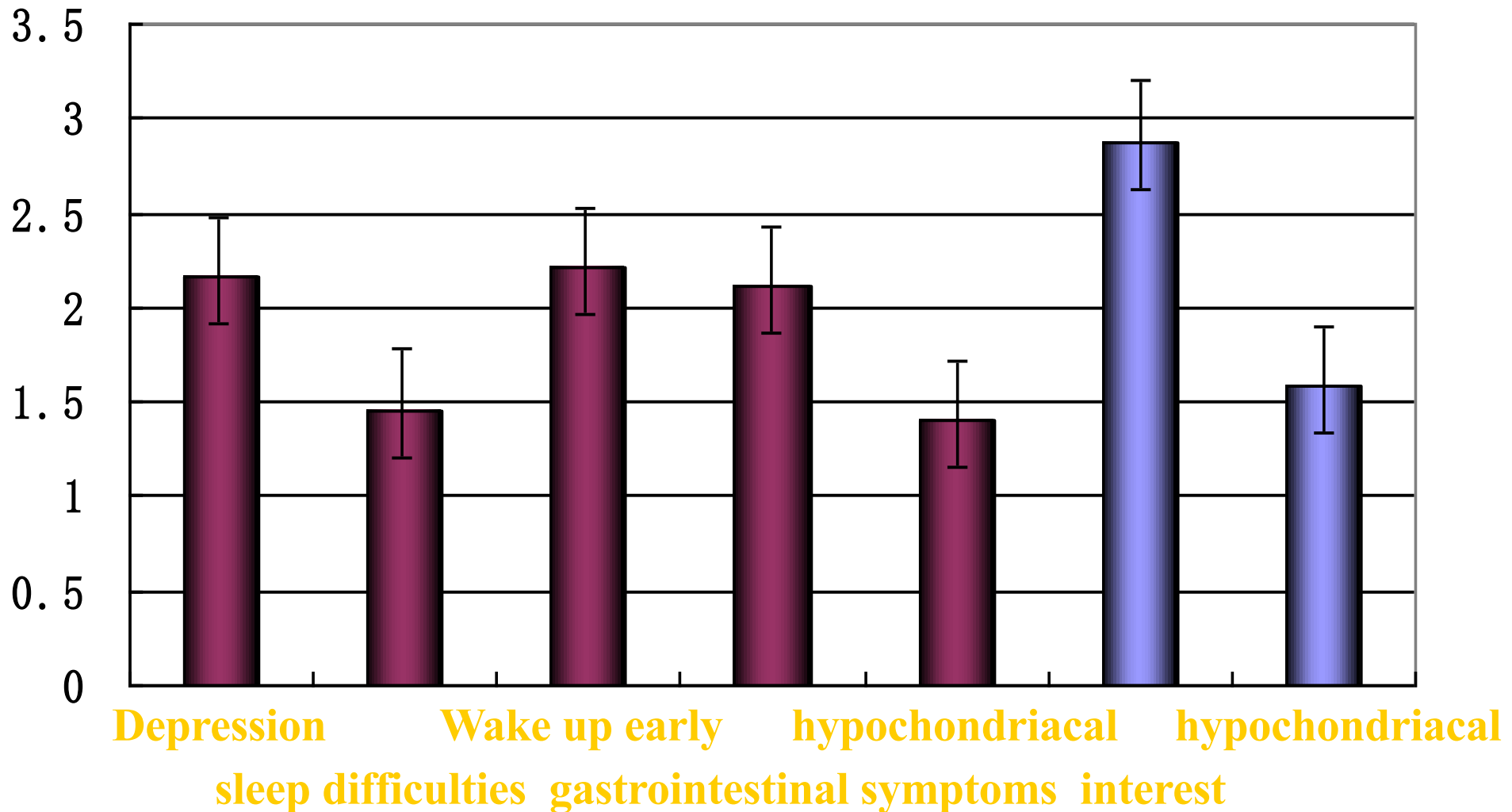


(观察组改善5项)

(对照组改善2项)

部分症状差异有显著性 ($P < 0.05$)

