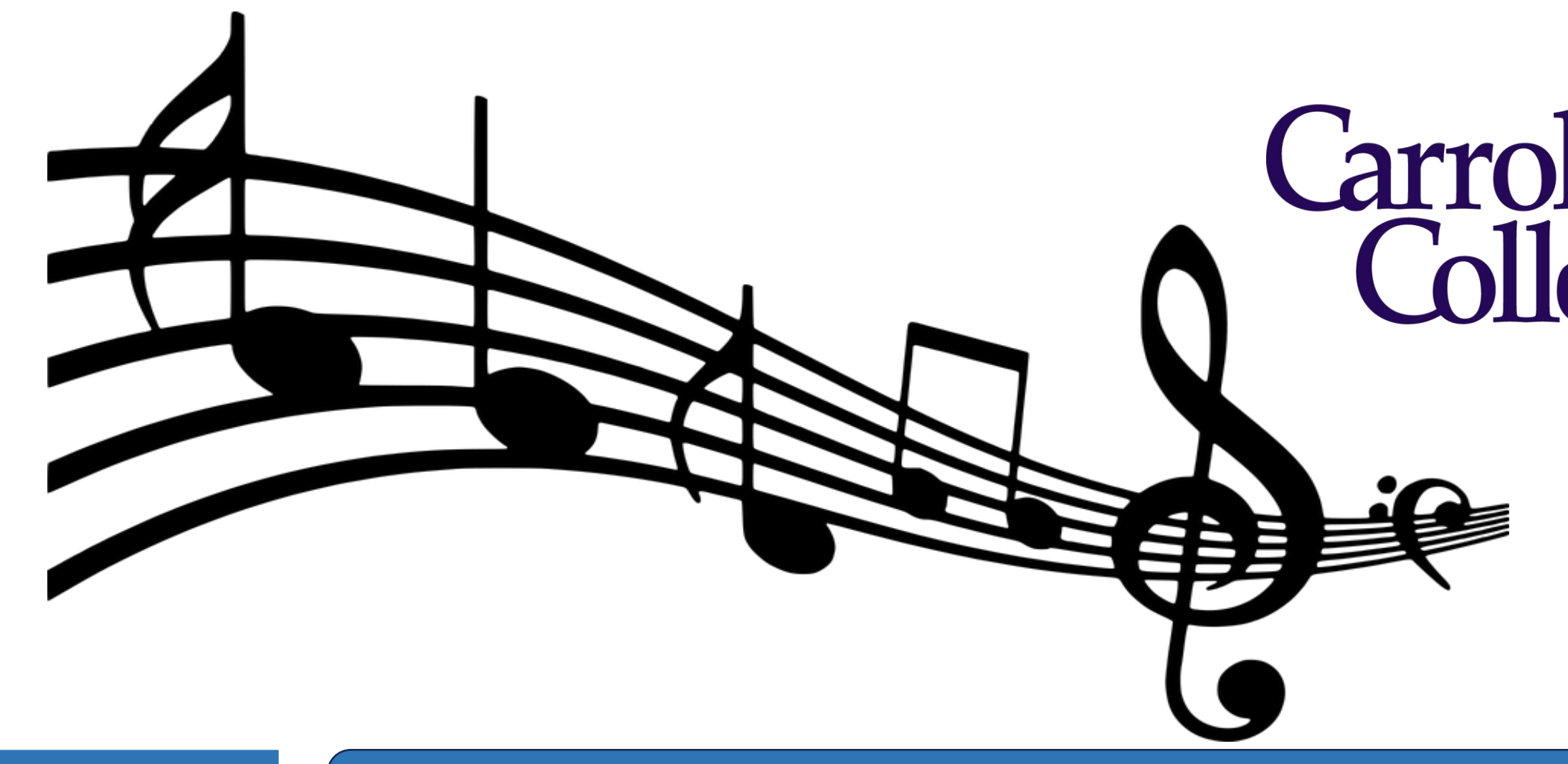




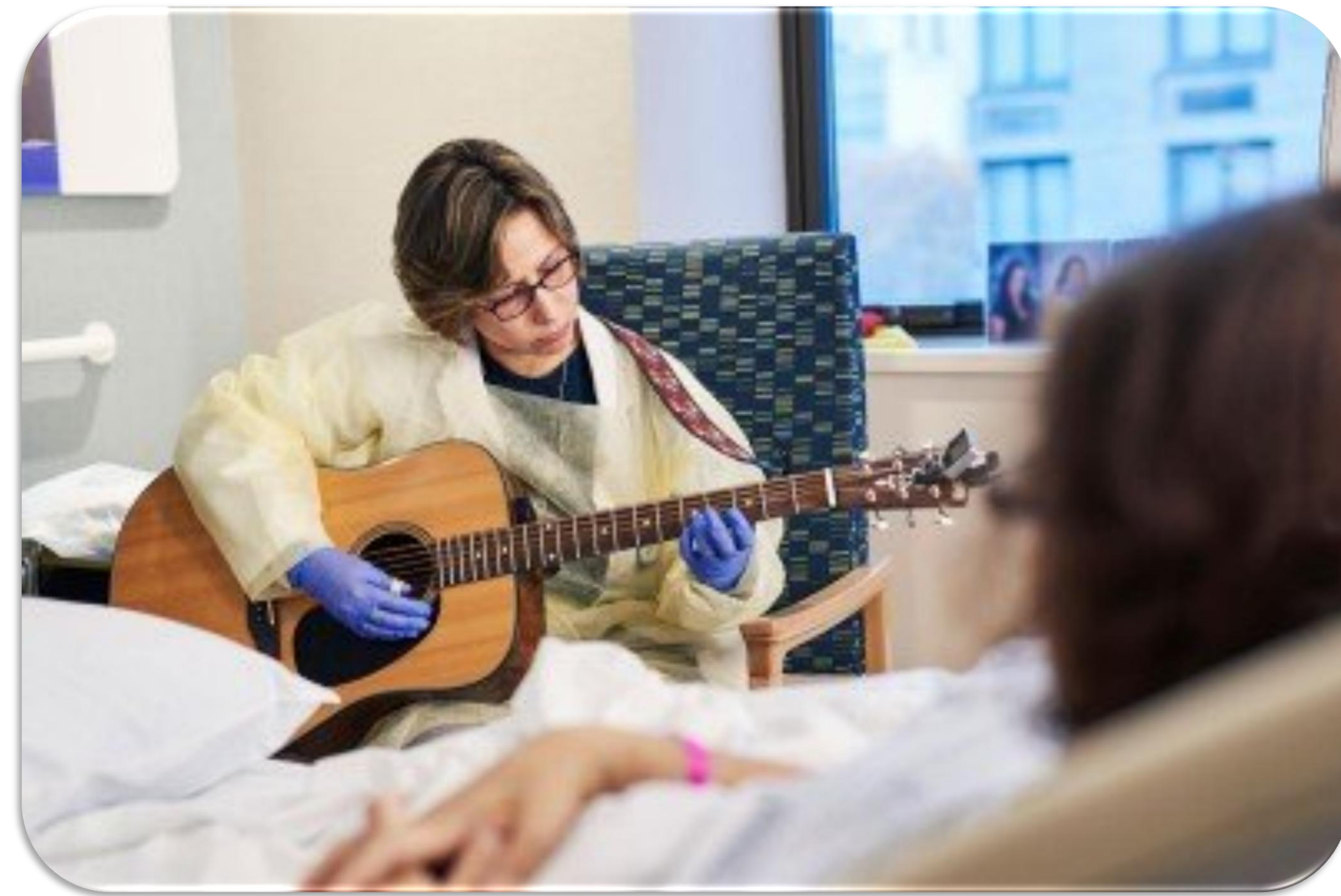
# Music Therapy Effects on Mental Health

Lily Nelson, Amber Coleman, Jessica Venema  
Carroll College Nursing Department



## Question

➤ In adults with mental illnesses, how does music affect mental health compared to no music?



<https://www.mskcc.org/news/how-art-therapy-music-therapy-and-dance-therapy-help-people>

## Background

- Mental Health issues affect people of all races, genders, and ethnicities.
- In 2020, 57.8 million adults were diagnosed with mental health disorders. This is a significant portion of the population and does not include those who are undiagnosed (NAMI, 2023)
- 14 percent of older adults over 60 live with at least one mental condition.
- Prioritizing mental health is vital, as it can impact physical health, lead to other medical conditions, cause social isolation, and affect overall quality of life.

