

PILOT PROJECT 2018: TEST OF THE CALMING EFFECT OF USING inmuRELAX FOR PATIENTS WITH MENTAL ILLNESS

EXECUTIVE SUMMARY

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I. OBJECTIVE

The objective of the pilot project was to test if the use of the interactive musical sensory stimulation tool inmuRELAX can be used as a mean to sedate and calm down patients with different mental illnesses.

II. PROJECT FACTS

The inmuRELAX was used on hospitalised patients with different diagnoses (including: schizophrenia, bipolar disorder, asberger's syndrome and psychosis), all of whom suffers from anxiety, mental turmoil, and unrest. The inmu was used as a mean to reduce the anxiety and calm down the patients (aged 25 to 75 years). The inmu was tested during a 9 month period on patients hospitalised in 4 psychiatric departments at Psykiatisk Center København and Psykiatisk Center Nordsjælland (a part of The Mental Health Services of the Capital Region of Denmark - the largest psychiatric hospital in

Denmark) with very positive results. 14 patients participated in the project and 10 patients adequately answered all questions after the test was completed.

A questionnaire with different questions about diagnoses, symptoms and effect of the use was developed for the test. It was filled out by the nurses before the test period and by the patient at the end of the 9 month test.

III. CONCLUSION

Most of the patients (9 out of 10) covering all diagnoses feel that have had positive results in reducing anxiety, and benefited from the use of the inmuRELAX and would like to use the inmu again the next time they are hospitalised.

Because of the positive results of the pilot test the inmuRELAX is now a permanent part of "Sansekassen" ("The Sensory Box" – a collection of tools for sensory stimulation offered to patients) in several sections at Psykiatisk Center Nordsjælland.

A. QUESTIONNAIRE DATA

Questionnaires answered by the patients, recorded by the staff.

Problem	Useful effect of the inmuRELAX?	Did it remedy the symptoms?	Interested in using it next time?
Anxiety and unrest	Yes	No (but it helped sleeping)	Yes
Mental turmoil	Yes	-	-
To reduce anxiety	Yes	Yes	Yes
Mental turmoil	-	-	-
Anxiety, unrest, and restlessness	Yes	Yes	Yes
Excessive thoughts	-	Yes	Yes
Anxiety	Yes	Yes	Yes
Anxiety	Yes	Yes	Yes
Mental turmoil	-	-	-
Mental turmoil	No	No	No
Mental turmoil	Yes	No	No
Mental turmoil	Yes	No	Yes
Calming down	Yes	-	Yes
Calming down	Yes	Yes	Yes
Total	9 Yes, 1 No	6 Yes, 3 No	9 Yes, 1 No