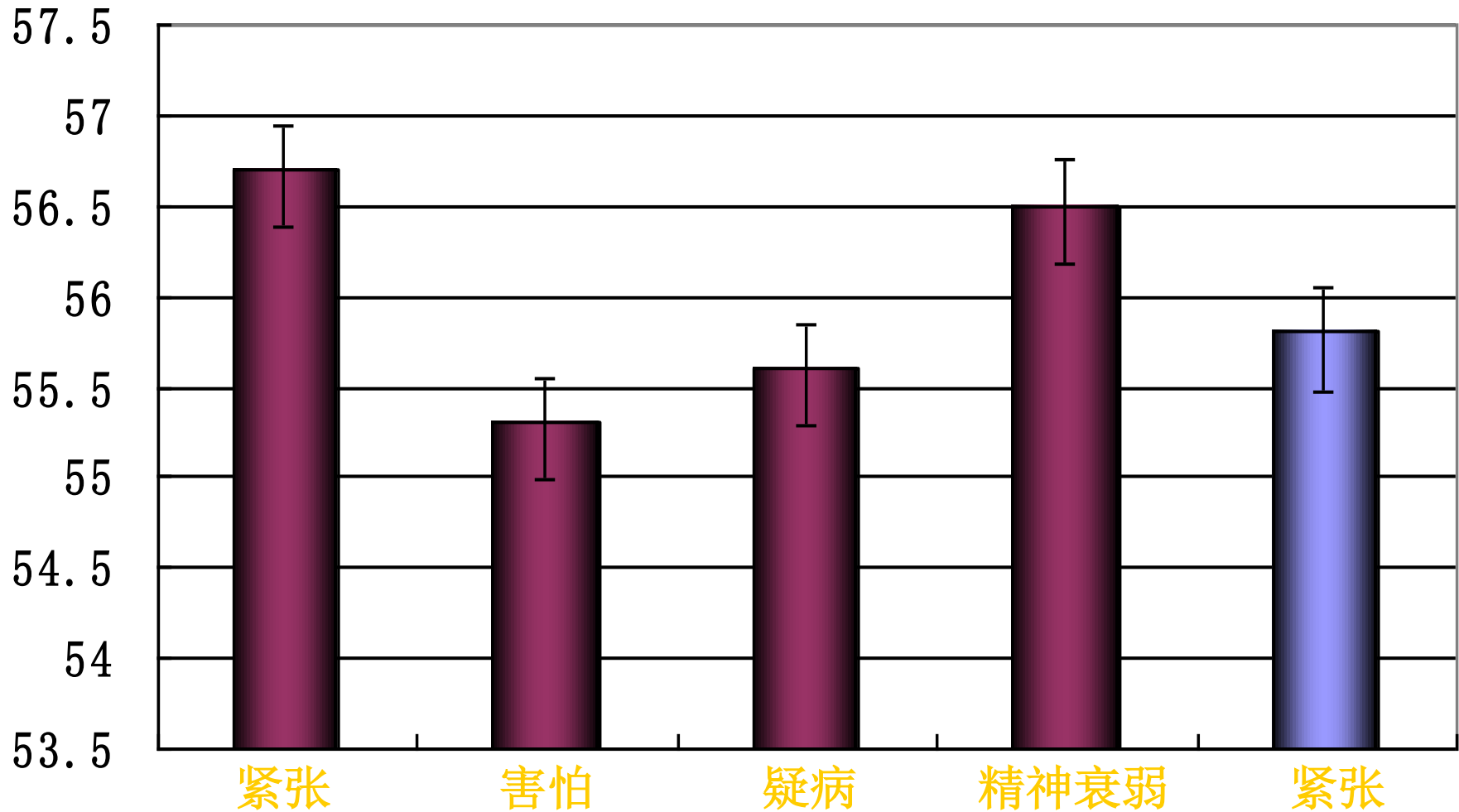
In two groups after the treatment, HAMDD17 symptom score improvement



(The observation group improved 5) (The control group improved 2)

Part of the symptom had significant difference ($P < 0.05$)

