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**Literature search results**

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**Search details**

Singing as therapy for elderly patients with dementia. Update from last time search was completed – March 2010.

**Resources searched**

NHS Evidence; TRIP Database; Cochrane Library; AMED; BNI; CINAHL; EMBASE; HMIC; Health Business Elite; MEDLINE; PsychINFO; Google Scholar; Google Advanced Search

*Database search terms:* singing, therapy, singing therapy, music therapy, dementia, dementia patients, therapeutics,

*Evidence search string(s):*

*Google search string(s):*

**Summary**

The majority of articles listed here are related to music therapy including singing. Singing is discussed in articles 14, 19, 20, 24, 26, 37 and 39. There are 7 articles which discuss caregiver singing, 7, 17, 21, 22, 23, 24, and 28 – 17 discusses the involvement of volunteers singing at bedsides in a palliative care situation – which may be of interest.

**Guidelines and Policy**

**Evidence-based reviews**
1A. Music therapy for people with dementia
Annemiek C Vink, Manon S Bruinsma, Rob JPM Scholten
Cochrane review, October 2003 Updated 2010

1. Music therapy in dementia: A narrative synthesis systematic review.
Citation: International Journal of Geriatric Psychiatry, August 2013, vol./is. 28/8(781-794), 0885-6230;1099-1166 (Aug 2013)
Author(s): McDermott, Orii; Crellin, Nadia; Ridder, Hanne Mette; Orrell, Martin
Abstract: Objective: Recent reviews on music therapy for people with dementia have been limited to attempting to evaluate whether it is effective, but there is a need for a critical assessment of the literature to provide insight into the possible mechanisms of actions of music therapy. This systematic review uses a narrative synthesis format to determine evidence for effectiveness and provide insight into a model of action. Method: The narrative synthesis framework consists of four elements: (i) theory development; (ii) preliminary synthesis of findings; (iii) exploration of relationships between studies; and (iv) assessment of the robustness of the synthesis. Results: Electronic and hand searches identified 263 potentially relevant studies. Eighteen studies met the full inclusion criteria. Three distinctive strands of investigations emerged: eight studies explored behavioural and psychological aspects, five studies investigated hormonal and physiological changes, and five studies focused on social and relational aspects of music therapy. The musical interventions in the studies were diverse, but singing featured as an important medium for change. Conclusions: Evidence for short-term improvement in mood and reduction in behavioural disturbance was consistent, but there were no high-quality longitudinal studies that demonstrated long-term benefits of music therapy. Future music therapy studies need to define a theoretical model, include better-focused outcome measures, and discuss how the findings may improve the well-being of people with dementia. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract)
Publication Type: Journal; Peer Reviewed Journal

Published research – Databases

2. Music, emotion, and dementia: Insight from neuroscientific and clinical research.
Citation: Music and Medicine, July 2012, vol./is. 4/3(153-162), 1943-8621;1943-863X (Jul 2012)
Author(s): Sarkamo, Teppo; Laitinen, Sari; Tervaniemi, Mari; Numminen, Ava; Kurki, Merja; Rantanen, Pekka
Abstract: Music has an important meaning in the lives of many elderly persons. Its capacity to evoke emotions and influence mood and arousal is often relatively well preserved also in dementia. Neuroscientific and clinical research has increased our understanding about the mechanisms underlying music enjoyment and its therapeutic effects. This article reviews previous studies that address the neural basis of music cognition and emotion. We also introduce the effects of varying music interventions on emotional and cognitive functioning in dementia. Findings suggest that both traditional music therapy and caregiver-implemented music activities may have the capacity to reduce emotional and behavioral disturbances in dementia, although firm conclusions about the long-term effects of music still remain elusive. The rapid growth of dementia warrants study in the rehabilitative effects of everyday musical leisure activities or hobbies, such as music listening and singing, on well-being in dementia, especially in its early stages. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract)
Publication Type: Journal; Peer Reviewed Journal

3. Non-pharmacological intervention for dementia patients.
Citation: Psychiatry and Clinical Neurosciences, February 2012, vol./is. 66/1(1-7), 1323-1316;1440-1819 (Feb 2012)
Author(s): Takeda, Masatoshi; Tanaka, Toshihisa; Okochi, Masayasu; Kazui, Hiromitsu
Abstract: In this article, complementary and alternative medicine (CAM) for Alzheimer’s disease will be briefly reviewed and the present state of non-pharmacological treatment will be discussed. Reflecting the lack of effective medicine to cure most of dementia, including Alzheimer’s disease, a variety of CAM are applied without supporting evidences. Since the symptoms of dementia are influenced by the social factors of each patient, the
effectiveness of CAM is not guaranteed to all of the patients. Some CAM are effective for some patients, but the same CAM is not effective for other patients. There are scarce data of the effectiveness of CAM and their usefulness with scientifically verified statistical analysis, which could be one of the reasons why so many different kinds of CAM are tried in public. Patients, caregivers, and medical professionals have been searching for an effective intervention for Alzheimer's disease, and there are a variety of non-pharmacological interventions commonly applied to Alzheimer patients. Music therapy is one of the most popular day care programs in residential care as well as day care institutions. Listening to music, singing and playing music is a popular leisure activity for dementia patients, through which some small benefit to cognitive function is also reported. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Full Text:** Available from EBSCOhost in Psychiatry and Clinical Neurosciences

4. Effects of the therapist's nonverbal behavior on participation and affect of individuals with Alzheimer's disease during group music therapy sessions.