## References

Scan the QR code for references!



This work is not original. This is an evidence-based practice brief that includes published research conducted by professionals. Guidance was provided by Dr Zuleyha Inceoz, Professor of NU 307: Evidence-Based Practice Research Methods.

Study	Design	Results
Salivary cortisol and alpha-amylase as stress markers to evaluate an individualized music intervention for people with dementia: feasibility and pilot analyses, 2024.	Level II, randomized control trial that evaluated the effect of individualized music listening on the stress levels of dementia patients living in nursing homes and to determine if saliva sampling is a successful way to mark stress. These results were measured by saliva children's swab.	The results of this study showed that saliva sampling is a feasible way to mark stress. However, the results were inconclusive due to insufficient saliva samples provided by the dementia patients.
Effects of group music intervention on depression for elderly people in nursing homes, 2022.	Level II, a randomized control trial that studied the effects of 20 music therapy sessions on depression prevalence in nursing home residents. The Geriatric Depression Scale and salivary cortisol levels were obtained for each participant to determine potential changes from baseline results.	This study showed a positive correlation between music therapy (two 30-min sessions per week for 10 weeks) and reducing depression among elderly nursing home residents (Yu et al., 2022).
Effectiveness of Receptive Music Therapy with Imbedded 10 Hz Binaural Beats Compared with Standard Care for Patients with Major Depressive Disorder: A Randomized Controlled Trial, 2021.	Level II, randomized control trial that evaluated the effect of listening to 10-Hz binaural beat music therapy had on people diagnosed with major depressive disorder. This study took place at a medical school and psychiatric clinic in Thailand. Vital signs, medication adherence, and the depression and quality of life score survey were used to measure the results of the studies.	The results of this study showed that the music therapy group had lower depression and quality of life scores compared to the control group. However, these results were not a significant difference.
The effects of laughter yoga and music intervention on depression, anxiety, and stress in Rafsanjani-Iran aged: A randomized clinical trial study, 2024.	Level II, randomized control trial that examined the effects of laughter yoga, and music therapy on adults with anxiety, depression, and stress.	This study found that laughter yoga and music therapy were able to decrease participants' anxiety, depression, and stress scores during and up to one month after participation in the therapy (Tabei et al., 2024).
Bedtime music therapy for college students with insomnia: A randomized assessor-blinded controlled trial, 2024.	Level II, randomized control trial that examined the effects of listening to classical and jazz music before bed on college students with insomnia to increase their sleep.	The results of this study showed that listening to classical and jazz music before bed improved college students' sleep scores compared to not listening to music before bed (Yan et al., 2024).
Effect of a group music intervention on cognitive function and mental health outcomes among nursing home residents: A randomized controlled pilot study, 2021.	Level II, a randomized control trial that studied the effect of music therapy intervention on mental health and cognition in Korean nursing home residents. Results were measured using the Mini-Mental State Examination, Geriatric Depression Scale, Geriatric Anxiety Inventory, and Life Satisfaction Scale.	This study concluded that music therapy significantly increased cognitive function, life satisfaction, and decreased levels of anxiety and depression (Kim & Kang, 2021).

## Results

- The research shows that music therapy can be a helpful nonpharmacologic intervention on patients' mental health in some situations.
- While most of the articles supported the PICOT question, there were a couple that were inconclusive.
- More research could be done to definitively answer the PICOT question. This includes research surrounding exactly which mental health diagnoses music therapy is an effective tool for. As well as for which populations of people is it most effective (e.g., younger people, middle-aged adults, older adults)



<https://1.bp.blogspot.com/-nh9FEI7511/W3gLvTtHGI/AAAAAAAAATw/-8CcXnH8gDU01exDctkXSHFhgBZ008gMgCLcBGAs/s1600/www.usnews.com.jpg>

## Application

- Psychiatric hospitals, nursing homes, and rural areas can benefit from applying the interventions in these studies to decrease the side effects or level of mental health disorders in patients.
- Various, upbeat genres of music can be played from speakers in common areas of nursing homes and hospitals, or group sessions of laughter yoga. Medical musicians are also trained to conduct music therapy sessions. Genres can depend on the audience and their preferences.
- Implementing a music class in medical settings can also benefit the patient's mental health.