治疗后两组HAMA14项症状评分改善情况

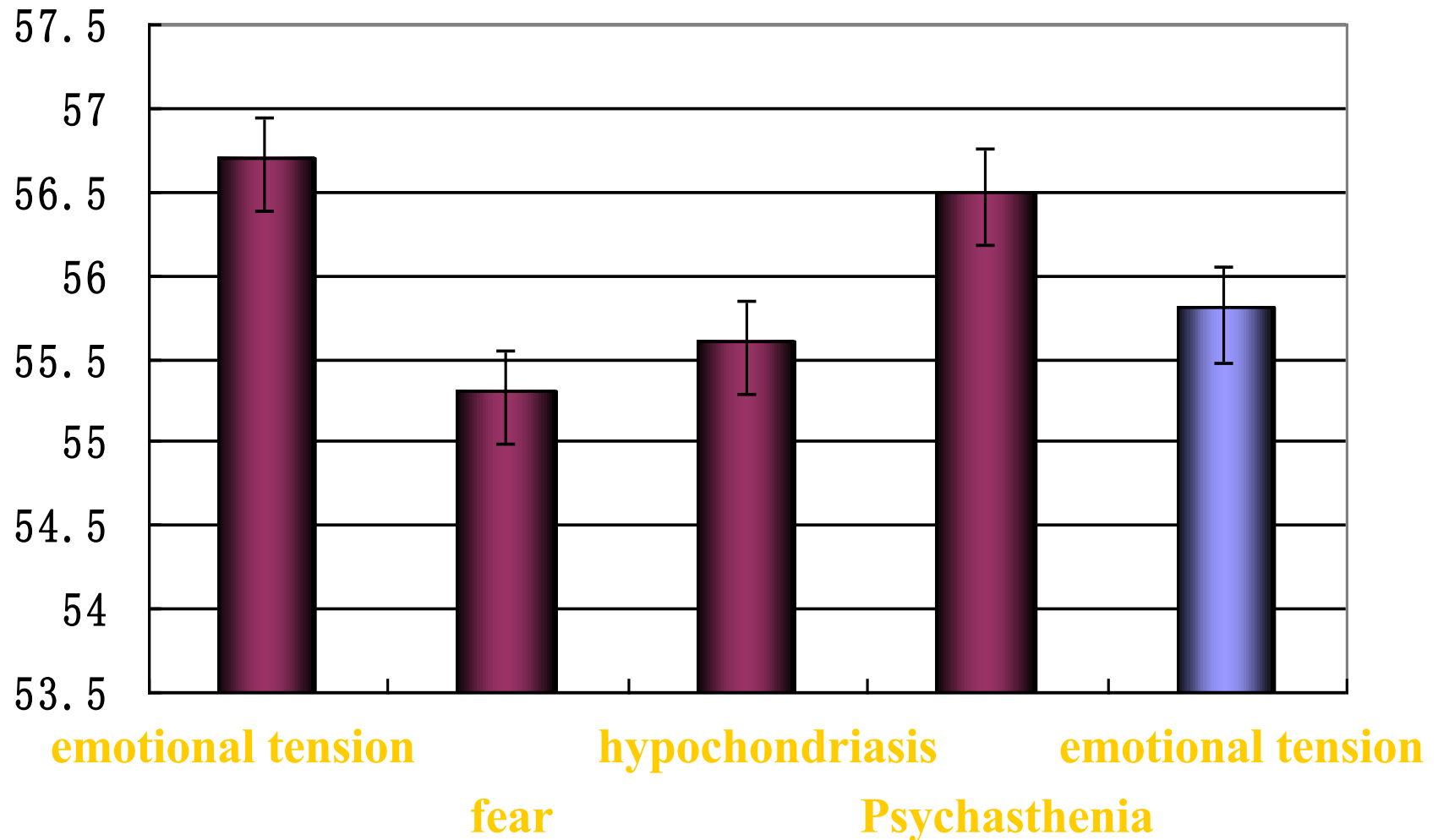


(观察组改善4项)

(对照组改善1项)

部分症状差异有显著性 ($P < 0.05$)

In two groups after the treatment, HAMA14 symptom score improvement



(The observation group improved 4) (The control group improved 1)

Part of the symptom had significant difference ($P < 0.05$)

生化指标

Biochemical indexes

5羟色胺: 治疗组治疗前后比值下降不明显 ($P > 0.05$), 对照组治疗前后比值下降较明显 ($P < 0.05$)

5 (5-HT): The treatment group before and after treatment has decreased slight ($P > 0.05$), the control group before and after treatment has decreased significantly ($P < 0.05$)

生化指标 Biochemical indexes

神经营养因子： 治疗组治疗前后比值无明显下降 ($P > 0.05$), 对照组治疗前后比值下降明显 ($P < 0.05$)

Neurotrophic factor (BDNF) : The treatment group before and after treatment has decreased slight ($P > 0.05$),

The control group before and after treatment has decreased significantly ($P < 0.05$)

免疫指标

Immune parameters

- **T淋巴细胞亚群 T lymphocyte subsets**

观察组治疗前后指标无明显变化 ($P > 0.05$)

对照组治疗后指标有所下降 ($P < 0.05$)

The observation group before and after treatment index showed no significant change ($P > 0.05$)

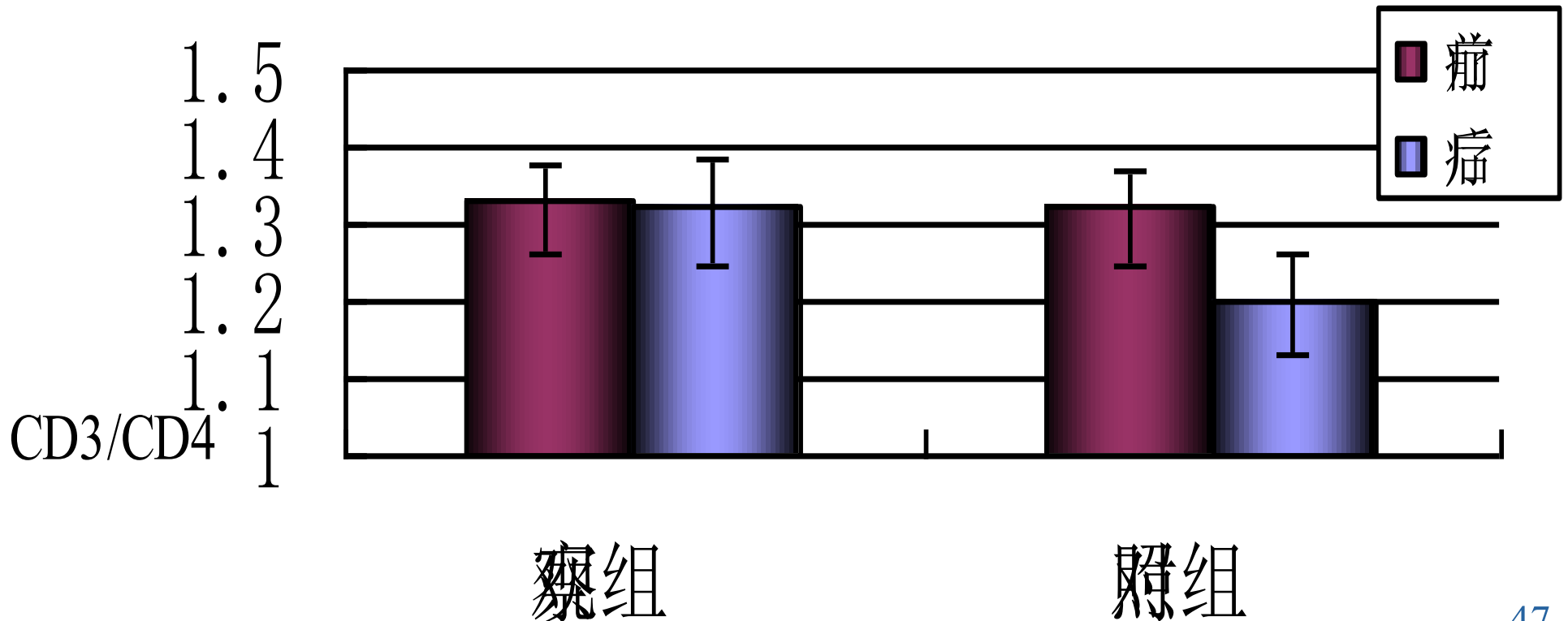
The control group after treatment indicators decreased ($P < 0.05$)

