

**Supplementary File S1.** Notable randomized controlled clinical trials related to five-element music therapy.

1st author (year)	Population	TG	CG	Details of the music therapy	Outcomes and results
Li (2016)[1]	Pregnant women	Conventional care + five-element music therapy (2 weeks) N = 120	Conventional care (2 weeks) N = 120	Every day, the participants listened to Gong tone before nap and Yu tone before bed for 30 minutes each.	1. SAS: TG<CG* 2. SDS: TG<CG* 3. SF-36 1) physical functioning: TG>CG* 2) role limitations due to physical problems: TG>CG* 3) bodily pain: TG>CG* 4) general health perceptions: TG>CG* 5) vitality: TG>CG* 6) social functioning: TG>CG* 7) role limitations due to emotional problems: TG>CG* 8) mental health: TG>CG*
Li (2016)[2]	Pregnant women (threatened abortion)	TG1: Conventional care + five-element music therapy (2 weeks) N = 60 TG2: Conventional care + medicated diet (2 weeks) N = 60 TG3: Conventional care + medicated diet + five-element music therapy (2 weeks) N = 60	Conventional care (2 weeks) N = 60	Every day, the participants listened to Gong tone before nap and Yu tone before bed for 30 minutes each.	1. HAMD: TG1<CG*, TG2<CG*, TG3<CG*, TG3<TG1*, TG3<TG2*, TG1<TG2* 2. HAMA: TG1<CG*, TG2<CG*, TG3<CG*, TG3<TG1*, TG3<TG2*, TG1<TG2*
Liao (2013)[3]	Patients with advanced cancer	TG1: Conventional care + five-element music therapy (3 weeks) N = 66 TG2: Conventional care + Western music therapy (3 weeks) N = 63	Conventional care (3 weeks) N = 31	The composition of five-element music therapy is performed by the expert. The participants listened to the composed five-element music, 30 minutes per time, 5 days a week.	1. HROLI-R: TG1>TG2+, TG1>CG+ 2. KPS: TG1>TG2+, TG1>CG+ 3. Symptom Diary Score: TG1>TG2+, TG1>CG+
Lin (2014)[4]	Patients with Broca's aphasia	Conventional care + five-element music therapy (12 weeks) N = 27	Conventional care (12 weeks) N = 25	The participants listened to Zhi tone, once a day, 30 minutes per time, 5 days a week.	1. CRRCAE 1) auditory comprehension: TG>CG* 2) repetition: TG>CG* 3) speaking: TG>CG*

	after stroke				4) reading aloud: TG>CG* 5) reading comprehension: not significant 6) copying: TG>CG* 7) description: TG>CG* 8) dictation: TG>CG* 9) calculation: TG>CG* 2. CNDS: TGMCG* 1. HAMD: TG<CG* 2. SDS: TG<CG*
Liu (2014)[5]	Elderly with seasonal affective disorder	Conventional care + five-element music therapy (8 weeks) N = 25	Conventional care (8 weeks) N = 25	The participants listened to five-element music. However, the composition method of the five-element music was not described. The music therapy was conducted once a week for 1-2 hours each time.	

**Note.** \*, p<0.05; +, p<0.01. **Abbreviations.** CG, control group; CNDS, the Clinical Neurologic Deficit Scale; CRRCAE, the Chinese Rehabilitation Research Center Standard Aphasia Examination; HAMA, the Hamilton Anxiety Scale; HAMD, the Hamilton Depressive Scale; HROLI-R, Hospice Quality of Life Index-Revised; KPS, Karnofsky performance score; SAS, the Zung's Self-rating Anxiety Scale; SDS, the Zung's Self-Rating Depression Scale; SF-36, the 36-Item Short Form Health Survey; TG, treatment group.

## References

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