

**Study: Anxious Origins:** Attenuating Maternal and Fetal Anxiety with Music

**Investigator:** Robin Cappon M.A., PT, PhDc

**Research Institution:** The Chicago School of Professional Psychology

**Study Size:** 80-100      **Study Design:** Randomized, repeat measure MANOVA

**Results/Implications:** The intent of this study is to determine if the acoustically-modified music intervention “The Listening Program” used by anxious pregnant women during their pregnancy improves ease with birthing (birth outcome) and infant ability with self-regulation/ self sooth as compared with controls.

**Status:** IRB approval granted and active recruiting of participants in progress.

[Participate](#)

**Keywords:** Prenatal maternal anxiety, infant self-regulation, affect regulation birth outcome.