



Music therapy and depression



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Purposes of the presentation

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



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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

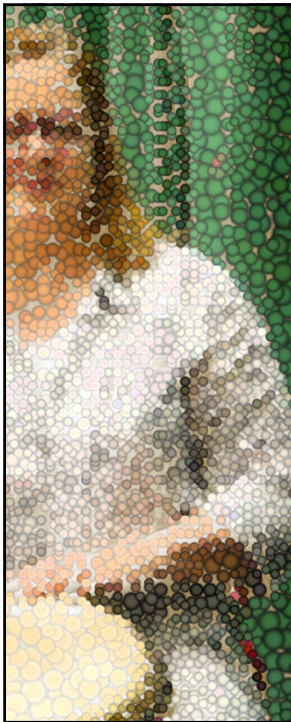


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Background

- 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

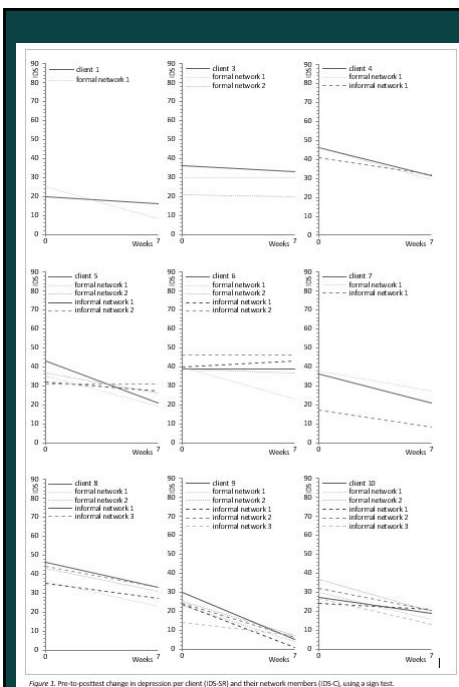
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Music therapy for depression: State of the art

- 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

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A systemic N-of-1 design study

- Design and illustration with study (Aalbers, Spreen 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

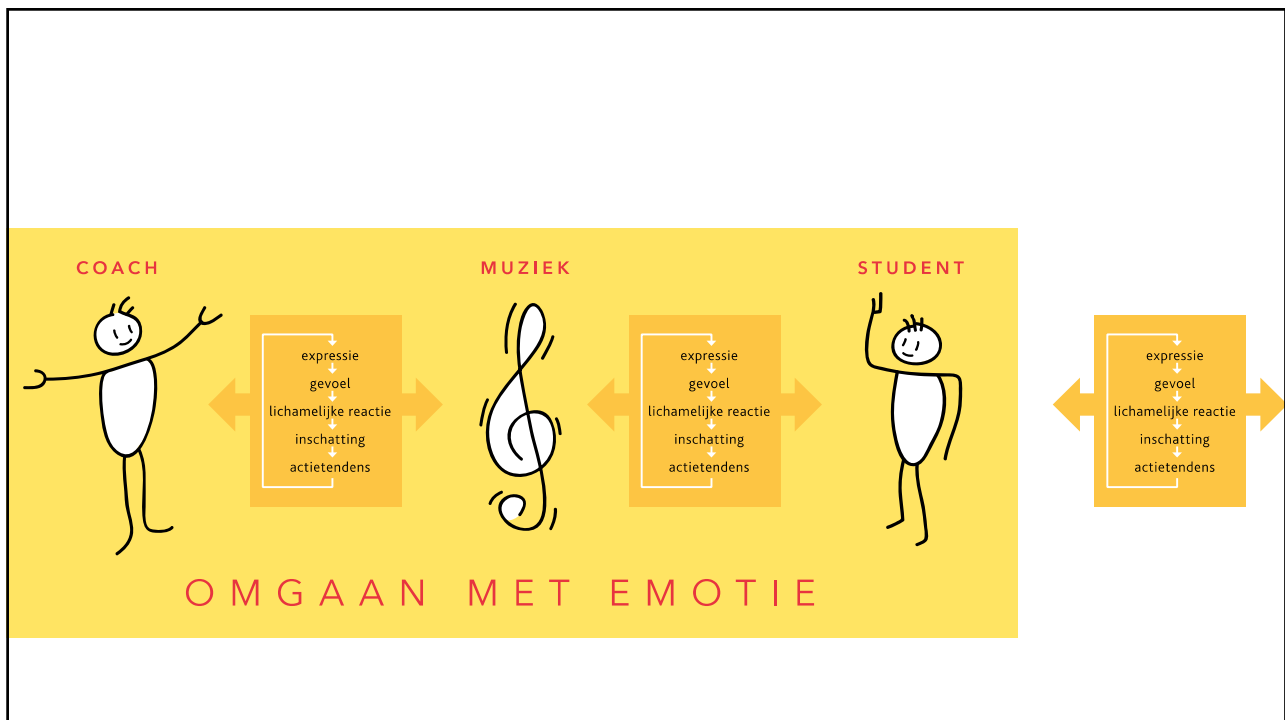
Development of EIMT

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)



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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)

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Efficacy of EIMT young adult students with depressive symptoms

Fig. 2. CONSORT flow-diagram of participant flow through study.

ID	T0	T1	T2	RCI T0-T1	Change T0-T1	RCI T0-T2	Change T0-T2
S1	45	24	26	5.05	++	4.57	++
S2	31	16	16	3.61	++	3.61	++
S3	34	14	13	4.81	++	5.05	++
S4	18	18	10	0	~	1.92	++
S5	45	24	18	4.57	++	6.01	++
S6	44	22	38	5.20	++	1.44	~
S7	25	18	15	1.68	+	2.41	++
S8	42	9	7	7.94	++	8.42	++
S9	47	24	18	5.53	++	6.98	++
S10	36	33	36	.72	~	0	~
S11	49	26	18	5.53	++	7.46	++

Note: ID = identification, IDS-SR = Inventory of Depressive Symptomatology Self-Report, T0 = pre-test, T1 = post-test, T2 = follow-up, RCI = Reliable Change Index (++ = strong improvement, + = moderate improvement, ~ = stable).

ID	T0	T1	T2	RCI T0-T1	Change T0-T1	RCI T0-T2	Change T0-T2
S1	138	85	88	4.76	++	6.83	++
S2	96	83	116	1.66	+	-2.55	~
S3	102	67	60	4.46	++	5.36	++
S4	83	100	79	2.17	++	.51	~
S5	142	104	113	4.85	++	3.7	++
S6	115	73	101	5.36	++	1.79	~
S7	109	83	75	3.32	++	4.24	++
S8	99	73	77	3.52	++	2.81	++
S9	96	67	57	3.7	++	4.97	++
S10	84	75	69	2.42	++	3.19	++
S11	111	80	66	3.95	++	5.74	++

Note: ID = identification, DERS = Difficulties in Emotion Regulation Scale, T0 = pre-test, T1 = post-test, T2 = follow-up, RCI = Reliable Change Index (++ = strong improvement, + = moderate improvement, ~ = stable, - = strong worsening).

Fig. 5. Piecewise multilevel regression analysis graphs for PA and NA showing baseline (A) and intervention/follow-up (B/A-) phase for each student.

Multiple case design study (Aalbers et al., 2020)
Voor download go to: <https://authors.elsevier.com/a/1c1J5ivMu6s2B>

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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



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References

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Thank you for your attention



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