

# Music Therapy

## Dementia

**Chang, F.Y., Huang, H.C., Lin, K.C., & Lin, L.C. (2010). The effect of a music programme during lunchtime on the problem behaviour of the older residents with dementia at an institution in Taiwan. *Journal of Clinical Nursing*, 19, 939-948.**

**METHODS:** For eight weeks, residents with dementia were exposed to background music when they had lunch.

**RESULTS:** The music programme reduced physical and verbal aggressive behaviour among the older residents with dementia.

**Guétin, S., Portet, F., Picot, M.C., Pommié, C., Messaoudi, M., Djabelkir, L., Olsen, A.L., Cano, M.M., Lecourt, E., Touchon, J. (2009). Effect of music therapy on anxiety and depression in patients with Alzheimer's type dementia: Randomised, controlled study. *Dementia & Geriatric Cognitive Disorders*, 28, 36-46.**

**METHODS:** Individuals with Alzheimer's participated in weekly sessions of individual, receptive music therapy. The musical style of the session was chosen by the patient. The control group (n = 15)

participated under the same conditions in reading sessions. **RESULTS:** Significant reductions in anxiety and depression were observed in the music therapy group from week 4 and until week 16. The effect of music therapy was sustained for up to 8 weeks after the end of the treatment period.

**Park, H. & Pringle- Specht, J.K. (2009). Effect of individualized music on agitation in individuals with dementia who live at home. *Journal of Gerontological Nursing*, 35, 47-55.**

**METHODS:** Individuals with dementia, listened to their preferred music for 30 minutes prior to peak agitation time, two times per week for 2 weeks, followed by no music intervention for 2 weeks. The process was repeated once. **RESULTS:** Agitation levels were lower while listening to music.

**Wall, M., & Duffy, A. (2010). The effects of music therapy for older people with dementia. *British Journal of Nursing*, 19, 108-113.**

**METHODS:** Online databases CINAHL, PsycINFO and MEDLINE were reviewed. **RESULTS:** The majority of studies reported that music therapy influenced the behaviour of people with dementia in a positive way by reducing agitation and improving participants' mood and socialization skills.

## Sleep

**Lai, H.L. & Good M. (2005). Music improves sleep quality in older adults. *Journal of Advanced Nursing*, 49, 234-44.**

**METHOD:** A randomized controlled trial was used with a two-group repeated measures design. Sixty people aged 60–83 years with difficulty in sleeping were recruited through community leaders and screened using the Pittsburgh Sleep Quality Index and Epworth Sleepiness Scale. Participants listened to their choice among six 45-minute sedative music tapes at bedtime for 3 weeks. There were five types of Western and one of Chinese music. **RESULTS:** Music resulted in significantly better sleep quality in the experimental group, as well as significantly better components of sleep quality: better perceived sleep quality, longer sleep duration, greater sleep efficiency, shorter sleep latency, less sleep disturbance and less daytime dysfunction. Sleep improved weekly, indicating a cumulative dose effect.

**de Niet, G., Tiemens, B., Lendemeijer, B., & Hutschemaekers, G. (2009). Music-assisted relaxation to improve sleep quality: meta-analysis. *Journal of Advanced Nursing*, 65, 1356-1364.**

**METHODS:** Data were extracted from five randomized controlled trials with six treatment conditions.

**RESULTS:** Music-assisted relaxation had a moderate effect on the sleep quality of patients with sleep complaints.

## Depression

**Erkkilä, J., Punkanen, M., Fachner, J., AlaRuonam, E., Pöntiö, I., Tervaniemi, M., Vanhala, M., & Gold, C. (2011). Individual music therapy for depression: randomized controlled trial. *The British Journal of Psychiatry*, [Epub ahead of print].**

**METHODS:** Depressed patients were randomized to receive individual music therapy plus standard care (20 biweekly sessions) or standard care only, and followed up at baseline, at 3 months (after intervention) and at 6 months. Clinical measures included depression, anxiety, general functioning, quality of life and alexithymia. **RESULTS:** The music group showed greater improvement on depression, anxiety and general functioning at the 3month followup.