

P-444 - THE EFFECTIVENESS OF GROUP MUSIC THERAPY TO IMPROVE DEPRESSION AND COGNITION STATUS IN ELDERLY PERSONS WITH DEMENTIA

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Objectives: This study aimed to determine the effectiveness of group music therapy to improve the depression and cognitive function of elderly persons with dementia.

Design: This was a randomized clinical trial design with permuted block randomization.

Setting: Three nursing homes in Taiwan.

Participants: Of the 104 elderly persons with dementia randomly assigned to the experimental or control group, 100 completed the study: 49 in the experimental group and 51 in the control group.

Intervention: The experimental group received 12 sessions of group music therapy of 30 min each. The control group maintained routine activities of daily living.

Measurements: Groups were compared for depression and cognitive function before the intervention, at the 6th and 12th session and one month after cessation. Generalized estimating equations (GEEs) were used to estimate repeated effects of music therapy.

Results: Results indicated that: 1)depression decreased at the 12th session ($P < 0.001$); 2)cortisol level was not significant decreased in the experimental and control group after music therapy; and 3)cognitive function improved significantly at 6th, 12 th session, and one month follow-up ($P < 0.044$; $P < 0.001$; $P < 0.026$). Music therapy is more appropriate for mild and moderate dementia. The music therapy had more impact on dementia elders' function of recall than on orientation, registration, attention and calculation, language and spatial.

Conclusions: Depression in elderly with dementia can be decreased and their cognitive function improved slightly through group music therapy. The mechanism behind the diminished cortisol levels in the effects of music therapy in dementia remains to be determined.