Music therapy and depression

Purposes of the presentation

1. Share knowledge
2. Build networks
3. Inspire colleagues to continue
What to expect

• Background
• Music therapy for depression: State of the art
• A systemic N-of-1 design study
• Development of EIMT
• Experiences with EIMT
• Efficacy of EIMT
• Discussion of the findings

Background

• Depression is most prevalent mental illness
• Women are more affected than men
• Depressed mood or diminished interest/pleasure
• Young adult students are at risk
• Students face many stressors
• Music therapy may help decrease symptoms
Music therapy for depression: State of the art

- Cochrane review (Aalbers, Fusar-Poli et al., 2017)
- Quantitative and qualitative analysis
- Nine trials were included (421 participants)
- Music therapy showed large effect sizes
- Interventions were often poorly described
- More research is needed

A systemic N-of-1 design study

- Design and illustration with study (Aalbers, Sreen et al., 2017)
- Mixed methods design
- Client, formal and informal network monitor outcomes
- Validated and personalised questionnaires
- Design helpful to evaluate outcomes and improve interventions
- Both individuals and group benefitted from music therapy
Development of EIMT

Intervention Mapping: Follow the six steps (Aalbers et al., 2019)
1. Depression and emotion (dys)regulation
2. Music therapy, emotion regulation and depression
3. Prototype: improvisation / synchronisation
4. 10 session Emotion-regulating improvisational music therapy (EIMT)
5. Implement in university context
6. Monitor depression, emotion regulation (ER) and affect (NA / PA)
Experiences with EIMT

- Embedded process evaluation
- Client attendance
- Treatment integrity
- Musical component for synchronisation
- Experiences of all participants

(Aalbers et al., under revision)

“Sometimes there were moments of playing together...the cello really touched me as if it felt she understood... mmm...without using words, just through music...this attunement...it was really beautiful... mmm...it touched me...it still does. I did not know.” (S9)

Efficacy of EIMT
young adult students with depressive symptoms

Multiple case design study (Aalbers et al., 2020)

Voor download go to: https://authors.elsevier.com/a/1c1JSvMu6s2B
Discussion of the findings

- Music therapy is effective
- Decreases depressive symptoms and NA (anxiety)
- Improves ER and functioning
- Improvisation / Synchronisation / ER
- Further implement EIMT
- Case studies and RCTs to study effects of EIMT
- Study principles of EIMT and improve measures

References

Thank you for your attention