**Citation:** Journal of Music Therapy, 2010, vol./is. 47/3(289-299), 0022-2917 (Fal, 2010)

**Author(s):** Cevasco, Andrea M

**Abstract:** In healthcare settings, medical professionals' nonverbal behavior impacts patients' satisfaction and long-term physical, cognitive, and emotional well-being. The purpose of this research was to determine the effects of a music therapist's nonverbal behavior, affect and proximity, on participation and affect of 38 individuals with Alzheimer's disease and other related dementia (ADRD) during movement- to-music, singing, and instrument playing. Data indicated 62% of the individuals evinced positive affect when the therapist utilized affect and proximity combined, followed by the affect only condition (53%), proximity only condition (30%), and no affect or proximity condition (28%). A Friedman analysis indicated a significant difference in individuals' affect according to treatment conditions, $\chi^2 (3, 4) = 34.05, p = .007$. Nonverbal behavior also impacted individuals' accuracy of participation, with participation at 79% for both affect and proximity combined, 75% for affect only, 71% for no affect or proximity, and 70% for proximity only. A significant difference occurred for participation by treatment conditions, $F (3, 111) = 4.05, p = .009, \eta^2 = .10$. Clinical implications are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

5. Assessment of active music participation as an indication of subsequent music making engagement for persons with midstage dementia.

**Citation:** American Journal of Alzheimer's Disease and Other Dementias, January 2005, vol./is. 20/1(37-40), 1533-3175;1938-2731 (Jan-Feb 2005)

**Author(s):** Clair, Alicia Ann; Mathews, R. Mark; Kosloski, Karl

**Abstract:** Persons with midstage dementia and in special care (N = 45) were assessed in groups by a music therapy practitioner to determine the level of engagement in a 15-minute protocol that included a five-minute segment for each of three music activity types—rhythm playing, exercising with music, and singing. Activity staff with little to no formal music training who were employed by the facility were taught to use the protocol to conduct eight subsequent activity sessions for small groups from which activity engagement data were collected for each subject. Results indicated the protocol was accessible and successful for indigenous activity staff, initial assessments were strong predictors of subsequent engagement, and participation levels were stable over time and across each of the three activities. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal


**Citation:** American Journal of Alzheimer's Disease and Other Dementias, December 2010, vol./is. 25/8(625-626), 1533-3175;1938-2731 (Dec 2010)

**Author(s):** Lippa, Carol F

**Abstract:** One of the articles in this issue note that there is a need for economical means to identify cognitive impairment in elderly populations. Another article hypothesize that 'Live' singing to persons with dementia is an underutilized resource for their caregivers. The next article notes that engaging persons with dementia in meaningful activities supports well being; however, identifying age- and ability appropriate activities in a group setting
can be challenging. The next article developed an Internet-Based Savvy Caregiver program for dementia caregivers. Another article clarified the effects of tactile massage on changes in physical and mental function, and behavioral symptoms in elderly patients with dementia. The next article notes that dementia is a growing problem world wide and interventions to effectively manage and promote function are urgently required. The next article explores the effect of the rivastigmine on ADAS-cog items and cognitive domains. The next article explored the needs and experiences of a caregiver and an early onset dementia patient in a single case study. The next article examined TV news transcripts on Alzheimer's disease from six TV news networks over a 25 year period. The final article examines the use of Medicare hospice in nursing homes. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Publication Type: Journal; Peer Reviewed Journal

7. The influence of caregiver singing and background music on vocally expressed emotions and moods in dementia care: A qualitative analysis.

