

# Cognitive improvements with active singing in dementia

15 May 2015

[required](#))

Copyright © 2015 [HealthDay](#). All rights reserved.



(HealthDay)—An active singing program can improve cognition and life satisfaction among individuals with dementia in an assisted living facility, according to a letter to the editor published in the April issue of the *Journal of the American Geriatrics Society*.

Linda E. Maguire, from the Johns Hopkins University in Baltimore, and colleagues examined the impact of active singing on measures of cognition and [life satisfaction](#) at an assisted living facility. Forty-five participants received three vocal music sessions per week (independent residents: 18 singers, nine [listeners](#); dementia: nine singers, nine listeners).

The researchers found that independent residents had significantly higher scores than those with dementia on the mini-mental state examination (MMSE; P

"These data show that an active singing program, using an innovative approach, led to significant improvement in cognitive ability in individuals with [dementia](#)," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be](#)

APA citation: Cognitive improvements with active singing in dementia (2015, May 15) retrieved 3 December 2021 from <https://medicalxpress.com/news/2015-05-cognitive-dementia.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*