

Effects of Passive Music Therapy on Cognitive Function, Depression, and Quality of Life in Adults with Vascular Dementia: A Randomized Controlled Trial

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Abstract

The aim of this study was to examine the effects of passive music therapy (PMT) on cognitive function, depression, and quality of life (QoL) in patients with vascular dementia (VaD).

Methods: Adults who met the criteria for vascular dementia (n = 34; mean age = 62.2 years) were randomly allocated to the PMT group (n = 17) or control group (n = 17). PMT was performed under the supervision of a music therapist for 45 min a day, twice a week for 8 consecutive weeks (16 sessions). Outcome measures included cognitive function, depression, and quality of life.

Results: QoL decreased during standard care and increased during music therapy ($p < 0.01$, $F = 220.37$). Depression increased significantly more often during standard care than during music therapy ($p = 0.02$). However, total scores on the Mini-Mental State Examination (MMSE) did not significantly change, but the scores of two subscales, 'language' and 'recall', improved significantly ($p = 0.023$).

Conclusions: A well-structured music therapy was associated with positive changes in depression level related to cognitive decline and enhanced quality of life in adults with VaD. To confirm these promising results, further research with a larger sample is needed.



Biography:

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Speaker Publications:

1. "Relationship Between Eosinophilia and Levels of Chemokines (CCL5 and CCL11) and IL-5 in Bronchoalveolar Lavage Fluid of Patients With Mustard Gas-Induced Pulmonary Fibrosis"; December 2007 Journal of Clinical Immunology 27(6):605-12
2. "Relationship between Airway Reactivity Induced by Methacholine or Ultrasonically Nebulized Distilled Cold Water and BAL Fluid Cellular Constituents in Patients with Sulfur Mustard Gas-Induced Asthma"; September 2007 Journal of Aerosol Medicine 20(3):342-51.
3. "Increased Granulocyte-Colony Stimulating Factor (G-CSF) and Granulocyte-Macrophage Colony Stimulating Factor (GM-CSF) Levels in BAL Fluid from Patients with Sulfur Mustard Gas-Induced Pulmonary Fibrosis"; September 2007 Journal of Aerosol Medicine 20(3):352-60.

[14th International Conference on Alzheimer's Disease & Dementia](#); Webinar, October 12-13, 2020.

Abstract Citation:

Yasaman Emad, Effects of Passive Music Therapy on Cognitive Function, Depression, and Quality of Life in Adults with Vascular Dementia: A Randomized Controlled Trial, Dementia 2020, 14th International Conference on Alzheimer's Disease & Dementia; Webinar, October 12-13, 2020 (<https://alzheimers-dementia.neuroconferences.com/speaker/2020/yasaman-emad-phd-student-in-health-psychology-the-university-of-auckland-auckland-new-zealand>)