Table S1. PRISMA 2020 Checklist

Section and topic	Item #	Checklist item	Location where the item is reported
TITLE			
Title	1	Identify the report as a systematic review.	Title
ABSTRACT			
Abstract	2	See PRISMA 2020 for the Abstract checklist.	Abstract
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of existing knowledge.	Introduction / 1st and 2nd paragraphs
Objectives	4	Provide an explicit statement of the objective(s) or question(s) addressed by the review.	Introduction / 3rd paragraph
METHODS			
Eligibility criteria	5	Specify the inclusion and exclusion criteria for the review and how studies were grouped for the syntheses.	Methods / Search strategy / 2nd paragraph
Information sources	6	Specify all databases, registers, websites, organizations, reference lists, and other sources searched or consulted to identify studies. Specify the date when each source was last searched or consulted.	Methods / Search strategy / 1st paragraph
Search strategy	7	Present the full search strategies for all databases, registers, and websites, including any filters and limits used.	Methods / Search strategy / 1st paragraph
Selection process	8	Specify the methods employed to determine whether a study met the inclusion criteria of the review, including how many reviewers screened each record and report retrieved, and whether they worked independently and, if applicable, obtain details of the automation tools used in the process.	Methods / Search strategy / 2nd paragraph
Data collection process	9	Specify the methods employed to collect data from reports, including how many reviewers collected data from each report, whether they worked independently, any processes for obtaining or confirming data from study investigators, and, if applicable, details of the automation tools used in the process.	Methods / Data extraction
Data items	10a	List and define all outcomes for which data were sought. Specify whether all results that were compatible with each outcome domain in each study were sought (e.g., for all measures, time points, analyses) and, if not, the methods employed to decide which results to collect.	Methods / Data extraction
	10b	List and define all other variables for which data were sought (e.g., participant and intervention characteristics, funding sources). Describe any assumptions made about any missing or unclear information.	Methods / Data extraction
Study risk-of-bias assessment	11	Specify the methods employed to assess the risk of bias in the included studies and collect data regarding the assessment, including details of the tool(s) used, how many reviewers assessed each study, whether they worked independently, and, if applicable, details of the automation tools used in the process.	Methods / Quality assessment, Results / Quality of the included articles
Effect measures	12	Specify for each outcome the effect measure(s) (e.g., risk ratio, mean difference) used in the synthesis or presentation of results.	Methods / Statistical analysis / 1st paragraph
Synthesis methods	13a	Describe the processes used to decide which studies were eligible for each synthesis (e.g., tabulating the study intervention characteristics and comparing against the planned groups for each synthesis [item #5]).	Methods / Statistical analysis / 1st paragraph
	13b	Describe any methods required to prepare the data for the presentation or synthesis, such as handling of missing summary statistics or data conversions.	Methods / Statistical analysis / 1st paragraph

Section and topic	Item #	Checklist item	Location where the item is reported
	13c	Describe any methods employed to tabulate or visually display the results of individual studies and syntheses.	Methods / Statistical analysis / 1st paragraph
	13d	Describe any methods employed to synthesize results and provide a rationale for the choice(s). If meta-analysis was conducted, describe the model(s), method(s) to identify the presence and extent of statistical heterogeneity, and software package(s) used.	Methods / Statistical analysis / 1st paragraph
	13e	Describe any methods employed to explore the possible causes of heterogeneity among the study results (e.g., subgroup analysis, meta-regression).	Methods / Statistical analysis / 2nd paragraph
	13f	Describe any sensitivity analyses conducted to assess the robustness of the synthesized results.	Methods / Statistical analysis / 2nd paragraph
Reporting bias assessment	14	Describe any methods employed to assess the risk of bias due to missing results in a synthesis (arising from reporting biases).	Methods / Statistical analysis / 2nd paragraph
Certainty assessment	15	Describe any methods employed to assess certainty (or confidence) in the body of evidence for an outcome.	Methods / Statistical analysis / 2nd paragraph
RESULTS			
Study selection	16a	Describe the results of the search and selection process, from the number of records identified in the search to the number of studies included in the review, ideally using a flow diagram.	Result / Identification of Eligible Studies Figure 1
	16b	Cite studies that might appear to meet the inclusion criteria, but which were excluded, and explain why they were excluded.	Result / Identification of Eligible Studies, Supplementary Table S2
Study characteristics	17	Cite each included study and present its characteristics.	Result / Study characteristics Table 1
Risk of bias in studies	18	Present assessments of risk of bias for each included study.	Result / Quality of the Included Articles, Table 2, Figure S1
Results of individual studies	19	For all outcomes, present for each study (a) summary statistics for each group (where appropriate) and (b) an effect estimate and its precision (e.g., confidence/credible interval), ideally using structured tables or plots.	Figure 2
Results of syntheses	20a	For each synthesis, briefly summarize the characteristics and risk of bias among the contributing studies.	Result / Main outcome of music intervention Figure 2, Figure S1
	20b	Present the results of all statistical syntheses conducted. If meta-analysis was conducted, present for each the summary estimate and its precision (e.g., confidence/credible interval) as well as the measures of statistical heterogeneity. If comparing groups, describe the direction of the effect.	Result / Main outcome of music intervention Figure 2, Figure 3
	20c	Present the results of all investigations of the possible causes of heterogeneity among the study results.	Result / Age group, Music selected, Types of music Figure 4, Figure 5, Figure 6, Figure 7

