

Table 2. Summary of findings table for the intervention ‘distraction techniques’

Outcome	Time	Type of intervention	Author (year)	N studies in meta-analysis	Effect measure (95%CI)	Figure for meta-analysis (see appendix)	Certainty
Pain							
Pain		Music listening	See (2023)	2	SMD -0.40 (95%CI -0.78 to -0.03)	Figure 11	⊕○○○ very low
Pain release	Post-operative	Listening to music	Ting (2022)	8	SMD -0.49 (95%CI -0.90 to -0.08)	Not provided	
Anxiety							

Green represents in favour of the intervention. Red represents in favour of the control. Yellow represents no significant difference between intervention and control. Grey represents no conclusions could be drawn.

SMD: standardized mean difference, 95%CI: 95% confidence interval, RR: risk ratio, OR: odds ratio, HRQoL: health-related quality of life, IG: intervention group, CG: control group