Therapeutic Music Group: The Effect of Listening to Instrumental Music on Acute Psychiatric In-patients

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BACKGROUND
- The "clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional" (AMTA, 1998-2004, p 1)
- Music therapists address physical, emotional, cognitive, and social needs of individuals
- Designed music sessions can be either
  - Individual or group based
  - Active (improvisation, song-writing, facilitated group drumming) or receptive (listening to pre-recorded music)

PURPOSE
- Research and analyze current literature on music therapy on acute psychiatric in-patients
- Implement a music group on ward 2-3-B
- Analyze effect of a specific music therapy intervention (receptive) on patient outcomes
- Determine if music therapy is a viable treatment option

METHODS
- Baseline data was collected once per person during first music session using 5 point Likert scale pre-questionnaire
- After every music session, each participant completed a 5 point Likert scale post-questionnaire
- Both pre and post questionnaire consisted of the same 10 questions for comparison

PRE & POST QUESTIONNAIRE

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Uncertain</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) I feel relaxed.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2) I sleep well.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3) I am able to focus.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4) I feel stressed.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5) I feel anxious.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>6) I am able to take my mind off things.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>7) I feel angry.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>8) I am able to express myself.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>9) It is easy to interact with others.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>10) I feel different from others.</td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

RESULTS

Comparison of Patient Feelings Over Time

- Statistically significant improvement found except on the three right-most criteria

CONCLUSION

- Therapeutic Music Group supports positive outcomes in following areas:
  - Increased relaxation
  - Decreased anxiety & anger
  - Improved sleep
  - Increased ability to focus
- Diagnosis group (MDD) showed strong correlation with entire group
- Likely that all psychiatric patients will benefit from implementation of a music group

IMPLEMENTATION

POPULATION
- Total number of participants: 36
- 100% Male Participants
- Mean age: 53.1 years
- Mean duration of stay: 9.8 days
- Mixed diagnoses

DESIGN
- Session offered 3 times weekly on ward
- Session length: 45 min per session
  - 30 min of instrumental music listening
  - 15 min discussion
- 4-5 participants per session
- Total duration of music group/study: 23 sessions (~2 months)

DIAGNOSIS BREAKDOWN

- Schizophrenia: 14%
- Substance Use Disorder: 6%
- Bipolar Disorder: 28%
- Major Depressive Disorder: 36%

LITERATURE REVIEW

- Systematic review of 8 randomized trials: active music therapy provides short term improvement in interpersonal interaction, coping skills, and psychiatric symptoms (Carr et al., 2013). Review suggests there was no single clearly defined model of music therapy.
- Exploratory randomized controlled trial showed PTSD patients who received group music therapy experienced reduction in severity of PTSD/depression symptoms.
- Compared the effectiveness of five different music interventions: positive outcomes in almost all the music techniques except lyrical analysis intervention.
- Studies showed promising results in immediate and short-term.