Citation: International Journal of Nursing Studies, April 2009, vol./is. 46/4(422-430), 0020-7489 (Apr 2009)

Author(s): Gotell, Eva; Brown, Steven; Ekman, Sirkka-Liisa

Abstract: Background: Music and singing are considered to have a strong impact on human emotions. Such an effect has been demonstrated in caregiving contexts with dementia patients. Objectives: The aim of the study was to illuminate vocally expressed emotions and moods in the communication between caregivers and persons with severe dementia during morning care sessions. Design: Three types of caring sessions were compared: the "usual" way, with no music; with background music playing; and with the caregiver singing to and/or with the patient. Participants and setting: Nine persons with severe dementia living in a nursing home in Sweden and five professional caregivers participated in this study. Methods: Qualitative content analysis was used to examine videotaped recordings of morning care sessions, with a focus on vocally expressed emotion and moods during verbal communication. Results: Compared to no music, the presence of background music and caregiver singing improved the mutuality of the communication between caregiver and patient, creating a joint sense of vitality. Positive emotions were enhanced, and aggressiveness was diminished. Whereas background music increased the sense of playfulness, caregiver singing enhanced the sense of sincerity and intimacy in the interaction. Conclusion: Caregiver singing and background music can help the caregiver improve the patient's ability to express positive emotions and moods, and to elicit a sense of vitality on the part of the person with severe dementia. The results further support the value of caregiver singing as a method to improve the quality of dementia care.

(PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Publication Type: Journal; Peer Reviewed Journal

8. Comparing the effects of different individualized music interventions for elderly individuals with severe dementia.

Citation: International Psychogeriatrics, May 2013, vol./is. 25/5(775-784), 1041-6102;1741-203X (May 2013)

Author(s): Sakamoto, Mayumi; Ando, Hiroshi; Tsutou, Akimitsu

Abstract: Background: Individuals with dementia often experience poor quality of life (QOL) due to behavioral and psychological symptoms of dementia (BPSD). Music therapy can reduce BPSD, but most studies have focused on patients with mild to moderate dementia.

We hypothesized that music intervention would have beneficial effects compared with a no-music control condition, and that interactive music intervention would have stronger effects than passive music intervention. Methods: Thirty-nine individuals with severe Alzheimer's disease were randomly and blindly assigned to two music intervention groups (passive or interactive) and a no-music Control group. Music intervention involved individualized music. Short-term effects were evaluated via emotional response and stress levels measured with the autonomic nerve index and the Faces Scale. Long-term effects were evaluated by BPSD changes using the Behavioral Pathology in Alzheimer's Disease (BEHAVE-AD) Rating Scale. Results: Passive and interactive music interventions caused short-term parasympathetic dominance. Interactive intervention caused the greatest improvement in emotional state. Greater long-term reduction in BPSD was observed following interactive intervention, compared with passive music intervention and a no-music control condition. Conclusion: Music intervention can reduce stress in individuals with severe dementia, with interactive interventions exhibiting the strongest
beneficial effects. Since interactive music intervention can restore residual cognitive and emotional function, this approach may be useful for aiding severe dementia patients' relationships with others and improving QOL. The registration number of the trial and the name of the trial registry are UMIN000008801 and "Examination of Effective Nursing Intervention for Music Therapy for Severe Dementia Elderly Person" respectively.

**Publication Type: Journal; Peer Reviewed Journal**


**Citation:** Journal of Clinical Nursing, May 2013, vol./is. 22/9-10(1203-1216), 0962-1067:1365-2702 (May 2013)

**Author(s):** Vasionyte, Ieva; Madison, Guy

**Abstract:** Aims and objectives: To provide a meta-analysis of the effects of music interventions on patients with dementia, separating, for the first time, between different types of interventions and different outcome measures, namely affective, behavioural, cognitive and physiological. Background: Music therapy is an attractive form of intervention for the growing number of demented patients, for whom pharmacological interventions are not always effective and may lead to undesired side effects. While music is more frequently applied in clinical settings for each year, no meta-analysis has considered effects of music interventions on affective, behavioural, cognitive and physiological outcomes separately.

**Design:** A standard meta-analysis approach was applied. **Methods:** We include all original studies found for the key words music and dementia. Mean effect sizes and confidence intervals are computed from study effect sizes according to standard methods, and these are considered for various common types of music interventions separately. **Results:** Nineteen studies with a total of 478 dementia patients exhibit effect sizes ranging from 0.04-4.56 (M = 104). Many of these indicate large positive effects on behavioural, cognitive and physiological outcome measures, and medium effects on affective measures. **Conclusions:** Music interventions seem to be effective and have the potential of increasing the quality of life for patients with dementia. Many studies in this area suffer from poor methodological quality, which limits the reach of meta-analysis and the strength and generalisability of these conclusions. Relevance to clinical practice: Being inexpensive and largely without adverse side effects, current knowledge seems to indicate that music interventions can be recommended for patients in all stages of dementia.

**Publication Type:** Journal; Peer Reviewed Journal

10. The temporal limits of cognitive change from music therapy in elderly persons with dementia or dementia-like cognitive impairment: A randomized controlled trial.