免疫指标

T淋巴细胞亚群

观察组治疗前后指标无明显变化 ($P > 0.05$)

对照组治疗后指标有所下降 ($P < 0.05$)

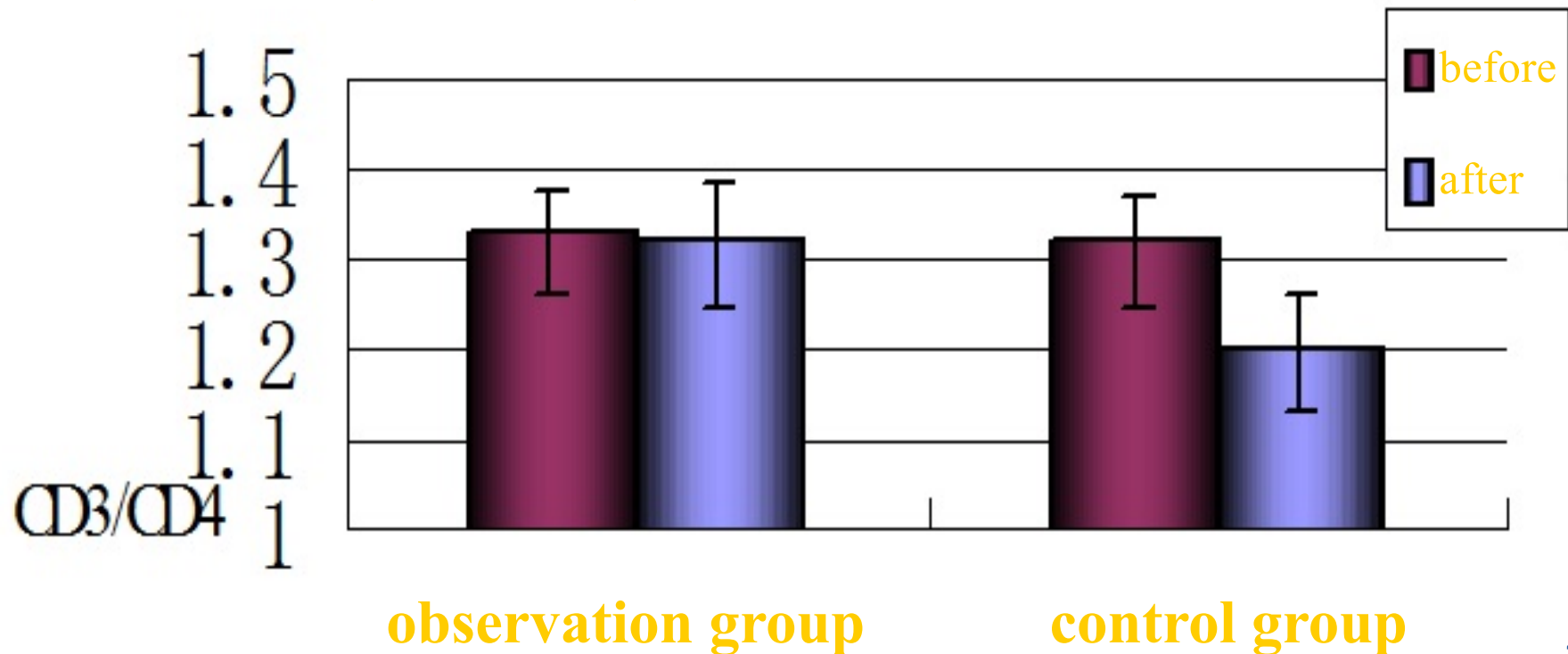


Immune parameters

T lymphocyte subsets

The observation group before and after treatment index showed no significant change ($P > 0.05$)

The control group after treatment indicators decreased ($P < 0.05$)



