

APPENDIX A

To,

The Director,  
KRIPA Foundation  
Kohima, Nagaland

Sub: **Request for permission to conduct Ph.D.research inKripa de-addiction centre.**

Sir,

My name is Mrs. Rachel Ao, and I am a Ph.D. Scholar at the USTM (university of Science and Technology, Meghalaya). The research I wish to conduct for my Doctoral thesis involves **“The impact of music on alcoholdependentclients in reducing depression, anxiety, stress, and alcohol craving: A study in de-addiction centre of Kohima, Nagaland”**.This project will be conducted under the supervision of *Professor (Dr.) Alaka Sarma, Dean School of Social Science & Humanities,University of Science &Technology(USTM), Meghalaya,* and **Dr. Rama Kanta Sharma, MD, Ph.D, Professor & Head Deptt. of R.S.B.K. Govt. Ayurvedic College Guwahati,** I am hereby seeking your consent to approach alcohol dependent clients in Kripa de-addiction centre to provide music therapy to the participants for the mentioned research.I have provided you with a copy of my thesis proposal which include copies of the measure and consent forms to be used in the research process, as well as a copy of research scholar identity card (USTM).

Thank you for your time and consideration in this matter.

Yours Faithfully,

**(Ms. RACHEL AO)**  
Ph.D. Scholar,  
University of Science & Technology, Meghalaya.

## APPENDIX B



### KRIPA FOUNDATION

REGD. OFFICE : C/o. Mt. Carmel Church, 81/A, Chapel Road, Bandra (W), Mumbai - 400 050.  
Telephone : 2640 5411, 2643 3027 • Fax : 2641 8210 • Helpline : 2640 5405, 2643 9295.  
HIV-AIDS Helpline : 2642 9158  
website : www.kripafoundation.org • e-mail : kripabandra@gmail.com

Dear Ms. Rachel Ao  
Ph.D Scholar  
University of Science and Technology  
Meghalaya

I am pleased to inform you that Kripa foundation administration accepted your proposal to do Research and data collection on the Topic "**Music therapy effects on alcohol dependent clients in reducing depression, anxiety, stress and craving for alcohol**" from dated 1<sup>st</sup> July 2013 to 30<sup>th</sup> December 2014 in Kripa Foundation De-addiction cum rehabilitation centre and a firsthand one month intervention to our Targeted Intervention project for Injecting drug users at D. Block Kripa Foundation Drop-In Centre

We wish you all the very best for your endeavor.

  
(Abou Mere)  
Director  
Kripa Foundation  
Nagaland: Kohima



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## APPENDIX C

### **INFORMED CONSENT FORM FOR CLIENTS.**

#### **Part I: Information Sheet.**

This is to introduce, Mrs. Rachel Ao, Ph.D. Scholar of University of Science and Technology Meghalaya, has selected the topic **“The impact of music on alcoholdependentclients in reducing depression, anxiety, stress, and alcohol craving: A study in de-addiction centre of Kohima, Nagaland”.**, for research study. I am going to give you information and invite you to be part of this research. You can take your time to decide whether or not to participate in this research. If you have any question, you are free to ask them to me.

Purpose of the research: Consumption of Alcohol has become a social concern and use of alcohol effects psychological problem like depression, anxiety, stress and craving for alcohol. There is a treatment called music therapy to reduce the mentioned psychological problem which may work better along with the ongoing treatment of alcoholism. The reason I am doing this research is to find out the effects of music therapy in reducing depression, anxiety, stress and craving for alcohol.

Type of Research Intervention: This research will involve some questionnaire and Music Therapy (classical) for 15 minutes, 3 days in a week for a month, which has no toxic effect.

Participant selection: I am inviting all adults' age range from 18 years to 60 years who are admitted in de-addiction centre.

Voluntary Participation: Your participation in this research is entirely voluntary. You can withdraw from the study at any point you wish to. It is your choice and all of your rights as a client will still be respected.

