



Appendix 1. Comparative effects of music therapy and aromatherapy on stress, quality of life, and happiness among three groups. (A) Perceived stress, (B) Stress index, (C) Quality of life, (D) Happiness. Music G = Music group; Aroma G = Aroma group; Cont. G = Control group; D₀ = Before the experiment; D₇ = Experimental 7th day; T₀ = Before the experiment; T₃₀ = 30 minutes after the experiment.