

Music Therapy in Dementia

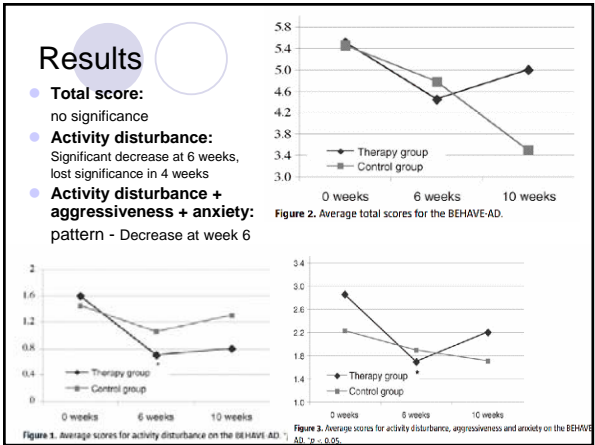
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Dementia, Alzheimer-induced

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



Conclusion

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

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

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