免疫指标 Immune parameters

● NK细胞抗肿瘤活性测定 Anti tumor activity of NK cells

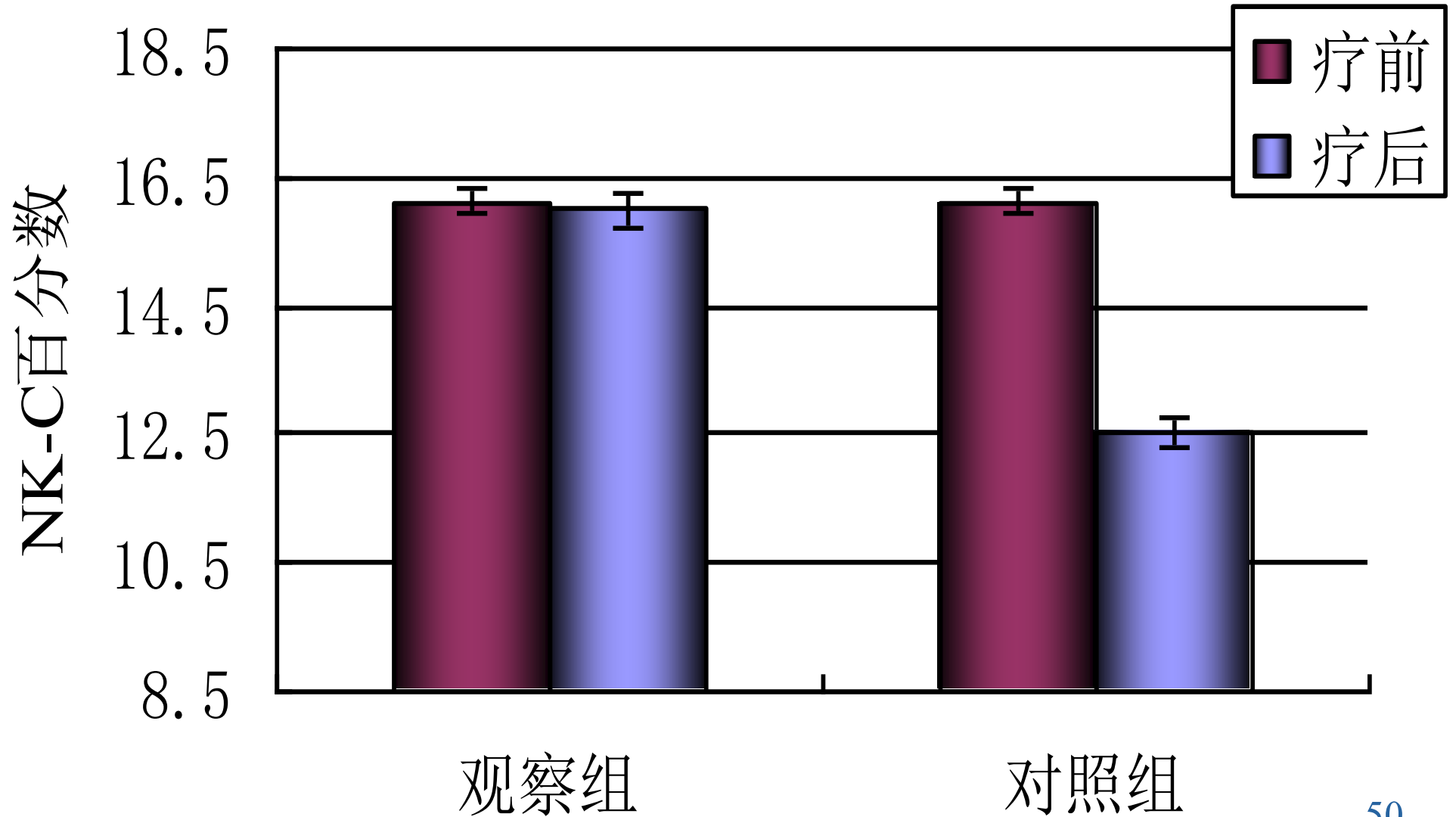
观察组治疗前后指标无明显变化($P > 0.05$)

对照组治疗后指标有所下降($P < 0.05$)

