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3 **Result of Music Therapy on Post-Traumatic Stress Disorder**

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10 Madam, in these challenging times stress, has affected every age group. Around 50%  
11 of all males and females' experience post-traumatic stress disorder (PTSD) in their  
12 lives(1). Music has proved to be effective to deal with PTSD after an evaluation done  
13 by a study showed that patients undergoing music therapy had a significant decrease in  
14 PTSD when compared to those patients who did not take any therapy(2). Even though  
15 all these measures cross- national lifetime prevalence of PTSD was 3.9 % cross-  
16 nationally, half of all global cases were persistent(3). Despite of these deteriorating  
17 effects, no preventive and rehabilitative measures can be seen in Pakistan.

18 A study in 2019 concluded that active music-instruction programmes hold promise to  
19 alleviate PTSD and depressive symptoms among the population globally(4). Further,  
20 people treated with music therapy had a significant mean difference [p = 0.0035] when  
21 contrasted with those who did not undergo treatment.(2).

22 A study in 2016 concluded that the prevalence of PTSD in Pakistan was 26% (78 out  
23 of 299 individuals)(5). During the covid-19 pandemic, another study records this  
24 percentage to have risen up to 40.2% by June 2020(1). It is evident that PTSD had  
25 harmed the population with its radical escalation in pre and post covid-19 pandemic.,  
26 Therefore it is, crucial to take steps in the right direction by increasing awareness in  
27 public and introducing viable and cost-effective methods that are easily accessible to  
28 people and aid in resolving this dilemma in its early stages during these challenging

29 times. Implementation of various methods is crucial to reduce the prevalence of PTSD  
30 during Covid-19 in Pakistan. Music therapy can serve as one of the interventions to  
31 reduce the bars of PTSD in Pakistan significantly.

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