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2014 Effects of cognitive-behavioral music therapy on fatigue in patients in a blood and marrow transplantation unit: A mixed-method pilot study. *School of Music*. 41:433-444.

The population of this study was patients in a blood and bone marrow transfer section of a hospital. The goal of the research was to attempt and determine if cognitive-behavioral music therapy would reduce fatigue in Cancer Related Fatigue (CRF) patients. The study was a mixed-method study and examined five varieties of patient fatigue in patients. The researchers interviewed eleven patients prior to their hospital admittance and then interviewed a second time if/when the hospital discharged them. The five fatigue types were general, physical, reduced activity, reduced motivation, and mental fatigue. The authors surveyed patients and asked them to check one of five boxes to answer questions relating to levels of fatigue. The boxes ranged from yes/true to no/false. The research questions focused on, can cognitive-behavioral music therapy reduce various aspects of cancer-related fatigue and how many cognitive-behavioral music therapies reduce various aspects of cancer-related fatigue?

The steps for data collection were, transcribe interviews, assemble the relevant data to each code in Excel, locate potential themes, and review of the themes to define and name themes present throughout the data. It was determined that musical therapy can reduce fatigue. However, the results were partially subjective because they were based on the word of patients. This was pointed out as a weakness.