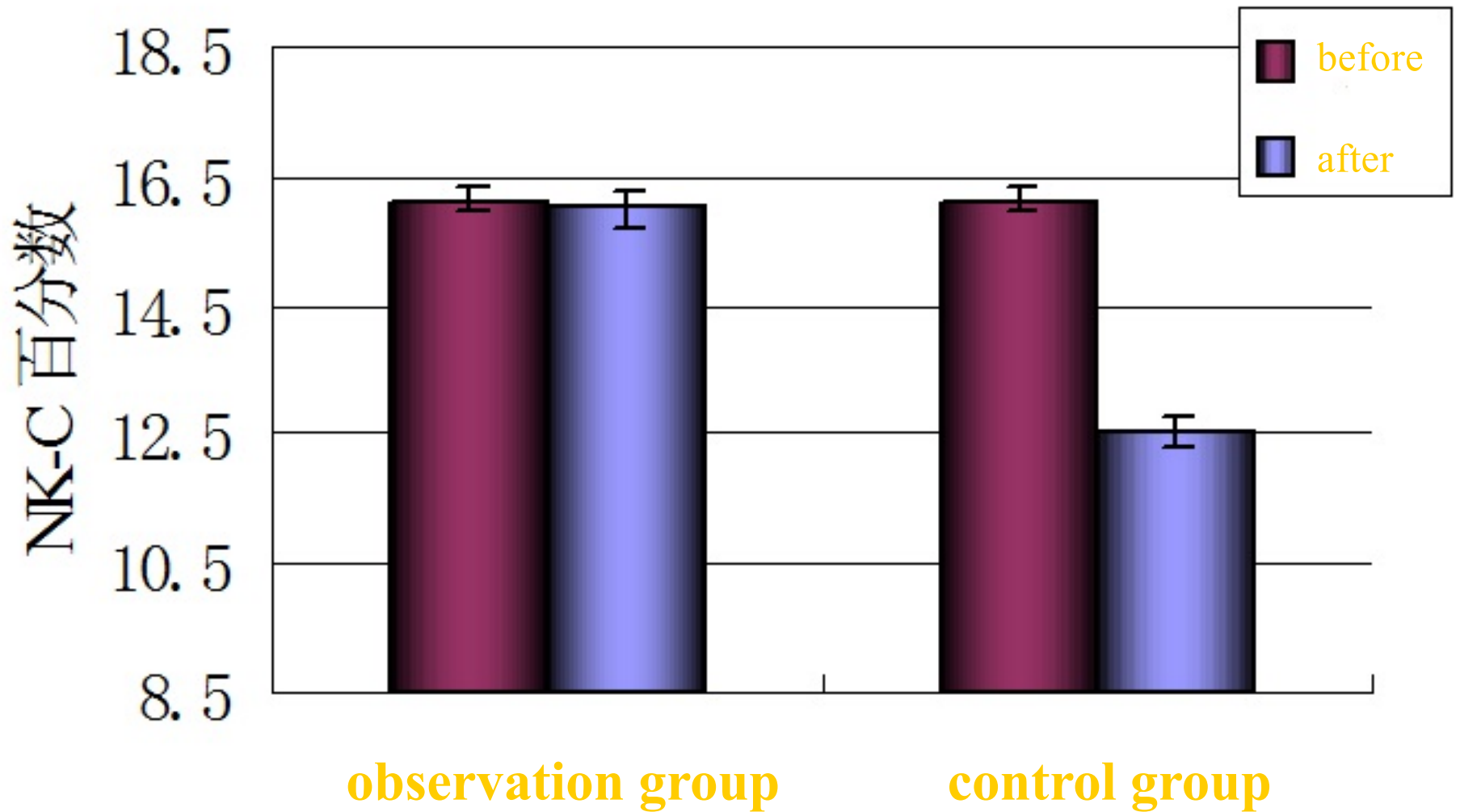
The observation group before and after treatment index showed no significant change ($P > 0.05$)

The control group after treatment indicators decreased ($P < 0.05$)

NK细胞抗肿瘤活性测定



Anti tumor activity of NK cells



生活质量结果评定

Quality of life assessment of the results

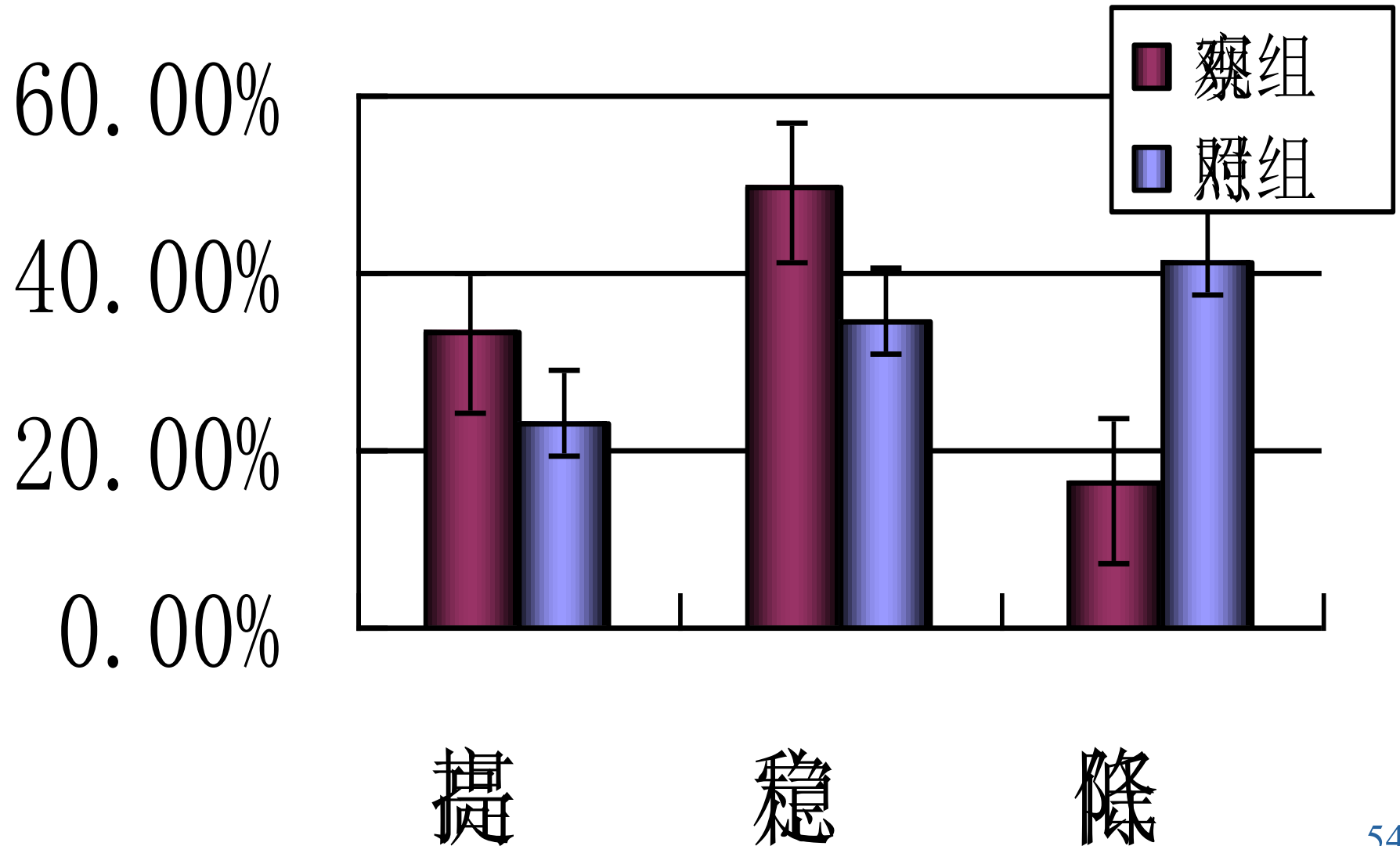
评价标准——中国医学科学院肿瘤医院肿瘤内科孙燕院士和罗健博士修定编制的**中国癌症化疗患者生活质量量表**（QLQ—CCC）为标准。