**Citation:** Journal of Music Therapy, 2007, vol./is. 44/4(308-328), 0022-2917 (Win, 2007)

**Author(s):** Bruer, Robert A; Spitznagel, Edward; Cloninger, C. Robert

**Abstract:** This study explored the temporal limits of cognitive change from an intention-to-treat with group music therapy. Elderly cognitively-impaired psychiatric inpatients (N = 28) participated in an 8-week randomized control trial using a crossover design. Once a week, subjects were assigned either to music therapy or a control treatment (age-appropriate movie). The Mini-Mental State Exam (MMSE) assessed cognition 3 times every week: prior to the intervention, immediately after the mid-afternoon intervention, and the morning following the intervention. **Comparisons between conditions included weekly changes in individual subject's MMSE scores from weekly baseline to both the 2 follow-ups and the following week's baseline. Significant next morning improvements in MMSE scores were found within intent-to-treat music therapy cases as compared to control cases. While all the subjects in this study were cognitively impaired, only 17 had been formally diagnosed with dementia. Based on a Cochrane Collaboration suggestion that music therapy studies within geriatric populations look specifically at the treatment of dementia, a final generalized estimating equation model considered only the change within the 17 dementia-diagnosed subjects. Immediately after the intervention, MMSE scores in the dementia-diagnosed subjects assigned to music therapy improved 2.00 points compared to the dementia-diagnosed subjects assigned to the control group (Z = 1.99, p < .05). Next-day MMSE test scores in the dementia-diagnosed subjects assigned to music therapy showed average improvements of 3.69 points compared to the control subjects (Z = 3.38, p < .001). By the following week, no significant cognitive differences remained between the two groups. It was concluded that a reasonable music therapy intervention facilitated by a trained and accredited music therapist significantly improved next-morning cognitive functioning among dementia patients. With many music
therapists working in geriatric settings, more research is justified to both replicate this study and provide better guidance into the effective use of music therapy in the treatment of dementia. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

11. **No effects of a combination of caregivers support group and memory training/music therapy in dementia patients from a memory clinic population.**

**Citation:** International Journal of Geriatric Psychiatry, March 2004, vol./is. 19/3(223-231), 0885-6230;1099-1166 (Mar 2004)

**Author(s):** Berger, Gabriele; Bernhardt, Tanja; Schramm, Uta; Muller, Ruth; Landsiedel-Anders, Susanne; Peters, Juergen; Kratzsch, Tilman; Frolich, Lutz

**Abstract:** Evaluated the impact of a combination of caregiver support group and memory training/music therapy in dementia patients on behavioural and psychological symptoms (BPSD) and caregiver burden compared to a control group. Eighteen patient-carer-dyads in the treatment group and 18 patient-carer-dyads as controls were studied in the setting of a memory clinic of a psychiatric university hospital over a period of 2 years. Controls were matched for age, gender, diagnosis, dementia severity, living arrangement and medication. The interventions were conducted once per week for 1 hour run by a clinical psychogeriatric team. Outcome measures were patients' cognitive and functional status as well as BPSD and caregivers subjective burden and depression measured by validated scales. Data were obtained 6, 12 and 24 months after baseline. There were no significant differences between the intervention and control group neither after 6, 12 nor after 24 months treatment. The lack of a positive impact in alleviating caregiver burden or BPSD after intensive psychological interventions may result from extensive care in the routine clinical management including individual counselling for patients and families. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**Full Text:** Available from EBSCOhost in International Journal of Geriatric Psychiatry

12. **Behavioral and endocrinological evaluation of music therapy for elderly patients with dementia.**

**Citation:** Nursing & Health Sciences, March 2004, vol./is. 6/1(11-18), 1441-0745;1442-2018 (Mar 2004)

**Author(s):** Suzuki, Mizue; Kanamori, Masao; Watanabe, Motoko; Nagasawa, Shingo; Kojima, Emi; Ooshiro, Hajime; Nakahara, Daichiho

**Abstract:** The present study investigated the effectiveness of music therapy for dementia patients using endocrinological and behavioral evaluations. The study comprised 10 patients with senile dementia who received music therapy; six had Alzheimer's dementia and four had vascular dementia. Music therapy was performed twice a week for 8 consecutive weeks (16 sessions). As a result, total scores on the Mini-Mental State Examination (MMSE) did not significantly change, but the scores of a subscale, 'language', improved significantly. According to the Multidimensional Observation Scale For Elderly Subjects (MOSES), scores for 'irritability' decreased significantly. Regarding changes in salivary chromogranin A (CgA) levels, the average was significantly decreased before session 16 compared to after this. These results suggest that the combination of endocrinological measurements, behavioral evaluations and functional assessment methods are useful in evaluating the effects of music therapy in persons with senile dementia. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

