

MIDDEL Project Newsletter No. 4

Dear MIDDEL colleagues,

This is an informal update on the MIDDEL-project, and our newsletter No. 4. The graphic below sums it all up!

December is here, and music therapists and choir leaders across Europe will soon be tuning in with their “Stille Nacht”, “Glade jul”, and “Christmas (Baby Please Come Home)”... ‘Tis the season for writing annual reports, out of office-replies, and holiday greeting cards. And it is time to sum up and celebrate the year that has passed, and to have a look at some of the things we are up to.

If you follow our page on [Facebook](#) you will have seen many updates about daily activities and milestones in the project throughout the year. We started by celebrating the first randomized units in the UK in January, and concluded with the completion of final 12-month follow-up in participating care homes in Türkiye this week. What a journey! And between those two events, we also had a lot else going on:

The results from the Australian cohort

“Singing the blues away: reduction of depression in dementia by recreational choir singing”... That is the title of a commentary by Teppo Särkämö, referring to the findings from the Australian cohort of MIDDEL that were published in The Lancet Healthy Longevity this spring. Our colleagues Felicity Baker et al. found that choir singing led to clinically important improvements in depressive symptoms among the 318 residents in the 20 randomized care home units in Australia. This publication, and all the good work and dedication that lies behind it, is a big accomplishment by the Australian team that definitely calls for celebration! The open access paper is available here: [https://doi.org/10.1016/S2666-7568\(22\)00027-7](https://doi.org/10.1016/S2666-7568(22)00027-7)

More new publications in MIDDEL

Several other articles also saw the light of day this year. Naomi Rasing et al. published the protocol paper of the ongoing biomarker substudy, investigating the impact of music interventions on immediate and longer-term stress by collecting hair and saliva samples among MIDDEL participants in Dutch, German and Norwegian care home units ([link](#)). Young-Eun Lee et al. also published a paper on the perspectives of residents, families, and care home staff participating in MIDDEL, highlighting the need for increased access to sustainable and meaningful activities in residential-aged care ([link](#)); and a paper on the demographic and clinical profile of the residents, showing the diverse and complex care needs of people living with dementia in the Australian residential-aged care setting ([link](#)). Congratulations!

Recruitment status and randomization

While recruitment in Europe started last year, it is safe to say that 2022 has been the big year of recruitment in the participating European countries. Many of you have worked tirelessly throughout the whole year to visit and recruit care homes, attain informed consents and complete baseline assessments, and finally get the units randomized. We know this is hard work! It is a pleasure to be able to share that we are currently up to 76 randomized units internationally, including over 900 residents. Take a moment to consider that number of people. Is it not magnificent? And as I am writing this, several more units are in the works in Germany and the Netherlands. It will be exciting to see what our final number will be. *One thing we now do know, is that January 31st 2023 will be the final closing date for randomization.*

The project period

The final date for randomization gives us some necessary predictability when it comes to project period end dates, follow-up periods, time for data analysis and publication, and other tasks that depend on the complete dataset being finalized. Closing randomization at Jan 31st means that the primary outcome will be collected among the last participants around July 31st (our new primary completion date), and the estimated study completion date is in January 2024. Our [clinicaltrials.gov registration](#) has been updated to reflect this, and we will also be applying to JPND for an extension of the official project period for the international project. However, the JPcofuND-2 have themselves applied to the European Commission for

their own extension, and we will have to await their approval before continuing to apply ourselves. We will inform all national PI's as this progresses, so that you may go ahead and apply for extensions from your local funders if needed.

Meetings and events

The European MIDDEL teams were finally able to meet in person again, as our Turkish MIDDEL team including Burçin Uçaner Çifdalöz, Yeşim Saltık, and Özgür Salur, invited us to Ankara in September! This was a treat for all who were able to attend, after many a video conference throughout the last two and a half years. Sun, music, good food and company seem to be some of the main keywords of that week, and we thank the Turkish hosts for their excellent hospitality and organizing. 😊 Next year, our Norwegian team invite you all to come to Bergen, and the date has been set to April 24-26th 2023 (Monday-Wednesday, plus optional social weekend before). We look very much forward to welcoming you all!

Before that, we have our next EU MIDDEL partner meeting Wednesday Jan 25, at 10-12 CET, where we will discuss relevant issues including the project period and local extensions, new plans for cost effectiveness analyses of MIDDEL, and ideas for the upcoming Bergen meeting (including presentations for the related public seminar, and a possible writing retreat).

But that is all for next year. For now, we thank you for your collaboration in 2022, and wish you all a wonderful December and **Happy Holidays!**

Best wishes,
Vigdis, on behalf of the Norwegian team

The MIDD_{EL} Christmas newsletter

2022 YEAR -IN- REVIEW



Currently

76 CHUs

with a total of **969** residents



Misc. data:

PUBLISHED PAPERS	8
FACEBOOK FOLLOWERS	193
INTERNATIONAL MEETINGS	3
COUNTRIES NOT YET RECRUITING	0

2022 highlights / favorite moments

- International meeting in Ankara
- Australian results published
- Recruitment started in UK
- Follow-up completed in Turkey

Merry Christmas Frohe Weihnachten Mutlu Noeller Zelig Kerstfeest Godjull