Evaluation criteria -- Chinese Academy of Medical Sciences tumour hospital medical oncology Academician Sun Yan and Dr Luo Jian revised compilation of **Chinese cancer patients undergoing chemotherapy Quality of life scale** (QLQ - CCC) as the standard.

- 音乐疗法配合抗肿瘤治疗疗效优于单纯抗肿瘤治疗 (P<0.05) 观察组比对照组提高10%
- The curative effect of **Music therapy combined with anti-tumor treatment** better than pure anti-tumor treatment (P < 0.05) The observation group improved 10% than the control group

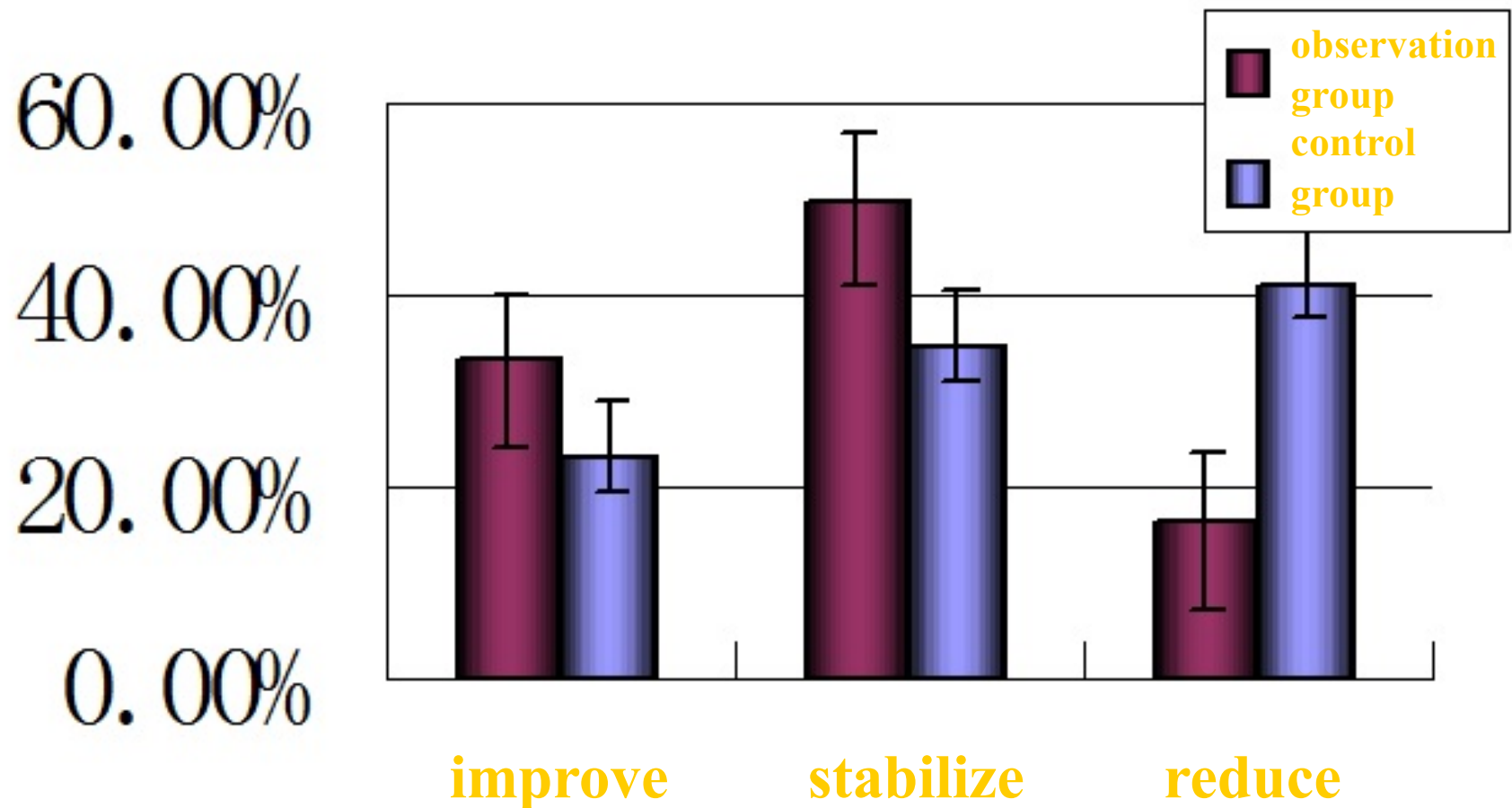
生活质量评定

观察组比对照组提高10%



Quality of life assessment of the results

The observation group improved 10% than the control group



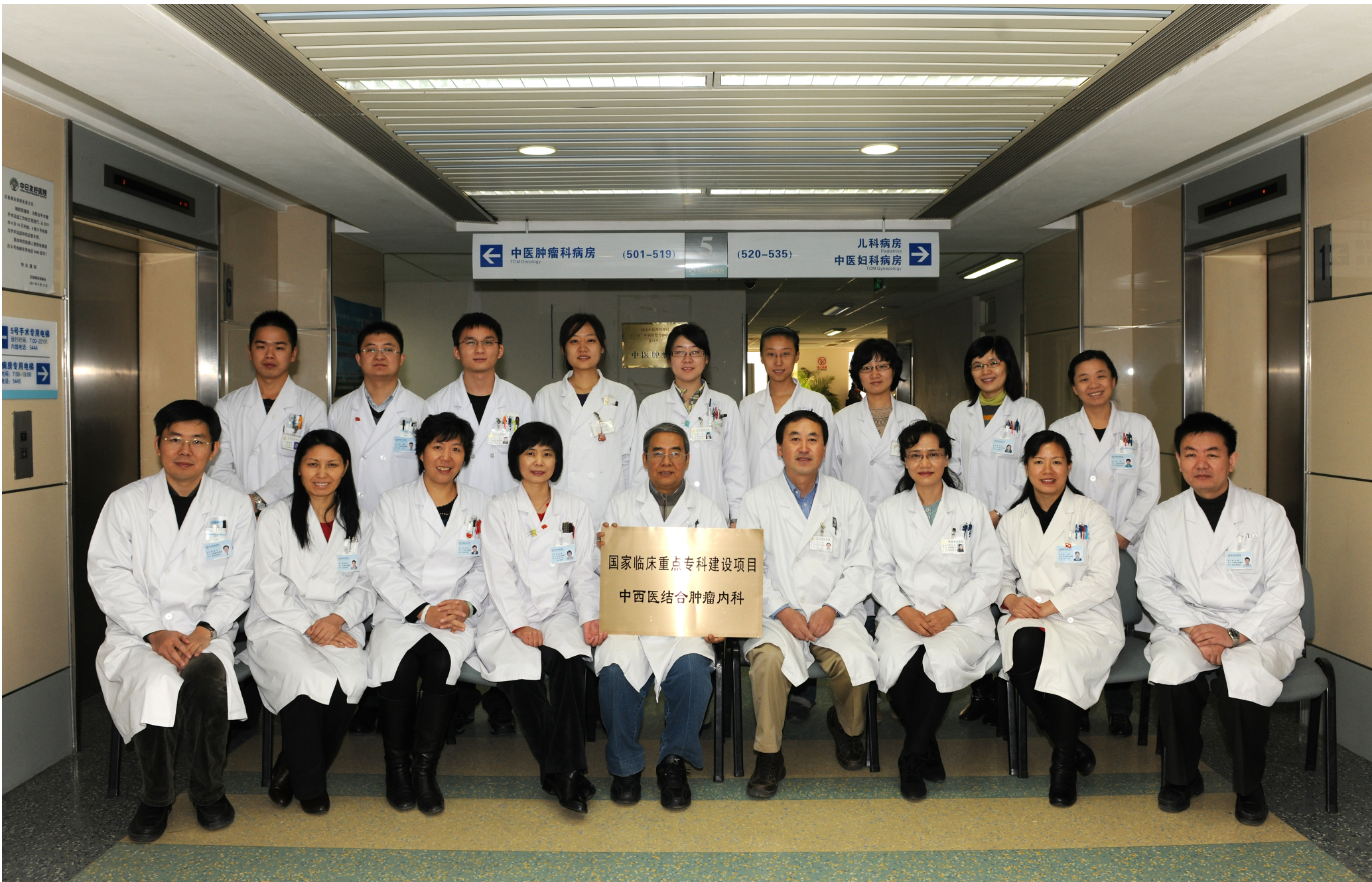
结论与优势

Conclusion and advantage

- 调节肿瘤患者抑郁焦虑情绪
- 优化心理状态、激发情感效应
- 改善躯体症状、增强免疫功能
- **Regulating depression and anxiety in cancer patients**
- **Optimize mentation, Stimulate emotional effect**
- **The improvement of somatic symptoms, enhancing immune function**

- 调动体内积极因素、提高患者生活质量
- 减少药物治疗对肝肾功能的损害
- 简单方便经济实用 具有广阔的发展前景

- **The mobilization of body positive factors, improve the life quality of patients with**
- **The reduction of drug treatment on liver and renal function damage**
- **Simple convenient practical economy, and has broad prospects of development**



The team of TCM oncology department of China-Japan friendship hospital

谢谢!



The view of China-Japan friendship hospital