Section and topic	Item #	Checklist item	Location where the item is reported
	20d	Present the results of all sensitivity analyses conducted to evaluate the robustness of the synthesized results.	Result / Sensitivity Analysis
Reporting biases	21	Present assessments of risk of bias due to missing results (arising from reporting biases) for each synthesis assessed.	Result / Evaluation of Publication Bias Figure 8, Figure S2
Certainty of evidence	22	Present assessments of certainty (or confidence) in the body of evidence for each outcome assessed.	Result / GRADE assessment of the evidence Table 4, Table S3
DISCUSSION			
Discussion	23a	Provide a general interpretation of the results in the context of other evidence.	Discussion
	23b	Discuss any limitations of the evidence included in the review.	Discussion / 4th paragraph
	23c	Discuss any limitations of the review processes adopted.	Discussion / 4th paragraph
	23d	Discuss implications of the results for practice, policy, and future research.	Discussion / 4th-5th paragraph
OTHER INFORMATION			
Registration and protocol	24a	Provide registration information for the review, including the register name and registration number, or state that the review was not registered.	Methods / 1st paragraph
	24b	Indicate where the review protocol can be accessed or state that a protocol was not prepared.	Methods / 1st paragraph
	24c	Describe and explain any amendments to information provided at registration or in the protocol.	On the PROSPERO website
Support	25	Describe the sources of financial or nonfinancial support for the review as well as the role of the funders or sponsors in the review.	Funding
Competing interests	26	Declare any competing interests of the review authors.	Conflicts of Interest
Availability of data, code, and other materials	27	Report which of the following are publicly available and where they can be found: template data collection forms; data extracted from the included studies; data used for all analyses; analytic code; any other materials used in the review.	Supplementary data