Signature:

(Investigator)

**Certificate of Consent.**

I have read the foregoing information, I..... consent  
voluntarily to participate as a participant in this research.

Signature:

(Participant)

## APPENDIX D

### DEMOGRAPHIC VARIABLES

#### PART-I

**Name:**

**Date:**

1. Age:
2. Gender : Male
3. Occupational wise distribution:
  - Employed
  - Business
  - Self-employed
  - Unemployed
4. Income:
  - Nil
  - Rs. 5000/- to Rs. 15,000/-
  - Rs. 16,000/- to Rs. 25,000/-
  - Rs. 26,000/- & above
5. Educational qualification:
  - Up to matriculation
  - Higher Secondary
  - Graduate
  - Post graduate & above.
6. Marital status:
  - Single
  - Married
  - Divorced
  - Widowed
7. Religious Background:

- Hindu
- Muslim
- Christians
- Others

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**PART-II**  
**AUDIT QUESTIONNAIRE: SCREEN FOR ALCOHOL MISUSE**

**Please circle the answer that is correct for you**

1. How often do you have a drink containing alcohol?

- Never
- Monthly or less
- 2-4 times a month
- 2-3 times a week
- 4 or more times a week

2. How many standard drinks containing alcohol do you have on a typical day when drinking?

- 1 or 2
- 3 or 4
- 5 or 6
- 7 or 9
- 10 or more

3. How often do you have six or more drinks on one occasion?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

4. During the past year, how often have you found that you were not able to stop drinking once you had started?

- Never

- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

5. During the past year, how often have you failed to do what was normally expected of you because of drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

6. During the past year, how often have you needed a drink in the morning to get yourself going after a heavy drinking session?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

7. During the past year, how often have you had a feeling of guilt or remorse after drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily



8. During the past year, have you been unable to remember what happened the night before because you had been drinking?

- Never
- Less than monthly
- Monthly
- Weekly
- Daily or almost daily

9. Have you or someone else been injured as a result of your drinking?

- No
- Yes, but not in the past year
- Yes, during the past year

10. Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested you cut down?

- No
- Yes, but not in the past year
- Yes, during the past year

### **Scoring the audit**

Scores for each question range from 0 to 4, with the first response for each question (eg never) scoring 0, the second (eg less than monthly) scoring 1, the third (eg monthly) scoring 2, the fourth (eg weekly) scoring 3, and the last response (eg. Daily or almost daily) scoring 4. For questions 9 and 10, which only have three responses, the scoring is 0, 2 and 4 (from left to right). A score of 8 or more is associated with harmful or hazardous drinking, a score of 13 or more in women, and 15 or more in men, is likely to indicate alcohol dependence.

Saunders JB, Aasland OG, Babor TF *et al.* Development of the alcohol use disorders identification test (AUDIT): WHO collaborative project on early detection of persons with harmful alcohol consumption —II. *Addiction* 1993, **88**: 791–803.

APPENDIX E

**DASS**

Name:

Date:

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you *over the past week*. There are no right or wrong answers. Do not spend too much time on any statement.

*The rating scale is as follows:*

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree, or a good part of time
- 3 Applied to me very much, or most of the time.

	0 Did not apply to me at all 1 Applied to me to some degree, or some of the time 2 Applied to me to a considerable degree, or a good part of time 3 Applied to me very much, or most of the time.				
1.	I found myself getting upset by quite trivial things	0	1	2	3
2.	was aware of dryness of my mouth	0	1	2	3
3.	I couldn't seem to experience any positive feeling at all	0	1	2	3
4.	I experienced breathing difficulty (e.g., excessively rapid breathing, breathlessness in the absence of physical exertion).	0	1	2	3
5.	I just couldn't seem to get going	0	1	2	3
6.	I tended to over-react to situations	0	1	2	3
7.	I had a feeling of shakiness (e.g., legs going to give way)	0	1	2	3
8.	I found it difficult to relax	0	1	2	3
9.	I found myself in situations that made me so anxious I was most relieved when they ended.	0	1	2	3