**Full Text:** Available from EBSCOhost in Nursing and Health Sciences

13. **The impact of music therapy on language functioning in dementia.**

**Citation:** Journal of Music Therapy, 2000, vol./is. 37/3(183-195), 0022-2917 (Fal, 2000)

**Author(s):** Brotons, Melissa; Koger, Susan M

**Language:** English

**Abstract:** The effects of music therapy were compared to conversational sessions on language functioning in 26 dementia patients. All participants had been in music therapy twice per week for at least 3 mo prior to the study onset. One wk prior to the beginning of the study, Ss were assessed for cognitive functioning using the Mini-Mental State Examination, and language ability via the Western Aphasia Battery (WAB). Ss participated in groups of 2 to 4, twice per week for 20-30 min for a total of 8 sessions (4 music therapy
and 4 conversation sessions or vice-versa), and were re-tested on the WAB at the end of each 2 week (4 session) interval. Results from 20 Ss revealed that music therapy significantly improved performance on both speech content and fluency dimensions of the spontaneous speech subscale of the WAB. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**14. Singing, wellbeing, and health.**
**Citation:** Music, health, and wellbeing., 2012(113-124) (2012)
**Author(s):** Clift, Stephen
**Abstract:** Since the early 1990s the questions of health benefits associated with singing, and the role of singing as a form of music therapy for people with compromised health, have attracted increasing international attention. Clift et al. (2008a) report a systematic mapping and review of research on singing, wellbeing, and health, focusing on non-clinical research (i.e. excluding music therapy). Clift et al. (2010a) have updated this review focusing specifically on studies of group or choral singing, and extending the scope to include music therapeutic interventions for specific health conditions. Skingley and Vella-Burrows (2010) have also reviewed research on the value of music and singing for older people in the context of healthcare. These reviews are drawn upon here to provide a selective and critical overview of research studies on the possible benefits of singing in groups. This chapter begins with an overview of non-clinical studies involving existing community choirs and singing groups or which have established singing groups for purposes of research. The focus then shifts to therapeutically oriented research investigating the value of singing for people with specific health or social care needs. The chapter will conclude with a brief outline of the work of the Sidney De Haan Research Centre for Arts and Health, and its efforts to develop an integrated and progressive programme of research on singing, wellbeing, and health. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Book; Edited Book

**15. The effect of pre-meal, vocal re-creative music therapy on nutritional intake of residents with Alzheimer's disease and related dementias: A pilot study.**
**Citation:** Music Therapy Perspectives, 2012, vol./is. 30/1(32-42), 0734-6875 (2012)
**Author(s):** McHugh, Larisa; Gardstrom, Susan; Hiller, James; Brewer, Megan; Diestelkamp, Wiekbe S
**Abstract:** A two group randomized experiment examined if resident's active engagement in singing lead to subsequent, productive changes in nutritional intake. The experimenters predicted that residents with Alzheimer's disease and related dementias, who were actively engaged in singing during music therapy session immediately prior to their mid-day meal would show significantly greater overall nutritional intake for that meal when compared with participants who are not involved in premeal singing. All 15 participants were residents of a memory support unit within a larger care facility for older adults in the US Midwest. Results show that evaluated against baseline consumption, vocal re-creative music therapy participants showed no notable increases during the treatment period. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

**16. Music therapy techniques as predictors of change in mental health care.**
**Citation:** The Arts in Psychotherapy, September 2012, vol./is. 39/4(333-341), 0197-4556 (Sep 2012)
**Author(s):** Mossler, Karin; Assmus, Jorg; Heldal, Tor Olav; Fuchs, Katharina; Gold, Christian
**Abstract:** The application of music in therapy is realised through different working modalities which can be categorised into three types of techniques: production, reception, and reproduction. These techniques are commonly used in mental health settings in music therapy practice and previous research suggests that specific working modalities might be important predictors of change in music therapy. However, little is known about which ingredients specifically contribute to the outcomes of music therapy. This study aimed to investigate the application of music therapy techniques and whether they predict changes in clinical outcomes in mental health settings with individuals displaying a low therapy motivation. Participants (N =31) were assessed before, during, and after participating in
individual music therapy. Music therapy techniques were assessed for three selected therapy sessions per participant. Associations between music therapy techniques and outcomes were calculated using linear models with repeated measures. Results showed that reproduction techniques were used most intensely. In addition, relational competencies (interpersonal and social skills) amongst the participants improved when focusing on reproducing music (e.g. singing or playing familiar songs, learning musical skills). Results indicated that reproduction music therapy techniques may foster the development of relational competencies in individuals with low motivation. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

17. Singing the passage: Evaluating volunteer bedside singing in a palliative care unit.

**Citation:** Canadian Journal of Music Therapy, 2011, vol./is. 17/1(77-94), 1199-1054 (2011)

**Author(s):** Davis, Kirsten; Downing, G. Michael; Walker, Jan

**Abstract:** This article describes the preliminary evaluation of a volunteer bedside singing service provided to patients and families at the Victoria Hospice inpatient palliative care unit.

