Effect of music care on depression and behavioral problems in elderly people with dementia in Taiwan: A pilot study

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Objective: The purpose was to test the effectiveness of music care on cognitive function, depression, and behavioral problems among elderly people with dementia in long-term care facilities in Taiwan.

Methods: The study was a two group, pre-post test research design. Subjects were not randomly assigned to experimental group (n = 60) or comparison group (n = 22). Based on Bandura's social cognition theory, subjects in the experimental group received Kagayashiki music care (KMC) twice per week for 8 weeks. Subjects in the comparison group were provided with activities as usual.

Results: Results found that a significant negative correlation between the MMSE and CAPE-BRS (The Clifton Assessment Procedures for the Elderly-Behaviour Rating Scale), a positive correlation between MMSE and BADL (basic activity of daily living), and a positive correlation between the CSDD(The Cornell Scale for Depression in Dementia) and CAPE-BRS. Result also showed that subjects' BADL score has had a significant negative correlation with CAPE-BRS and CSDD. Hence, results showed that two group of subjects have had statistical significant improved in BALD, and decline in CAPE-BRS score, but subjects in the experimental group has had significant improved in MMSE score.

Conclusion: These findings provide information for staff caregivers in long-term care facilities to develop a non-invasive care model for elderly people with dementia to deal with depression, anxiety, and behavioral problems.

Biography

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