10.	I felt that I had nothing to look forward to.	0	1	2	3
11.	I found myself getting upset rather easily.	0	1	2	3
12.	I felt that I was using a lot of nervous energy.	0	1	2	3
13.	I felt sad and depressed.	0	1	2	3
14.	I found myself getting impatient when I was delayed in any way(e.g., lifts, traffic lights, being kept waiting).	0	1	2	3
15.	I had a feeling of faintness.	0	1	2	3
16.	I felt that I had lost interest in just about everything.	0	1	2	3
17.	I felt I wasn't worth much as a person.	0	1	2	3
18.	I felt that I was rather touchy.	0	1	2	3
19.	I perspired noticeably (e.g., hands sweaty) in the absence of high temperatures or physical exertion.	0	1	2	3
20.	I felt scared without any good reason.	0	1	2	3
21.	I felt that life wasn't worthwhile.	0	1	2	3
22.	I found it hard to wind down.	0	1	2	3
23.	I had difficulty in swallowing.	0	1	2	3
24.	I couldn't seem to get any enjoyment out of the things I did.	0	1	2	3
25.	I was aware of the action of my heart in the absence of physical exertion (e.g., sense of heart rate increase, heart missing a beat).	0	1	2	3
26.	I felt down-hearted and blue.	0	1	2	3
27.	I found that I was very irritable.	0	1	2	3
28.	I felt I was close to panic.	0	1	2	3
29.	found it hard to calm down after something upset me.	0	1	2	3
30.	I feared that I would be "thrown" by some trivial but unfamiliar task.	0	1	2	3
31.	I was unable to become enthusiastic about anything.	0	1	2	3
32.	I found it difficult to tolerate interruptions to what I was doing.	0	1	2	3
33.	I was in a state of nervous tension.	0	1	2	3

34.	I felt I was pretty worthless.	0	1	2	3
35.	I was intolerant of anything that kept me from getting on with what I was doing.	0	1	2	3
36.	I felt terrified.	0	1	2	3
37.	I could see nothing in the future to be hopeful about.	0	1	2	3
38.	I felt that life was meaningless.	0	1	2	3
39.	I found myself getting agitated.	0	1	2	3
40.	I was worried about situations in which I might panic and make a fool of myself	0	1	2	3
41.	I experienced trembling (e.g., in the hands)	0	1	2	3
42.	I found it difficult to work up the initiative to do things.	0	1	2	3

APPENDIX F

**Alcohol Urge Questionnaire (AUQ)**

**Instructions:** Listed below are questions that ask about your feelings about drinking. The words “drinking” and “have a drink” refer to having a drink containing alcohol, such as beer, wine, liquor. Please indicate how much you agree or disagree with each of the following statements by placing a single mark along each line between **STRONG DISAGREE** and **STRONGLY AGREE**. The closer you place your mark to one end or the other indicates the strength of your disagreement or agreement. Please complete every item. We are interested in how you are thinking or feeling right now as you are filling out the questionnaire.

<b><u>RIGHT NOW</u></b>	Strongly Disagree	Disagree Somewhat	Uncertain	Agree Somewhat	Strongly Agree
1 All I want to do is have a drink.					
2 I do not need to have a drink now.					
3 It would be difficult to turn down a drink this minute.					
4 Having a drink now would make me things seems just perfect.					
5 I want a drink so bad I can almost taste it.					
6 Nothing would be better than having a drink right now.					
7 If I had the chance to have a drink, I don't think I would drink it.					
8 I crave a drink right now.					

Bohn, M.J, Krahn, D.D, &Stahler, B.A (1995), Development and initial validation of measure of drinking urges in abstinent **Alcoholism**: Clinical and Experimental Research, 19,600-606.