Table S2. Excluded studies and reasons

No.	First Author / Publication Year	Title	Journal/Book	Exclusion reasons
1	Corah et al. 1981	Relaxation and musical programming as means of reducing psychological stress during dental procedures.	J Am Dent Assoc 103(2):232-4.	Insufficient data
2	Johnson et al. 1984	Stress reduction prior to oral surgery.	Anesth Prog 31(4):165-9.	No alone music intervention
3	Satoh et al. 1995	Relaxation effect of an audiovisual system on dental patients. Part 2. Palus-amplitude.	J Nihon Univ Sch Dent 37(3):138-45.	Not a clinical trial
4	Bekhuis et al. 2009	Music therapy may reduce pain and anxiety in children undergoing medical and dental procedures.	J Evid Based Dent Pract 9(4):213-4.	Review article
5	Moola et al. 2010	Effectiveness of music interventions on dental anxiety in paediatric and adult patients: a systematic review.	JBI Libr Syst Rev 8(16 Suppl):1-14.	Review article
6	Eitner et al. 2011	Clinical use of a novel audio pillow with recorded hypnotherapy instructions and music for anxiolysis during dental implant surgery: a prospective study.	International Journal of Clinical and Experimental Hypnosis 59(2):180-197.	Music combined with other interventions
7	Moola et al. 2011	Effectiveness of music interventions on dental anxiety in paediatric and adult patients: a systematic review.	JBI Libr Syst Rev 9(18):588-630.	Review article
8	Hernandez et al. 2013	Receptive musical intervention effect over anxiety and satisfaction degree on patients undergoing on included or semi-included third molar surgery.	International Journal of Oral and Maxillofacial Surgery 42(10):1239.	Conference abstract
9	Kaur et al. 2015	Comparative evaluation of the effectiveness of audio and audiovisual distraction aids in the management of anxious pediatric dental patients.	J Indian Soc Pedod Prev Dent 33(3):192-203.	Insufficient data
10	Mejía-Rubalcava et al. 2015	Changes induced by music therapy to physiologic parameters in patients with dental anxiety.	Complement Ther Clin Pract 21(4):282-6.	No anxiety outcome
11	Di Nasso et al. 2016	Influences of 432 Hz music on the perception of anxiety during endodontic treatment: a randomized controlled clinical trial.	J Endod 42(9):1338-43.	No anxiety outcome
12	Fleming et al. 2016	Nonpharmacological interventions for alleviating pain during orthodontic treatment.	Cochrane Database of Systematic Reviews (12).	Review article
13	Keilani et al. 2017	Effects of music intervention on anxiety and pain reduction in ambulatory maxillofacial and otorhinolaryngology surgery: a descriptive survey of 27 cases.	Oral Maxillofac Surg 21(2):227-232.	Not a clinical trial
14	Maulina et al. 2017	The effect of music intervention on dental anxiety during dental extraction procedure.	Open Dent J 11:565-572.	No anxiety outcome

15	Santana et al. 2017	Musical auditory stimulation influences heart rate autonomic responses to endodontic treatment.	Evid Based Complement Alternat Med 2017:4847869.	No anxiety outcome
16	Al-Halabi et al. 2018	Effectiveness of audiovisual distraction using virtual reality eyeglasses versus tablet device in child behavioral management during inferior alveolar nerve block.	Anaesthesia, Pain and Intensive Care 22(1):55-61.	No alone music intervention
17	Bradt et al. 2018	Music interventions for dental anxiety.	Oral Dis 24(3):300-306.	Review article
18	Burghardt et al. 2018	Nonpharmacological interventions for reducing mental distress in patients undergoing dental procedures: systematic review and meta-analysis.	J Dent 69:22-31.	Review article
19	Wong et al. 2018	Effects of a combination of nonpharmaceutical psychological interventions on dental anxiety.	J Clin Transl Res 3(3):311-317.	No alone music intervention
20	Ainscough et al. 2019	A review of the effect of music on dental anxiety in children.	Eur Arch Paediatr Dent 20(1):23-26.	Review article
21	Akmal et al. 2019	Effects of audiovisual aids on convincing patients for dental treatment: a review.	Drug Invention Today 12(5):1071-1076.	Review article
22	De Stefano et al. 2019	Fear and anxiety managing methods during dental treatments: a systematic review of recent data.	Minerva Stomatologica 68(6):317-331.	Review article
23	Fux-Noy et al. 2019	The effect of the waiting room's environment on the level of anxiety experienced by children prior to dental treatment: a case control study.	BMC Oral Health 19(1):294.	Preoperative anxiety outcome
24	Kocaman et al. 2019	The effects of music therapy on vital signs and dental anxiety prior to dental surgery.	Konuralp Tip Dergisi 11(2):308-313.	Not a clinical trial
25	Kuhad, A. 2019	Using nonpharmaceutical therapies to reduce dental anxiety.	Critical Reviews in Physical and Rehabilitation Medicine 31(2):125-134.	Review article
26	Packyanathan et al. 2019	Effect of music therapy on anxiety levels on patient undergoing dental extractions.	J Family Med Prim Care 8(12):3854-3860.	Insufficient data
27	Prado et al. 2019	Use of distraction techniques for the management of anxiety and fear in paediatric dental practice: a systematic review of randomized controlled trials.	Int J Paediatr Dent 29(5):650-668.	Review article
28	Ramya Chellammal et al. 2019	Effect of music on pain and anxiety in pediatric dental patients.	Indian Journal of Public Health Research and Development 10(12):1127-1130.	Review article
29	Robertson et al. 2019	Anxiety and fear management in paediatric dentistry using distraction techniques.	Evid Based Dent 20(2):50-51.	Comment
30	Aravena et al. 2020	Effect of music at 432 Hz and 440 Hz on dental anxiety and salivary cortisol levels in patients undergoing tooth extraction: a randomized clinical trial.	J Appl Oral Sci 28:e20190601.	Preoperative anxiety outcome
31	Gupta et al. 2020	Experience of listening to music on patient anxiety during minor oral surgery procedures: a pilot study.	Br Dent J 228(2):89-92.	Not a clinical trial
32	Hassan et al. 2020	The effect of movie and music on dental anxiety.	Psychophysiology 57:S66-S66.	Conference abstract

