

Clinical Trial Protocol

Iranian Registry of Clinical Trials

24 Jun 2026

Effect of Classical Music and Lullaby on Physiologic Parameters and Sleep/Awake State of Hospitalized Preterm Infants in NICU

Protocol summary

Summary

purpose: determination effect of classical music and lullaby on hospitalized preterm infant's sleep/awake state improvement and physiologic parameters stability. study: RCT, crossover, not blinded, convenient sampling. Inclusion criteria: 1) infant GA in birth between 27w and 6d and 37w and 0d, 2)no congenital abnormality, no heart or neurologic disease, 3) intact hearing,4)no opiate, sedative or anticonvulsive therapy. Exclusion criteria: 1) all situation causes need for oxygen therapy or respiratory support, 2) increased infant distress or hypersensitivity to intervention, 3) discharge, 4) parents refuse to continue. sample size: 72. 24 infants for 6 consecutive day in 3 situations, 2days in lullaby situation, 2 days in classical music situation and 2 days in control situation, are observed.we have 6 groups based on transposition of situations.priority of groups were determined with randomization. outcome: increase o2 saturation, decrease HR and respiration and increase quiet sleep in intervention situations.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2012081510606N1**

Registration date: **2012-10-08, 1391/07/17**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2012-10-08, 1391/07/17

Registrant information

Name

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Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Deputy of Research, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Expected recruitment start date

2012-03-19, 1390/12/29

Expected recruitment end date

2012-09-21, 1391/06/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Effect of Classical Music and Lullaby on Physiologic Parameters and Sleep/Awake State of Hospitalized Preterm Infants in NICU

Public title

Effect of music therapy on preterm infants

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: 1) infant GA in birth between 27w and 6d and 37w and 0d, 2)no congenital abnormality, no heart or neurologic disease, 3) intact hearing,4)no opiate, sedative or anticonvulsive therapy. Exclusion criteria: 1) all situation causes need for oxygen therapy or respiratory support, 2) increased infant distress or hypersensitivity to intervention, 3) discharge, 4) parents

refuse to continue.

Age

From **28 years** old to **37 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: **72**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Not blinded

Blinding description

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Tehran University of Medical Sciences Ethics Committee

Street address

Tehran, Keshavarz blv, Ghods st.

City

Tehran

Postal code

Approval date

2011-08-20, 1390/05/29

Ethics committee reference number

90/d/130/2598

Health conditions studied

1

Description of health condition studied

physiologic parameters and sleep/awake status

ICD-10 code

XVI

ICD-10 code description

Certain conditions originating in the perinatal period

Primary outcomes

1

Description

respiration rate

Timepoint

every 2 min, for before, simultaneous and after intervention periods

Method of measurement

respiration rate in 1 min, with observation

2

Description

blood pressure

Timepoint

every 5 min for before, simultaneous and after intervention periods

Method of measurement

with osilometric method and bedside monitoring based on mmhg

3

Description

heart rate

Timepoint

every 2 min for before, simultaneous and after intervention periods

Method of measurement

with bedside monitoring

4

Description

o2saturation

Timepoint

every 2 min for before, simultaneous and after intervention periods

Method of measurement

based on saturated Hb percentile, with pulseoximeter

5

Description

sleep/awake status

Timepoint

every 2 min for before, simultaneous and after intervention periods

Method of measurement

includ 6 stages based on Brazelton sleep/awake statuses

Secondary outcomes

empty

Intervention groups

1

Description

This study is crossover and every sample is observed one time as control and two another times as intervention groups. every situation lasts for two days. intervention situations include lullaby and classical music and for every situation two days. observation time in all situations is 40min every day. it starts 10min before

music in intervention groups and continues for 20min music time and 10min after music. in lullaby situation,0.5 to 1 hr after nutrition we start observation.2 cameras record dependent variables.10 min after start, lullaby is played through 2 speakers, located at incubater corners,with 30 cm of infant's head, in 45-50 dl for 20 min.observation lasts 20 min after music..this situation for every infant includs 2 consecutive days.

Category

Other

2**Description**

in classical music situation,0.5 to 1 hr after nutrition we start observation.2 cameras record dependent variables.10 min after start, classical music(Baby Mozart) is played through 2 speakers, located at incubater corners,with 30 cm of infant's head, in 45-50 dl for 20 min.observation lasts 20 min after music. this situation for every infant includes 2 consecutive days.

Category

Other

3**Description**

in control situation.every infant is observed 40 min,start 0/5 to 1 hr after nutrition.2 cameras record dependent variables.this situation for every infant includes 2 consecutive days.

Category

Other

Recruitment centers**1****Recruitment center****Name of recruitment center**

Hojar hospital

Full name of responsible person

Parisa Rafiei

Street address**City**

Shahre Kord

2**Recruitment center****Name of recruitment center**

Imam Ali hospital

Full name of responsible person

Parisa Rafiei

Street address**City**

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Sponsors / Funding sources**1****Sponsor****Name of organization / entity**

Deputy of Research, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

dr azam baheiraei

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Tehran, tohid sq, Faculty of nursing and midwifery, University of Tehran

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Grant name**Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

Yes

Title of funding source

Deputy of Research, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin**Type of organization providing the funding**

empty

Person responsible for general inquiries**Contact****Name of organization / entity**

Faculty of Nursing and Midwifery, Tehran University of Medical Sciences

Full name of responsible person

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty