



Music Interventions for Dementia and Depression in Elderly Care

A multinational trial of effectiveness and predictive biomarkers

Objective:

- *Setting:* care home residents ≥ 65 years
- *Conditions:* dementia and depression
- *Interventions:* group music therapy (GMT), recreational choir singing (RCS)
- *Primary outcome:* Depression symptoms at 6 months

Methods:

- large, pragmatic, multinational cluster-randomised controlled trial
- 2x2 factorial design: GMT, RCS, both or neither (duration: 6 months)
- planned: 100 care home units, ≥1000 residents, 6 countries
- Intention-to-treat analysis, linear mixed-effects models



EU Joint Programme – Neurodegenerative Disease Research



Australian Government

National Health and Medical Research Council

Results to date:

- Australia: 20 care home units randomized (2018-19)
- 318 residents and 131 staff
- RCS reduced depression symptoms at all time points
- GMT improved neuropsychiatric symptoms distress
- RCS improved neuropsychiatric symptoms severity and distress; quality of life
- GMT and RCS increased burden on staff
- Recruitment now started in Norway
- Soon to start in Germany, Netherlands, Turkey, UK

Conclusions:

- Findings from 1 national cohort suggest beneficial effects of RCS
- International sample to improve generalizability, replicability, and examining moderators
- Stress biomarkers to clarify mechanisms (moderators, mediators)

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Depression (MADRS)