| 33	Lahti et al. 2020	Virtual reality relaxation to decrease dental anxiety: immediate effect randomized clinical trial.	JDR Clin Trans Res 5(4):312-318.	No alone music intervention
34	Mathivadani et al. 2020	Awareness regarding impact of music on patients anxiety during dental treatments.	European Journal of Molecular and Clinical Medicine 7(1):1032-1042.	Not a clinical trial
35	Monteiro et al. 2020	Interventions for increasing acceptance of local anaesthetic in children and adolescents having dental treatment.	Cochrane Database of Systematic Reviews 2020(2).	Review article
36	Petek Žugaj et al. 2020	The effect of music and vibroacoustic intervention on patients' anxiety levels undergoing dental treatment.	Acta Stomatologica Croatica 54(2):214.	Conference abstract
37	Chen et al. 2021	Effects of music listening to reduce preprocedural dental anxiety in special needs patients.	Complement Ther Clin Pract 42:101279.	Not a clinical trial
38	Gómez-Polo et al. 2021	Behaviour and anxiety management of paediatric dental patients through virtual reality: a randomised clinical trial.	Journal of Clinical Medicine 10(14).	No alone music intervention
39	Gowdham et al. 2021	Impact of music distraction on dental anxiety in children having intellectual disability.	Int J Clin Pediatr Dent 14(1):170-174.	No anxiety outcome
40	Gs et al. 2021	Comparative evaluation of the efficacy of virtual reality distraction, audio distraction and tell-show-do techniques in reducing the anxiety level of pediatric dental patients: an in vivo study.	Int J Clin Pediatr Dent 14(Suppl 2):S173-s178.	No alone music intervention
41	Hussain et al. 2021	Dental anxiety measurement of children in Abbottabad using an audiovisual system.	Pakistan Journal of Medical and Health Sciences 15(7):1633-1636.	No alone music intervention
42	Meharwade et al. 2021	Effect of music distraction in managing anxious paediatric dental patients: a review.	Journal of Clinical and Diagnostic Research 15(2):ZE01-ZE03.	Review article
43	Menziletoglu et al. 2021	Binaural beats or 432 Hz music? which method is more effective for reducing preoperative dental anxiety?	Medicina Oral Patologia Oral Y Cirugia Bucal 26(1):E97-E101.	Preoperative anxiety outcome
44	Midha et al. 2021	Auxiliary aids to alleviate pain and anxiety during local anesthesia administration: a comparative study.	Int J Clin Pediatr Dent 14(1):104-108.	Insufficient data
45	Rafatjou et al. 2021	Evaluation effect of color in dental office and dentist's uniform while using two different distraction techniques on injection anxiety of 6–9-year-old children referring to Hamedan Dental School: a randomized clinical trial.	Dent Res J (Isfahan) 18:71.	Music combined with other interventions
46	Wazzan et al. 2021	The effect of music therapy on reducing dental anxiety and lowering physiological stressors.	Acta Biomedica 92(6).	No anxiety outcome
47	Weisfeld et al. 2021	Dealing with anxious patients: an integrative review of the literature on nonpharmaceutical interventions to reduce anxiety in patients undergoing medical or dental procedures.	J Altern Complement Med 27(9):727-737.	Review article
48	Weisfeld et al. 2021	Dealing with anxious patients: a systematic review of the literature on nonpharmaceutical interventions to reduce anxiety in patients undergoing medical or dental procedures.	J Altern Complement Med 27(9):717-726.	Review article

