

# Music may improve mood in adults with dementia

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Music may improve mood in adults with Dementia. Credit: Geriatrics & Gerontology International

In a *Geriatrics & Gerontology International* study of 51 individuals living with dementia who attended community-based adult day health centers, behavioral observations of a music intervention showed a positive change in mood and a decrease in agitation. Participants demonstrated significant increases in joy, eye contact, eye movement, being engaged, and talkativeness, and a decrease in sleeping and moving or dancing.

For the study, each participant listened to personalized music using headphones, which prompted social interaction with one another and/or the researchers while listening. After 20 minutes, [participants](#) were brought back to the center's usual activities and were observed for 20 more minutes.

"The promising results of this affordable and meaningful [intervention](#) have propelled our team to develop an online training for direct care workers in long-term care communities," said lead author Dr. Emily Ihara, of George Mason University. "The 'Mason Music & Memory Initiative (M3I)' combines this training with the [music](#) intervention and will be implemented in over 100 Virginia nursing facilities over the next three years."

**More information:** Emily S Ihara et al, Results from a person-centered music intervention for individuals living with dementia, *Geriatrics & Gerontology International* (2018). [DOI: 10.1111/ggi.13563](https://doi.org/10.1111/ggi.13563)

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