This mixed-method study was composed of three questionnaires designed to gather feedback from three groups regarding their experiences with the volunteer bedside singing service: patients and/or families, interdisciplinary team members (including physicians, nurses, counsellors, spiritual caregivers, and unit volunteers) and the volunteer Bedside Singers themselves. 94 referrals were made to the Bedside Singers over a 7-week period with 27 patients/family (29%) accepting the offer of singing and of these, 8 (29.6%) completed the survey. Patients had a Palliative Performance Scale score of 30% or less and lived an average of 6.6 days (min 1; max 18 days) before death. Three of the eight surveys returned were completed by patients, with the remainder completed by family members or unit volunteers on the patient's behalf. Patient and family responses to the service were generally very positive, while interdisciplinary team members' responses were more cautious. Possible benefits and detriments of volunteer music support services in palliative care settings are discussed, and further research to compare professional music therapy services with volunteer music support services is strongly recommended. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal

18. The effect of group music therapy on quality of life for participants living with a severe and enduring mental illness.

**Citation:** Journal of Music Therapy, 2009, vol./is. 46/2(90-104), 0022-2917 (Sum, 2009)

**Author(s):** Grocke, Denise; Bloch, Sidney; Castle, David

**Abstract:** A 10-week group music therapy project was designed to determine whether music therapy influenced quality of life and social anxiety for people with a severe and enduring mental illness living in the community. Ten one-hour weekly sessions including song singing, song writing and improvisation, culminated in each group recording original song/s in a professional studio. The principal outcome measure was the WHOQOLBREF Quality of Life (QoL) Scale; other instruments used were the Social interaction Anxiety Scale (SIAS) and the Brief Symptom Inventory (BSI). Qualitative data were gathered through focus group interviews and an analysis of lyric themes. Statistically significant improvement was found on five items of the QoL Scale. There were no changes on the BSI indicating that QoL improvement was not mediated by symptomatic change. Themes from the focus groups were: music therapy gave joy and pleasure, working as a team was beneficial, participants were pleasantly surprised at their creativity, and they took pride in their song. An analysis of song lyrics resulted in 6 themes: a concern for the world, peace and the environment; living with mental illness is difficult; coping with mental illness requires strength; religion and spirituality are sources of support; living in the present is healing; and working as a team is enjoyable. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

**Publication Type:** Journal; Peer Reviewed Journal


**Citation:** Dementia: The International Journal of Social Research and Practice, March 2013, vol./is. 12/2(157-176), 1471-3012;1741-2684 (Mar 2013)

**Author(s):** Camic, Paul M; Williams, Caroline Myferi; Meeten, Frances

**Abstract:** Ten people with dementia (PWD) and their family carers participated in a Singing
Together Group for 10 weeks and measures of mood, quality of life, PWD's behavioural and psychological problems, activities of daily living and cognitive status were measured at pre, post and 10-week follow-up. Engagement levels were monitored during the sessions and care partners asked to rate each session. Additional qualitative information was obtained through interview pre-post and at follow-up and subjected to thematic analysis. The results showed that PWD were deteriorating slowly over the course of the study on all measures but that they and their carers' quality of life remained relatively stable. Engagement levels during the group were very high and attendance excellent. Qualitative data gave strong support to the group having promoted wellbeing of all participants and Nolan's 'Senses Framework' was used to explore this further. Future research directions are suggested. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract) 

**Publication Type:** Journal; Peer Reviewed Journal

20. Can caregiver singing improve person transfer situations in dementia care?

**Citation:** Music and Medicine, October 2012, vol./is. 4/4(237-244), 1943-8621;1943-863X (Oct 2012)

**Author(s):** Gotell, Eva; Thunborg, Charlotta; Soderlund, Anne; Wagert, Petra Heideken

**Abstract:** Everyday person transfer situations involving persons with dementia and their caregivers can be reciprocally problematic. Group interviews with professional caregivers were conducted, focusing on the caregivers’ experiences of singing during person transfer situations with residents with dementia, and a qualitative content analysis was performed. The caregivers expressed that compared to everyday transfer situations without singing, there were obvious differences during singing. When the caregiver sang, communication was mutually enhanced between the caregivers and the residents. Caregivers reported that residents seemed to show their true personalities, were able to move more fluidly and easily, seemed to better understand what was going on, and reacted with a spirited cheerfulness. The caregivers experienced themselves as more competent in and motivated to provide care in addition to positive emotions and moods. Caregiver singing during transfer situations may be one of several suitable non-pharmacological interventions that can be utilized when caregivers need to assist persons with dementia in transfer. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract) 

