Music Therapy in Dementia
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Dementia, Alzheimer-induced

- Symptoms:
  - Aggressiveness, Anxiety, Activity disturbance,
  - Depression, Agitation, Altered circadian rhythms,
  - Paranoid, Hallucination etc.

- Treatment
  - Antidepressants, Anxiolitics, Sedatives, Neuroleptics
  - Not Antipsychotics because increase risk of death.

Experiment

- Participants: 47 patients, age 71-87
  - Diagnosed with AD, (ICD-10)
  - moderate + severe - stages 5-7 / 7 (GDS)
  - High dropout rate, 47→38

- Music therapy group (n=20), control (n=18)
  - I. For 6 weeks, 18 × 30-min sessions
    - Allowed to sing along, use any instruments, or dance
    - songs familiar to elderly Icelanders
  - II. For the following 4 weeks, no sessions in both groups
  - Do the results persist?

- Measure scores on BEHAVE-AD
  - Aggressiveness, Activity disturbance, Anxieties and phobias,
  - Paranoid and delusion, Hallucination, Diurnal rhythm
  - disturbances, Affective disturbance

Results

- Total score: no significance
- Activity disturbance:
  - Significant decrease at 6 weeks, lost significance in 4 weeks
  - Activity disturbance + aggressiveness + anxiety:
    - pattern - Decrease at week 6

- Biological symptoms do not benefit
- Desire for activity is met and symptoms of meaningless activities
  - lessened.

- Slight improvement in these episodic symptoms—home / institution?

Conclusion

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Strength

- Specific
  - Other dementias excluded
- Use quantitative measures (BEHAVE-AD)

Weakness

- Background research
  - non-pharmacological methods, “lack of reliable research” 2003
- Limited setting
  - Active participation
  - With therapist
  - Icelandic folksongs