49	Žugaj et al. 2021	Relaxation with music and vibroacoustic stimulations to anxiety patients and patients with dental phobias before and during the dental treatment.	Acta Stomatologica Croatica 55(2):227-228.	Conference abstract
50	Alhazmi et al. 2022	Effectiveness of auditory distraction and brief relaxation therapy in reducing anxiety in dental patients undergoing extraction: a randomized controlled trial.	Applied Sciences-Basel 12(1).	Preoperative anxiety outcome
51	Bertacco et al. 2022	Effect of personalized musical intervention on burden of care in dental implant surgery: a pilot randomized controlled trial.	J Dent 120:104091.	No mute control group
52	Gizani et al. 2022	Basic behavioral management techniques in pediatric dentistry: a systematic review and meta-analysis.	J Dent 126:104303.	Review article
53	Gozin et al. 2022	Audiovisual storytelling for reducing dental anxiety in Iranian children: a randomized controlled trial.	Eur Arch Paediatr Dent 23(6):953-960.	No alone music intervention
54	Gurav et al. 2022	Effectiveness of audio and audiovisual distraction aids for management of pain and anxiety in children and adults undergoing dental treatment: a systematic review and meta-analysis.	J Clin Pediatr Dent 46(2):86-106.	Review article
55	Hoffmann et al. 2022	Management strategies for adult patients with dental anxiety in the dental clinic: a systematic review.	Australian Dental Journal 67:S3-S13.	Review article
56	Jafarimofrad et al. 2022	Is audio a mandatory component of multimedia distraction for reduction of pain and anxiety of pediatric dental patients? A split-mouth crossover randomized controlled clinical trial.	Dent Res J (Isfahan) 19:10.	No anxiety outcome
57	Mahajan et al. 2022	Comparative evaluation of an audiovisual distraction aid and print format entertainment on pain perception, anxiety and children behavior in the dental setting.	Int J Clin Pediatr Dent 15(1):54-59.	No alone music intervention
58	Monteiro et al. 2022	Does listening to music reduce anxiety and pain in third molar surgery A systematic review.	Clinical Oral Investigations 26(10):6079-6086.	Review article
59	Padminee et al. 2022	Effectiveness of biofeedback relaxation and audiovisual distraction on dental anxiety among 7- to 12-year-old children while administering local anaesthesia: a randomized clinical trial.	Int J Paediatr Dent 32(1):31-40.	No alone music intervention
60	Quek et al. 2022	Nonpharmacological management of dental fear and anxiety in children and adolescents: an umbrella review.	Eur J Paediatr Dent 23(3):230-242.	Review article
61	Shekhar et al. 2022	Effect of active and passive distraction techniques while administering local anaesthesia on the dental anxiety, behaviour and pain levels of children: a randomised controlled trial.	Eur Arch Paediatr Dent 23(3):417-427.	No alone music intervention
62	Umamaheswari et al. 2022	Assessing the efficacy of audiovisual distraction on behavior in pediatric subjects during dental treatment: a clinical study.	Journal of Pharmaceutical Negative Results 13:3763-3769.	No alone music intervention
63	van der Weijden et al. 2022	The effect of playing background music during dental treatment on dental anxiety and physiological parameters: a systematic review and meta-analysis.	Psychology of Music 50(2):365-388.	Review article

