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The Therapeutical Benefits of Using Music Therapy Rather Than Cognitive Therapy in Depressed Older Adults in a Healthcare Setting

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The Therapeutical Benefits of using Music Therapy rather than Cognitive Therapy in Depressed Older Adults in a Healthcare Setting

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PATIENT CARE ISSUE

- Limited research has been conducted concerning the effects of music therapy in depressed individuals with dementia.
- Music therapy is a simple, non-invasive, and inexpensive treatment in relation to pharmaceutical interventions and possibly even some forms of cognitive therapies.
- Depression is a disabling disease that can cause a reduction in quality of life and loss of general functioning.
- Depression affects more than 6.5 million of the 35 million Americans aged 65 years or older.
- 74% of older adults remain depressed one year after general treatment with pharmaceutical agents.

EVIDENCE-BASED PRACTICE QUESTION

Question: Is music therapy more physically, clinically, and cost effectively beneficial than cognitive behavioral therapy?

P-Depressed older adults in the health care setting
I-Music therapy
C-Cognitive Behavioral therapy
O-Lower levels of depression in older adults

REGISTERED NURSE INTERVIEW

- Good Samaritan Hospital does not have a standardized music therapy program but does have several programs for behavioral therapy.
- Alternate behavioral therapies used include:
  - Life Well is an intensive outpatient services for patients in need of significant assistance with coping skills and support.
  - Dialectical Behavioral Therapy is an evidence based psychotherapy that is the treatment of choice for a wide range of mental health problems.
- The hospital does provide private rooms with emotion stimulating music, pictures, and animations.

RESULTS AND SYNTHESIS OF EVIDENCE

- There is more evidence to support Cognitive therapy over Music therapy in the treatment of depression at this time.
- Cognitive and Music therapy have been known to help with:
  - elevation of mood
  - emotions
  - lowering BP
  - slowing heart rate
  - regulation of stress hormones
  - enhancing digestion
  - endurance
  - an overall sense of safety and well-being

EVIDENCE-BASED PRACTICE RECOMMENDATIONS

Additional higher level studies need to be done when it comes to:
- Music therapy and its affects on depression in older adults
- Music therapy as opposed to cognitive therapy

Music therapy should be used more frequently at Good Samaritan Hospital with the addition of several music therapy programs; not simply music interventions.

LIMITATIONS

- More research needs to be conducted on music therapy using bigger sample sizes
- No direct correlational studies between music therapy and cognitive therapy
- Studies were gender biased, involving more females
- Most of the studies conducted in Asian culture
- Lack of high level research on the topic
- No consistent scale of depression

METHODS

- Based off of the IOWA Model
- Inclusion Criteria:
  - Participants had to be of age ≥ 55 (although studies that included younger populations were also eligible if it was possible to extract data of participants ≥ 55)
  - From credible sources who had dealt with research and either older adults or depression prior to the study
  - Article had to be finished within the last six years

- Exclusion Criteria:
  - Qualitative studies
  - Older than six year
  - Surgery and dementia

REFERENCES