

MiDAS

Music in Dementia Assessment Scales

Version 6

Name:	Time:
Completed by:	Date:

MiDAS (Music in Dementia Assessment Scales) aims to assess if there have been changes in the wellbeing of a person with dementia participating in Music Therapy. Both staff and therapist complete **two forms each per session** to evaluate the potential changes. MiDAS uses Visual Analogue Scales; the 'Highest' score on the scale should be set as **the optimum level the individual can achieve**. This means that each individual will have a unique set of 'Highest' levels for each category.

Instruction for Staff

It is important **the same staff member completes both forms on the same day**.

1. Before form should be completed **before** the person's music therapy session. Please take a moment, reflect on the person's **wellbeing today** and decide the **average rating** for each item below and mark clearly with a vertical line on the scale.

2. After form should be completed **several hours after** the person's music therapy session **on the same day**. Rate the person's **average wellbeing after today's session**.

If you are a staff rater, indicate which rating this is:

1. **Before**

2. **After**

Instruction for Music Therapist (MT)

Both forms should be completed immediately after the session.

1. Beginning form should be completed based on the observation of the person during **the first 5 minutes** of the music therapy session. Decide the **average rating** for each item below and mark clearly with a vertical line on the scale.

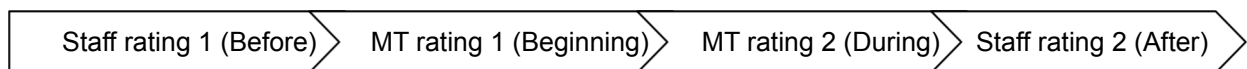
2. During form should be completed based on the observation of the person during **the clinically most significant 5 minutes** of that session.

If you are a music therapist, indicate which rating this is:

1. **Beginning**

2. **During**

Order of rating:



If the person appeared asleep for most of the time, do not score question 1-6, but continue to question 7.

1. Levels of Interest in objects/activities/people around him/her (**attention**). For example:

- Did he/she show his/her **interest in an activity** or **other people** around him/her?
- Did his/her **posture** or **facial expression** change if activities or music catch his/her attention?
- Did he/she become **animated** if activities or music catch his/her attention?

None at all
0

Highest
100

SCORE

2. Levels of Response in communication/activity (**awareness, interaction**). For example:

- Did his/her **facial expression** or **body-movements** indicate his/her awareness of staff or therapist?
- Did he/she make **eye-contact** with staff, therapist or other group members?
- Did he/she join in **conversation, music making** or make **vocal sound**?

None at all _____ Highest
0 100

3. Levels of Initiation in communication/activity (**intention**). For example:

- Did he/she **try to communicate** with staff, therapist or other group members?
- Did he/she **start conversation, start music making, or initiate vocalisation**?
- Did he/she talk about his/her life experiences (**reminiscence**) or **mention music** meaningful to them?

None at all _____ Highest
0 100

4. Levels of Involvement in communication/activity (**participation**). For example:

- Did he/she become **engaged** in conversation, music making, or any forms of communication?
- Did he/she show his/her **enthusiasm** in activities that interest him/her?

None at all _____ Highest
0 100

5. Levels of Enjoyment during communication/activity. For example:

- Smiling, laughing, **brighter mood**
- **Playfulness**, sense of humour
- **Relaxed** mood

None at all _____ Highest
0 100

SCORE: A numerical score can be added by measuring the distance from 'None at all' to your mark with a ruler. Record the score in the box for each VAS (e.g. 60mm as '60'). Each line needs to be exactly 100mm for evaluation purposes.

6. During this period of time did you notice any major reactions from the person?

Indicate if only major reactions are observed. Use this list as supplementary information to the five VAS.

Agitation/aggression	<input type="checkbox"/>	Relaxed mood	<input type="checkbox"/>
Withdrawn/low in mood	<input type="checkbox"/>	Attentive/interested	<input type="checkbox"/>
Restless/anxious	<input type="checkbox"/>	Cheerful/smiling	<input type="checkbox"/>

7. Any comments?