ABSTRACT

**Background and Aim:** Cesarean section is one of the most common surgeries worldwide and intraoperative bleeding is one of its major complications. They can also cause anxiety and it can indirectly increase bleeding during cesarean section. Therefore, interventions to reduce patients' anxiety seem necessary. One of the interventions that can be performed as a nursing intervention to reduce anxiety is music therapy and this study aimed to investigate the effect of music therapy on bleeding during cesarean section under spinal anesthesia.

**Methods:** In this randomized placebo-controlled clinical trial 41 patients candidate for Cesarean section randomly allocated by blocking method to study in to two groups; intervention and control after obtaining informed consent based on inclusion criteria: Demographic data, hemodynamic parameters, hemoglobin, hematocrit and Spielberger anxiety questionnaire were completed before intervention. Then, one hour before and during surgery, nature and iguana music was played to the patients in the experimental group, then bleeding volume and hemodynamic parameters were assessed in the patients. Data were entered into SPSS software version 18 and analyzed using descriptive and analytical statistics. P values less than .05 were considered significant.

**Results:** The results showed that the mean age of the subjects was 36.4 ± 3.4 in the intervention and control group respectively. Results showed that End of intervention systolic and diastolic blood pressure and heart rate decreased significantly in intervention group (p <.05) and hemoglobin, hematocrit levels were lower in the control group and intraoperative bleeding in intervention group (221/33 ± 37/18) was significantly lower than control group (289/172 ± 87/3). (p <.05).

**Conclusion:** The results of this study showed the positive effect of music therapy on reduction of intraoperative bleeding in patients undergoing cesarean section. Therefore, this method can be suggested as a complementary treatment to reduce bleeding in these patients.

**Keywords:** Music therapy, Bleeding, Cesarean section, Spinal anesthesia