64	Alsibai et al. 2023	Assessing an active distracting technique during primary mandibular molar pulpotomy (randomized controlled trial).	Clin Exp Dent Res 9(2):283-289.	No alone music intervention
65	Cáceres Matta et al. 2023	[Virtual reality glasses as a distraction aid and anxiety reduction in a 7-year-old girl who underwent a dental extraction procedure. Case report].	Rev Cient Odontol (Lima) 11(1):e146.	No alone music intervention
66	Dahlan et al. 2023	Assessment of different distraction behavioral methods in pediatric dental clinic: a systematic review.	Cureus 15(7):e42366.	Review article
67	Esteban Pellicer et al. 2023	Can music decrease anxiety and pain during dental implant surgery? A randomized clinical trial.	J Oral Maxillofac Surg 81(2):194-200.	Same study population (Pellicer 2024)
68	Hao et al. 2023	A systematic review and network meta-analysis of virtual reality, audiovisuals and music interventions for reducing dental anxiety related to tooth extraction.	BMC Oral Health 23(1):684.	Review article
69	Lu et al. 2023	Management of fear and anxiety in dental treatments: a systematic review and meta-analysis of randomized controlled trials.	Odontology 111(1):20-32.	Review article
70	Mauro et al. 2023	Music therapy and anxiety control in dentistry.	Dental Cadmos 91(6):446-456.	Non-English language (Italian)
71	Mehrotra et al. 2023	Comparative evaluation of the effect of audio and virtual reality distraction on the dental anxiety of healthy and mild intellectually disabled children.	J Indian Soc Pedod Prev Dent 41(1):43-50.	Crossover study
72	Sadeghi et al. 2023	Which audio distraction technique is more effective for reduction the pain and anxiety of pediatric dental patients; "music" or "kids-story"? A randomized split-mouth crossover clinical trial.	J Psychosom Res 168:111218.	Crossover study
73	Sin et al. 2023	Can music therapy and aroma therapy really reduce dental anxiety and fear?	Evid Based Dent 24(2):59-60.	Comment
74	Singh et al. 2023	Comparison of distraction techniques using salivary biomarkers during local anaesthesia administration in children aged 3–5 years: a clinical study.	Indian J Dent Res 34(2):169-173.	No anxiety outcome
75	Tan et al. 2023	Efficacy of music intervention for dental anxiety disorders: a systematic review and meta-analysis.	Medicina (Kaunas) 59(2).	Review article
76	Troian-Michel et al. 2023	Effect of music during endodontic treatment on patients' anxiety: a systematic review of randomized clinical trials.	Clin Oral Investig 27(11):6321-6332.	Review article
77	Abdalhai et al. 2024	The effect of aromatherapy with Lavender–Neroli oil and music in the management of pediatric dental anxiety: a randomized controlled trial.	BDJ Open 10(1):5.	Music combined with other interventions
78	López-Valverde et al. 2024	Efficacy of music therapy on stress and anxiety prior to dental treatment: a systematic review and meta-analysis of randomized clinical trials.	Frontiers in Psychiatry 15.	Review article
79	Mehrotra et al. 2024	Effect of audio and virtual reality distraction on the dental anxiety of children with mild intellectual disability.	Spec Care Dentist 44(3):868-877.	Crossover study

| 80	Ponni et al. 2024	Effect of listening to music among patients with dental anxiety.	Bioinformation 20(1):74-78.	No anxiety outcome
81	Shams et al. 2024	Comparison of the effectiveness of audio and VR distraction techniques in managing pediatric dental patients.	J Pharm Bioallied Sci 16(Suppl 1):S504-s506.	Insufficient data
82	Shehani et al. 2024	Effectiveness of preoperative alpha wave entrainment in pediatric dental patients: a randomized controlled trial.	Cureus 16(5):e60154.	No anxiety outcome

