

## PACT – Patient New Clinical Trial and Research

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Trial title	Singing for breathing – SINFONIA – in people with COPD and interstitial lung disease.
Trial synopsis	<p>SINFONIA is a 12-week trial of guided online group singing for patients with chronic obstructive pulmonary disease or interstitial lung disease who experience breathlessness. The study aims to determine the effects of online group singing classes led by a trained music therapist on breathlessness, wellbeing and symptom management.</p> <p>The study is open to patients and caregivers around Australia as it is an online intervention.</p> <p>SINFONIA is a randomised trial, meaning participants will be assigned to the singing group or the control group at random. Participants randomised to the singing group will attend one 90-minute online singing group per week for 12 weeks. Participants randomised to the control group will continue to receive their normal care during this time. Participants in the control group are also invited to join to singing group at the end of the 12-week period.</p> <p>During the study period, participants will be contacted at 4-weekly intervals and asked to complete a set of short surveys about quality of life, symptoms, and their healthcare usage. Participants may also be invited to participate in a short interview to discuss their experiences of participating in the SINFONIA trial.</p>
Investigational medicinal product	N/A
Disease target	COPD and ILD
Sponsor	St Vincent's Hospital Melbourne
Duration	12 weeks
Trial Status	Recruiting
Lead site(s) in Australia	Alfred Health
Lead site(s) in New Zealand	N/A



Additional sites	Royal Melbourne, Austin Health, St Vincent's
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