**Publication Type:** Journal; Peer Reviewed Journal

21. The impact of singing in caring for a person with dementia: Single case analysis of video recorded sessions.

**Citation:** Music and Medicine, April 2011, vol./is. 3/2(95-101), 1943-8621;1943-863X (Apr 2011)

**Author(s):** Engstrom, Gabriella; Hammar, Lena Marmstal; Williams, Christine; Gotell, Eva

**Language:** English

**Abstract:** Music Therapeutic Caregiving (MTC), when a caregiver sings for or together with a resident with dementia, has been used to enhance communication between caregivers and residents. This single case study measured communication in a resident with dementia during "usual" and MTC morning care. Video observations of 8 weekly sessions, consisting of 4 recordings of usual morning care and 4 recordings of morning care with MTC intervention provided the data. The Verbal and Nonverbal Interaction scale was used for analysis. Under the MTC condition, the resident's positive verbal and nonverbal communication increased by 23%. Furthermore, negative verbal and nonverbal communication, decreased by 80%, compared to the "usual" morning care sessions. Under the MTC condition, the resident was able to remember words to songs and singing with the caregiver occurred in 39 of the 40 observed minutes. The findings indicate that MTC could be an effective nursing intervention in dementia care. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract) 

**Publication Type:** Journal; Peer Reviewed Journal


**Citation:** Journal of Clinical Nursing, April 2011, vol./is. 20/7-8(969-978), 0962-1067;1365-2702 (Apr 2011)

**Author(s):** Hammar, Lena M; Emami, Azita; Gotell, Eva; Engstrom, Gabriella

**Abstract:** Aims and objectives: The aim was to describe expressions of emotions and resistiveness to care among persons with dementia (PWD), during morning care situations without and with music therapeutic caregiving (MTC). Background: Effective caregiving is
dependent on the interpersonal relationship between nurse and patient. PWD suffer from major cognitive impairment, making interaction with others problematic. Such patients often react with problematic behaviours such as resistance and anger towards the care activity and the caregiver. Earlier research suggests that MTC - when caregivers sing for or together with PWD during caregiving-can reduce resistance and evoke positive emotions in PWD. Design: This was an intervention study whereby MTC was implemented during morning care situations while PWD were being cared for. Method. The study included ten, 66-92-year-old men and women with severe dementia living in a nursing home in Sweden. Video observations of eight weekly sessions, consisting of four recordings of usual morning care and four recordings of morning care with MTC, provided data. The resistiveness to care scale and the observed emotion rating scale were used for analysis. Results: Pull away was the most common resistant behaviour under both conditions. The PWDs' expressions of resistant behaviour, such as pull away, grab object and adduction, were significantly reduced under the intervention situation. Positively expressed emotions, specifically pleasure and general alertness, significantly increased under the MTC intervention compared with the 'usual' morning care sessions. Conclusions: MTC can be an effective nursing intervention to provide PWD a more pleasant experience of morning care situations as it decreases resistant behaviour and increases positive emotions. Relevance to clinical practice. MTC offers a potential non-pharmacologic treatment that can be used in caring for PWD. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)
effects, to address the question of whether it is the singer or the singing which is effective. The literature revealed that music therapists seek to address cognitive, behavioral, physiological, and social factors through one-to-one singing, whereas other caregivers are more broadly concerned with quality of life, often through facilitating activities of daily living. All included studies concurred that individual singing to PWDs can be effective in a variety of ways, depending on contexts and goals. PWD's perceptions of situations may influence the effectiveness of singing interventions. Music therapists are urged to empower professional caregivers to sing sensitively to PWDs during caregiving activities. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Publication Type: Journal; Peer Reviewed Journal

25. A randomized controlled trial exploring the effect of music on agitated behaviours and anxiety in older people with dementia.

Citation: Aging & Mental Health, November 2010, vol./is. 14/8(905-916), 1360-7863;1364-6915 (Nov 2010)

Author(s): Cooke, Marie L; Moyle, Wendy; Shum, David H. K; Harrison, Scott D; Murfield, Jenny E

Abstract: Objectives: This study, as part of a larger programme of research, sought to investigate the effect that participation in a 40-min live group music programme, involving facilitated engagement with song-singing and listening, three times a week for eight weeks, had on agitation and anxiety in older people with dementia. Methods: A randomized cross-over design, with music and reading control groups, was employed. Forty-seven participants with mild-moderate dementia, from two aged care facilities in Queensland, Australia, were recruited. Participants were assessed three times on the Cohen-Mansfield Agitation Inventory-Short Form (CMAI-SF) and the Rating Anxiety in Dementia Scale (RAID).

Results: A sub-analysis of 24 participants attending >= 50% of music sessions found a significant increase in the frequency of verbal aggression over time, regardless of group (F(2,46) = 3.534, p < 0.05). A series of multiple regressions found cognitive impairment, length of time living in the facility and gender to be predictors of agitation overall and by subtype. Conclusion: Participation in the music programme did not significantly affect agitation and anxiety in older people with dementia. Both the music and reading group activities, however, gave some participants a 'voice' and increased their verbalization behaviour. Agitation was found to be predicted by a number of background factors (namely level of cognitive impairment, length of time in the facility and gender). Future studies would benefit more from in-depth participant assessment prior to study commencement, helping to moderate the influence of low scores, and by undertaking interventions at times when assessed symptoms are most prevalent. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Publication Type: Journal; Peer Reviewed Journal

Full Text: Available from EBSCOhost in Aging and Mental Health

26. 'We've had a wonderful, wonderful thing': Formulaic interaction when an expert has dementia.

