Active Individual Music Therapy And Symptoms Of Depression In Dementia

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Scope of mood problems

-Mood problems: in the vast majority of people with dementia. These problems can be differentiated in: apathy, depression and anxiety.

- Prevalence of diagnosed depression in a sample of people with dementia in the nursing home in the Netherlands: 19% (1).

- Prevalence of depression in the elderly without dementia: 2% (2).

- In the nursing home 30% of the nursing staff reports to feel powerless regularly in caring for people with dementia who are depressed (3).
Music and dementia

- Musical parts of the brain are being maintained longer than other parts in dementia (4) (5)
- Affective responses from the limbic system long remain intact in dementia. Music can reach the limbic system without intervention of the cortex (6) (7)
- Language in dementia gets more musical characteristics in rhythm and melody (6)
- Music can, even in memory loss, invoke memories and all associated perceptions and moods (8)
Music therapy

Music therapy: a treatment in which musical means are used within a therapeutic relationship in order to achieve change, development, stabilization or acceptance in the emotional, behavioural, cognitive, social or physical area.

Characteristics: experiential and action orientated, direct interaction between client and therapist.
Theoretical models

Morphological psychology

Analogue process model (Smeijsters)
Methods

- Improvising
- More structured ways of making music together
- Combination of both
- Songwriting
- Forming of Gestalts
- ......
Short case
Research

RCT that focuses on mood problems: anxiety and depression: Guétin et al., 2009 (9)

Significant improvements in the areas of anxiety and depression in the group of music between weeks 4 to 16, this effect lasted up to 8 weeks after the end of treatment.
Is there a significant reduction in depressive symptoms in nursing home residents with dementia after a period of individual, active music therapy?

(1) Is the level of depressive symptoms after music therapy treatment significantly reduced? CSDD

(2) Does nursing staff in the department of the client experience significantly less burden after music therapy treatment? NPI-q

(3) Is the global cognitive status after music therapy treatment significantly enhanced? MMSE (10)
Recommendation

Recommendation: a repeated combination of measurement with the Cornell Scale for Depression in Dementia with an assessment of musical parameters during the course of the music therapeutic process.

(2) Trimbos (2008 ), Addendum Ouderen bij Multidisciplinaire richtlijn depressie.


Thank you for your attention!

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