**Protocol**

Single-blind, prospective, randomized controlled trial.

Total enrolled subjects
- Control group: subjects sitting on the sofa
- Audio group: subjects sitting on the sofa while listening to music
- Visual group: subjects sitting on the sofa while watching a silent natural image
- Combination group: subjects sitting on the sofa and watching a natural image while listening to music

<table>
<thead>
<tr>
<th>(Private room)</th>
<th>(Private room)</th>
<th>(Endoscopy room)</th>
<th>(Private room)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(5 mins)</td>
<td>(10 mins)</td>
<td>(5 ~ 7 mins)</td>
<td>(5 mins)</td>
</tr>
<tr>
<td>Rest</td>
<td>Rest</td>
<td>EGD</td>
<td>Rest</td>
</tr>
<tr>
<td>Rest</td>
<td>Distraction (music)</td>
<td>EGD</td>
<td>Rest</td>
</tr>
<tr>
<td>Rest</td>
<td>Distraction (image)</td>
<td>EGD</td>
<td>Rest</td>
</tr>
<tr>
<td>Rest</td>
<td>Distraction (music and image)</td>
<td>EGD</td>
<td>Rest</td>
</tr>
</tbody>
</table>

**Outcome**
- The primary outcome
  - Psychological factor (POMS, Impression of EGD)
  - Acceptance of distraction
- The secondary outcome
  - Vital sign (PR, BP)
  - HRV (HF power, LF power/HF power)

(Survey components)
- Vital sign (PR, BP)
- HRV (HF, LF power)
- POMS
- Impression for EGD
- Acceptance of distraction