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Presentation Title: Behavioral and psychological symptoms for people with dementia - Moments of reduction

Abstract:

The presentation will regard my PhD research study at Music Therapy Center - Anglia Ruskin University, Cambridge (UK) about the role of music and music therapy in the reduction of behavioural and psychological symptoms of dementia (BPSD) during music therapy session with person with dementia.

Music Therapy (MT) literature reviews report a reduction of Behavioural and Psychological Symptoms associated with Dementia (BPSD) after MT. In particular active MT can be related to a decrease of agitation, disruptiveness and apathy in Person with Dementia (PWD) aiding in reducing psychotropic medications. The importance of significant session events in active group MT in increasing engagement and creating relationships has also been noted. My research project aims to identify MT techniques, musical-clinical environment features and significant moments which contribute to a reduction in BPSD during the MT session. The presentation will also regard my research mixed method approach (quantitative and qualitative) and data analysis method.

Keywords: Group Music Therapy; Dementia; BPSD reduction; Mixed Methods research