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The pain threshold of the forearm by listening to favorite music

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The pain causes the stress and the continued pain reduces quality of life. It is known that the sense of pain decreases by listening to music. Our previous study showed that rhythmical music is more effective to increase the pain threshold than classical music (Vivaldi) and Japanese ballad. Then we examined the effects of favorite music on the pain perception of forearm. 30 subjects (Men: 15; Women: 15; Age: 13-85 years old) were investigated for pain thresholds on the forearm by using pain vision PS-2100 (Nipro) which the intensity of electric stimulation gradually increases. They choose their favorite music from You Tube. The measurement of pain threshold was performed for each three times when they wore headphone and were listening to favorite music or without music. The thresholds of pain with favorite music (55.7±52.2 μA) were significantly higher than those without music (40.3±31.3 μA) (Wilcoxon test: $p<0.0001$). And the men's thresholds were significantly higher than women at the both situation, with music (Mann-Whitney test: $p<0.01$) and without music ($p<0.05$). The kinds of the music that they chose were classical music (2 people); Japanese pop music (7 people); Chinese pop music (2 people); ballads (12 people); rock music (2 people) and Japanese folk (5 people). The present findings suggest that the pain perception might be strongly affected by listening to favorite music.

Biography

Tsumugu Furuta has graduated from School of Dentistry at Asahi University in 1990 and obtained PhD in 2017 from Matsumoto Dental University. He has his private dental clinic and he continues the experiments of oral pain as a Postdoctoral Fellow at Matsumoto Dental University.

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