

STUDY PROTOCOL

Title: The Effect of Using a Stress Ball Accompanied by Music During Colonoscopy on Pain, Anxiety, and Perception of the Procedure

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Background and Rationale

Colonoscopy is widely used for diagnosis and screening of colorectal diseases. However, it can cause pain and anxiety. This study evaluates whether music and stress ball use can improve patient comfort.

Objectives

To assess the effects of music and stress ball use on pain, anxiety, procedure perception, and patient satisfaction.

Study Design

Randomized controlled experimental study with pre-test and post-test design.

Participants

100 patients undergoing colonoscopy without sedation, randomized into intervention and control groups.

Intervention

Participants listened to relaxing music and used a stress ball during the procedure, starting 10 minutes before and continuing throughout.

Outcome Measures

Primary: Pain (VAS). Secondary: Anxiety (STAI-S), procedure perception, patient satisfaction.

Ethical Considerations

Ethical approval obtained. Participants provided informed consent.