

relevance to advanced cancer in palliative care.

Hence, in the current study, we undertook an updated meta-analysis of music therapy studies, centering our focus on patients grappling with advanced cancer in palliative care [10,11]. We have taken a step further from previous meta-analyses by encompassing more recently published randomized controlled trials (RCTs) and harnessing available evidence to quantitatively ascertain the effects of music therapy on spiritual well-being, Quality of life, pain management, and psychological distress.

**Discussion**

The discussion section of the article provides an opportunity to interpret and contextualize the findings presented in the study. In this case, the discussion revolves around the effectiveness of music therapy for patients with advanced cancer in palliative care, addressing various outcomes including spiritual well-being, quality of life (Quality of life), pain management, and psychological distress.

**Importance in Psychological Well-being**

The study's findings align with prior research indicating that music therapy can significantly benefit cancer patients in terms of psychological well-being [12,13]. The meta-analysis reveals that music therapy has a positive effect on reducing depression and anxiety among advanced cancer patients in palliative care. This is consistent with the broader body of literature suggesting that music therapy can alleviate psychological distress and enhance emotional well-being in various clinical populations.

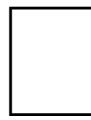
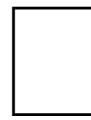
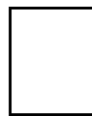
**Enhancement of Spiritual Well-being:** One noteworthy contribution of this study is its focus on spiritual well-being, an area that has gained recognition as a vital aspect of holistic patient care.

The meta-analysis demonstrates a positive association between music therapy and spiritual well-being among patients in palliative care.

This finding underscores the potential of music therapy not only to address psychological distress but also to promote a sense of meaning, purpose, and connection in the lives of individuals facing the existential challenges of advanced cancer.

**Impact on Quality of Life:** Quality of life is a critical outcome measure in palliative care, as it reflects the multidimensional impact of interventions on patients' overall well-being. The study reveals that music therapy contributes to an improvement in Quality of life among advanced cancer patients [14]. This result reinforces the idea that music therapy can provide a comprehensive and holistic approach to palliative care by addressing not only physical symptoms but also the emotional, social, and existential dimensions of patients' lives.

**Pain Management:** Pain is a prevalent and often debilitating symptom in advanced cancer patients. The meta-analysis suggests that music therapy has a positive impact on pain management. While the exact mechanisms through which music therapy alleviates pain require further investigation, it is clear that music can serve as a valuable complementary intervention in pain management strategies for these patients.



**References**

1. Curtin D, Gallagher P, O'Mahony D (2021) Deprescribing in older people

