

DOMINICAN UNIVERSITY of CALIFORNIA

Scholarly & Creative Works Conference

#10

Presenter: Carmin Dotario

Room: Guzman Lecture Hall

Faculty Mentor: Deborah Meshel

Session & Time: Poster_II / 1:00 to 1:50pm

Discipline: Nursing

Digital Portfolio URL:

Title: The Sound of Survival: The Effect of Personalized Music Selection on CPR Performance and Anxiety Levels

Abstract:

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The connection between music and CPR has gained attention in recent media, yet there is limited research examining its effects on CPR performance, particularly with regard to anxiety levels. This study aims to evaluate the impact of personalized music selection on CPR performance and anxiety levels among first-time trainees. Specifically, the study will assess whether personalizing CPR training with music that aligns with the optimal chest compression rate enhances overall compression quality while simultaneously reducing anxiety in the rescuer. Using a randomized controlled trial design, CPR quality (rate, depth, and consistency) and anxiety levels will be measured. The sample will consist of 50 first-time CPR trainees, with the experimental group receiving personalized music during training and the control group receiving standard CPR training. CPR performance will be assessed using Laerdal's Resusci Anne and the QCPR feedback system, while anxiety levels will be measured using the Likert Anxiety Scale before and after training. CPR performance and anxiety will be reassessed 6 months later without any music intervention, but using the same measurement tools. It is expected that personalized music will reduce anxiety and improve CPR performance (rate, depth, and consistency) compared to standard training. This research may contribute to increasing bystander CPR initiation during cardiac events outside of hospital settings, potentially improving survival outcomes.