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Presentation Title: The efficacy and mechanism of Chinese Guqin music intervention for patients with Primary Insomnia

Abstract:

Objective: To investigate the efficacy and mechanism of Chinese Guqin music intervention for primary insomnia's patients. Methods: Sixty cases of primary insomnia syndrome patients were randomly divided into two groups. For a total of 8 weeks, a daily intervention of bedtime listening to Guqin music for 30 minutes was applied to 30 patients in the experimental group, while the control group simply rested without any intervention. Psycho-physiological indicators were recorded in the 0th, 4th and 8th week. The AIS and SCL-90 were used to assess the patients in the 0th, 2nd, 4th, and 8th week. Results: After four-week intervention, the (VLF per) of HRV had more decrease in the Guqin group than in the control group ($P < 0.05$). The Guqin group had significantly lower AIS scores, AIS total (8.00 ± 3.90) than the control group. AIS total was (10.30 ± 5.10), after four-week intervention ($P < 0.05$). Besides, the AIS scores of the Guqin group AIS total (6.40 ± 4.50) were also significantly lowered than the control group [AIS total (9.80 ± 5.00) after eight-week intervention ($P < 0.05$)]. Meanwhile, after eight-week intervention, the decrease of "obsessive-compulsive symptoms" in SCL-90 had significant difference between the Guqin group (-0.40 ± 0.50) and the control group

(-0.10 ± 0.30 , $P < 0.05$). Besides the significant difference between the Guqin group

(-0.10 ± 0.30) and the control group (0.10 ± 0.30) also showed in the decrease of "phobic anxiety" in SCL-90 ($P < 0.05$). Conclusion Guqin music can relieve psycho-physiological symptoms for patients of insomnia. It is an effective intervention for the creation of "Mind-Body" harmony; it facilitates psychological rehabilitation.

Key words: Guqin Music; Insomnia; HRV; AIS; SCL-90