

## **MRI and Patients with Claustrophobia, Anxiety, or Emotional Distress\***

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**Table 1. Techniques to manage patients with Claustrophobia, Anxiety, or Emotional Distress associated with MRI.**

- (1) Prepare and educate the patient concerning specific aspects of the MR procedure (e.g., MR system dimensions, gradient noise, intercom system, constant presence of the MRI technologist, etc.).
- (2) Allow an appropriately screened relative or friend to remain with the patient during the MR examination.
- (3) Maintain verbal, visual, and/or physical contact with the patient during the MR procedure.
- (4) Use an appropriate stereo system to provide music to the patient.
- (5) Use an appropriate video monitor or goggles to provide a visual distraction to the patient.
- (6) Use a virtual reality environment system to provide audio and visual distraction.
- (7) Place the patient prone for the examination.
- (8) Position the patient feet-first instead of head-first into the MR system.
- (9) Use mirrors or prism glasses to redirect the patient's line of sight.
- (10) Use a blindfold so that the patient is not aware of the surroundings.
- (11) Use bright lights inside of the MR system.
- (12) Use a fan inside of the MR system.
- (13) Use vanilla scented oil or other aroma therapy.
- (14) Use relaxation techniques such as controlled breathing or mental imagery.
- (15) Use systematic desensitization.
- (16) Use medical hypnosis.
- (17) Use a sedative or other similar medication.

[\*Additional information may be found in the Safety Info section of [www.MRIsafety.com](http://www.MRIsafety.com)]