

The Effectiveness of Isochronic Tones Against Anxiety, Depression, and Stress in Dental Students

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High stress and anxiety are associated with dental education, and dental students tend to experience stress. One intervention to reduce stress is music. This study aimed to evaluate the effect of isochronic tones on anxiety, depression, and stress among dental students.

Materials and Methods: In this quasi-experimental study, 120 dental students were randomly divided into three groups, namely the isochronic tones 40 Hz intervention group of 30 minutes per day for 14 days (Group A), the isochronic tones 40 Hz intervention group of 10 minutes per day for 14 days (Group B), and the control group (Group C). The instrument used was the Depression, Anxiety, and Stress Scale (DASS). The data were analyzed using a paired t-test and ANOVA. The paired t-test results were found in the intervention group for 30 minutes. There were significant changes in anxiety, depression, and stress after being given the intervention ($p < .05$). ANOVA results found that after being given the intervention, there was an influence between anxiety and depression among the groups ($p < .05$). It can be concluded that isochronic tones can reduce anxiety and depression in dental students.

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