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Neuropsychological outcomes post broadband and Quranic rhythmic therapy among tinnitus patient

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Tinnitus is not a disease but a symptom where the person can hear the ringing sounds in their ears without external stimuli and it is a disquieting problem experienced by the affected individuals. One of the challenges in the treatment of tinnitus is determining effective therapy for individual sufferers. Of the treatment options, Quranic therapy has the least clinical evidence. Main aim of this study is to assess the cognitive and psychological changes in tinnitus patients rehabilitation outcome post Quran rhythm and broadband noise using behavioral test (BAI, BDI, ATQ), P300). In this study, 25 tinnitus patients (14 BBM group and 11 Quranic group) with age range from 29 to 55 years old were recruited. The outcomes of psychological evaluations on 12 patients who suffer from tinnitus in a pre and post treatment study with a six months therapy period. They were divided into two different groups according to their mode of treatment (Quranic rhythm and Broadband Masker). Upon informed consent, all patients completed the Beck Anxiety Inventory (BAI-M), Beck Depression Inventory (BDI-M), Automatic Thought Questionnaire (ATQ-M) and underwent p300 test. The results showed that Group 1 (Quranic rhythm) evidenced more functional and psychological improvement and Group 2 (Broadband noise) has shown better cognitive improvement. Post therapy, group 1 showed a lower mean score in BDI-M compared to group 2. Post BBM group showed better outcome with larger amplitude significantly in these electrodes F7, T3, T4 and FZ. This case study provides some evidence that tinnitus patients benefitted from Quranic rhythm therapy in term of psychological improvement and broadband noise therapy improved patient cognitive functions. To improve validity, more studies with a bigger sample size that would enable comparisons across tinnitus onset ages and other types of tinnitus treatments are recommended for a wider generalization.

Biography

Zuraida Z is currently working as a Medical Officer at Vertigo Clinic, ORL-HNS Department, PPSP, USM, Malaysia. She has published numerous research papers and articles in reputed journals and has various other achievements in the related studies. She has extended her valuable service towards the scientific community with her extensive research work.

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