Citation: Dementia: The International Journal of Social Research and Practice, November 2010, vol./is. 9/4(517-534), 1471-3012;1741-2684 (Nov 2010)

Author(s): Wray, Alison

Abstract: This study describes how the participants in a singer's master class weekend collaborated with their teacher, an internationally renowned former opera singer in her mid-80s, to compensate for the difficulties in communication caused by her dementia. The workshop's success was due to the teacher's professionalism and personal dignity; the high esteem and affection in which she was held by the participants; the shared assumption that she had information to impart; her unimpaired musical abilities; the scope for singing, text recitation and gesture to convey complex ideas; and the legitimate formulaicity of the teaching activity. The nature and role of her predominantly formulaic language is examined from the perspective of its function in the very specific context of her teaching, with reference to features from Orange's (2001) strategy framework for communicating successfully with people with dementia. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract)

Publication Type: Journal; Peer Reviewed Journal

27. Long-Term Effects of Music Therapy on Elderly with Moderate/Severe Dementia.

Citation: Journal of Music Therapy, 2006, vol./is. 43/4(317-333), 0022-2917 (Win, 2006)

Author(s): Takahashi, Takiko; Matsushita, Hiroko
### 28. Influence of caregiver singing and background music on posture, movement, and sensory awareness in dementia care.

**Citation:** International Psychogeriatrics, December 2003, vol./is. 15/4(411-430), 1041-6102;1741-203X (Dec 2003)

**Author(s):** Gotell, Eva; Brown, Steven; Ekman, Sirkka-Liisa

**Abstract:** The aim of this study was to illuminate the posture, body movements, and sensory awareness of patients with dementia during three types of morning care sessions with professional caregivers: (a) the usual morning care situation, (b) a caring session in which familiar background music was played, and (c) a caring session in which the caregiver sang to and/or with the patient throughout. Nine patients with late-stage dementia and 5 professional caregivers participated in this study, and 27 sessions were videotaped. Both background music playing and caregiver singing had strong influences on the body and on sensory awareness. Patients had straightened posture, stronger and more symmetric movements, and a greatly increased awareness of themselves and their environment. Patients appeared to regain skills necessary for daily living, and demonstrated that they could perform tasks with intention, purpose, and competence. Caregiver singing, in particular, was very effective at drawing out capabilities that appeared to be lost in these patients. These results provide further support for the use of caregiver singing in dementia care, and the findings on how caregiver singing can be used to help in dementia caring situations are discussed. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal


**Citation:** The Arts in Psychotherapy, 2001, vol./is. 28/2(125-135), 0197-4556 (2001)

**Author(s):** Brown, Steven; Gotell, Eva; Ekman, Sirkka-Liisa

**Abstract:** The authors introduce a new term here, music-therapeutic caregiving (MTC), to describe an active form of music-making by caregivers to and/or with patients during the course of actual caregiving activities. The goal for the patient in such a process is not the performance of music but the performance of a host of activities important for daily living and personal health. While MTC may involve singing on the part of the patient, its major focus is on "receptive singing," in other words, patient responsiveness to caregiver singing and the resultant effect this has on compliance, cognition, and emotion. A brief case study of the use of MTC in dementia care is presented, followed by a description of its general features. MTC is an extremely straightforward technique, one that can greatly increase the quality not only of patient care but the caregiver-patient relationship as well. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

**Publication Type:** Journal; Peer Reviewed Journal

### 30. The effect of presentation and accompaniment styles on attentional and responsive behaviors of participants with dementia diagnoses.

**Citation:** Journal of Music Therapy, 2001, vol./is. 38/1(36-50), 0022-2917 (Spr, 2001)

**Author(s):** Groene, Robert

**Abstract:** Studied the effect of live vs recorded music and accompaniment style complexity on the singing, attentional and responsive behaviors of 873-90 yr olds with moderately-severe to severe dementia in a health care facility. An experienced board-certified music
therapist led 16 sing-along sessions, divided into 4 sessions of each of 4 conditions in randomized order: (1) live music of simple guitar accompaniment, (2) live music of complex guitar accompaniment, (3) recorded music of simple guitar accompaniment, and (4) recorded music of complex guitar accompaniment. Results indicate there were no significant differences in the amount of singing by the group for the 4 conditions. However, there were significant differences in group behavior related to the 4 conditions before and after song presentations, including attention, leaving the group, reading lyrics, compliments, and applause. Implications for music therapy training and programs are discussed.

Publication Type: Journal; Peer Reviewed Journal

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