Figure S1. Risk of Bias assessment for included studies

Figure S2. Funnel plots of all outcomes
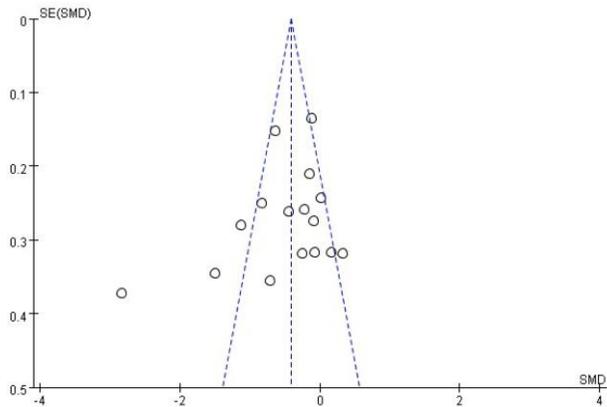
Music for anxiety about invasive procedures
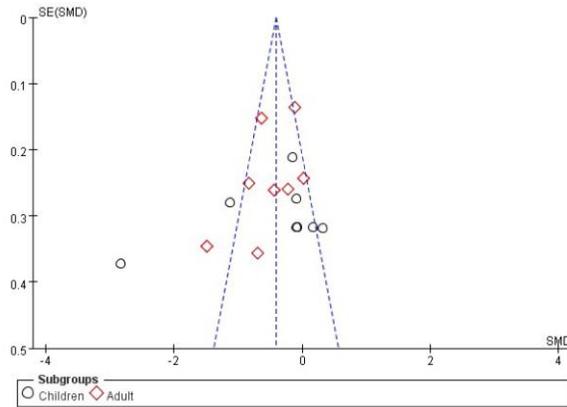
Music for anxiety about invasive procedures: Age group
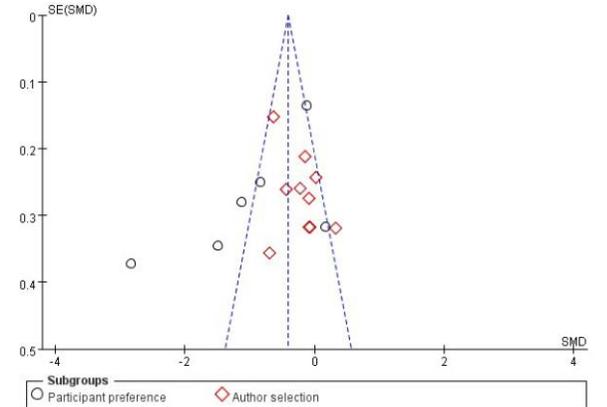
Music for anxiety about invasive procedures: Music selection
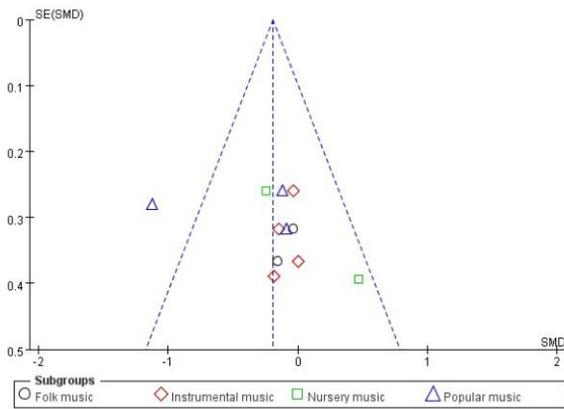
Music for anxiety about invasive procedures:
Types of music for children
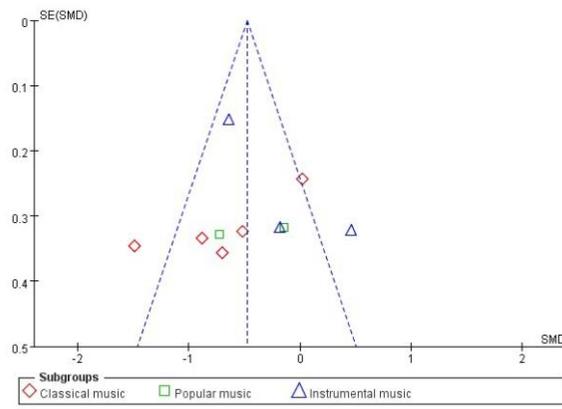
Music for anxiety about invasive procedures:
Types of music for adults
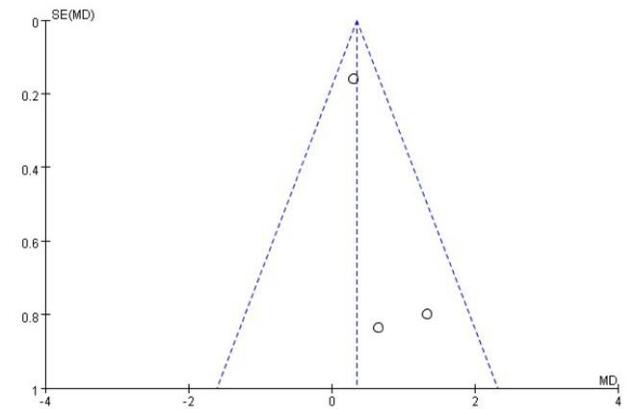
Music vs audiovisual intervention for dental anxiety

Table S3. The GRADE assessment for all outcomes

Certainty assessment (GRADE approach)

Outcome	No. of trials	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other	Number of patients (n) Music	Control	Effect estimate (95% CI)	Quality of evidence
Dental anxiety	24	RCTs	Serious*	Serious**	Not serious	Not serious	None	1020	810	SMD −0.61 (−0.89 to −0.32)	⊕⊕◯◯ Low
Dental anxiety about invasive procedures under LA	16	RCTs	Serious*	Serious**	Not serious	Not serious	None	724	528	SMD −0.50 (−0.80 to −0.21)	⊕⊕◯◯ Low
Age group											
Children	8	RCTs	Serious*	Serious**	Not serious	Serious***	None	280	185	SMD −0.47 (−1.08 to 0.14)	⊕◯◯◯ Very low
Adult	8	RCTs	Serious*	Serious**	Not serious	Not serious	None	444	343	SMD −0.51 (−0.80 to −0.22)	⊕⊕◯◯ Low
Music selection											
By participant	6	RCTs	Serious*	Serious**	Not serious	Not serious	None	243	250	SMD −1.01 (−1.76 to −0.26)	⊕⊕◯◯ Low
By author	10	RCTs	Serious*	Not serious	Not serious	Not serious	None	481	278	SMD −0.24 (−0.44 to −0.04)	⊕⊕⊕◯ Moderate
Types of music for children											
Folk music	2	RCTs	Serious*	Not serious	Not serious	Serious***	None	35	35	SMD −0.09 (−0.56 to 0.38)	⊕⊕◯◯ Low
Instrumental music	4	RCTs	Serious*	Not serious	Not serious	Serious***	None	75	85	SMD −0.08 (−0.40 to 0.23)	⊕⊕◯◯ Low

Nursery music	2	RCTs	Serious*	Serious**	Not serious	Serious***	None	40	50	SMD 0.04 (−0.64 to 0.73)	⊕○○○ Very low
Popular music	3	RCTs	Serious*	Serious**	Not serious	Serious***	None	80	80	SMD −0.45 (−1.12 to 0.22)	⊕○○○ Very low
Types of music for adult											
Classical music	5	RCTs	Serious*	Serious**	Not serious	Not serious	None	132	104	SMD −0.69 (−1.20 to −0.17)	⊕⊕○○ Low
Popular music	2	RCTs	Serious*	Not serious	Not serious	Serious***	None	40	40	SMD −0.43 (−0.99 to 0.14)	⊕⊕○○ Low
Instrumental music	3	RCTs	Serious*	Serious**	Not serious	Serious***	None	131	131	SMD −0.17 (−0.83 to 0.50)	⊕○○○ Very low
Music versus audiovisual interventions											
First visit (screening)	3	RCTs	Serious*	Not serious	Not serious	Not serious	None	40	60	SMD 0.44 (0.03 to 0.85)	⊕⊕⊕○ Moderate
Second visit (oral prophylaxis)	3	RCTs	Serious*	Not serious	Not serious	Serious***	None	40	60	SMD 0.37 (−0.04 to 0.78)	⊕⊕○○ Low
Third visit (restoration)	3	RCTs	Serious*	Not serious	Not serious	Serious***	None	40	60	SMD 0.33 (−0.08 to 0.74)	⊕⊕○○ Low
Fourth visit (extraction with LA)	3	RCTs	Serious*	Not serious	Not serious	Not serious	None	40	60	SMD 0.70 (0.28 to 1.12)	⊕⊕⊕○ Moderate

GRADE: Grading of Recommendations, Assessment, Development and Evaluations; LA: local anesthesia; RCT: randomized controlled trials; CI: confidence interval; SMD: standard mean difference. *The modified Jadad score of included articles indicated low to moderate quality. **Substantial heterogeneity (I square > 50%). ***p value > 0.05.