

## Music in Dementia Assessment Scales (MiDAS)

*Clinical relevance, cultural adaptation and its contribution to psy-chosocial research in dementia*

McDermott, Orii; Ridder, Hanne Mette Ochsner

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## Music in Dementia Assessment Scales (MiDAS): clinical relevance, cultural adaptation and its contribution to psychosocial research in dementia

Orii McDermott, Hanne Mette Ridder & Martin Orrell

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**Methods:** In the theoretical part of the doctoral thesis, different pathways of emotion dysregulation and their association with psychopathology will be illustrated. In the experimental part of the study, a total of 110 children (5–11 years) will be examined. Video footage of the first three individual music therapy sessions of every child will be analysed, using various methods including analysis of the quality of relationship (AQR) and a psychological questionnaire, the Emotion Regulation Checklist (ERC).

**Conclusions:** The role of music therapy in assessment and the development of emotion dysregulation will be highlighted. The conceptualization of emotion dysregulation during childhood will be discussed.

**Keywords** Music therapy; emotion dysregulation; assessment

\*Corresponding author. Email: [monika.marik@students.mdw.ac.at](mailto:monika.marik@students.mdw.ac.at)

## Building power to heal thyself by using a phonograph for the elderly with dementia

Yoshiharu Masuda

Faculty of Rehabilitation Sciences, Nagoya Gakuin University, Seto, Japan

**Introduction:** According to Berliner (1888), hearing voices in the groove would be “like holding community with immortality.” It is this interactive and introspective feature of phonograph sound that makes *Music Therapy by Phonograph (MTP thereafter)* effective especially to the elderly with dementia.

**Methodology:** A phonograph (HMV 102) and carefully selected 78 rpm records were presented to produce the sound ambience of early 1930s and 1940s. Narrative-Based Medicine was conducted to observe the effects of MTP.

**Case presentation:** A total of 50 MTP sessions were directed by the author from June 2014 to July 2015. There were 14 residents with different levels of dementia in two group homes in Seto, Japan.

**Discussion:** MTP facilitated especially two elders’ narratives to a point that there were many stories that only the author gained access. Details of these narratives will be elaborated using quantitative (length of talk) and qualitative (prosody, lexicon) analysis.

**Conclusions:** Every MTP session enlightened other residents’ talk with smiles as well. Sharing their past made them happier and seems to build power to heal themselves.

**Keywords** Music therapy; phonograph; dementia; narrative-based medicine

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Email: [yoshiharumasuda@mac.com](mailto:yoshiharumasuda@mac.com)

## Music in Dementia Assessment Scales (MiDAS): clinical relevance, cultural adaptation and its contribution to psychosocial research in dementia

Orii McDermott<sup>a,b,\*</sup>, Hanne Mette Ridder<sup>a</sup>, and Martin Orrell<sup>b</sup>

<sup>a</sup>Doctoral Programme in Music Therapy, Department of Communication & Psychology, Aalborg University, Aalborg, Denmark; <sup>b</sup>The Institute of Mental Health, University of Nottingham, Nottingham, UK

**Background:** Music in Dementia Assessment Scales (MiDAS) is a validated outcome measure for music therapy with people with dementia. In preparation for multi-centre studies, there was a need to develop a systematic procedure for translating and adapting music therapy outcome measures. Investigation of the clinical relevance of MiDAS and its value and limitations in the wider context of psychosocial research in dementia was also necessary.

**Methods:** Cultural adaptation and translation procedures were developed through literature review, expert and peer consultations and field-testing. Feedback from music therapists in Denmark, Norway and the UK was obtained. Expert opinions on MiDAS were sought from INTERDEM researchers involved in recommendation of outcome measures for dementia psychosocial research across Europe.

**Results:** Danish and Norwegian MiDAS were produced. A guideline on translation and adaptation procedures for music therapy outcome measures was published.

**Conclusions:** MiDAS is a reliable tool to evaluate clinical practice. Measuring musical engagement is important in psychosocial research. MiDAS is useful for research particularly when used in conjunction with other established psychiatric measures.

**Keywords** Dementia; outcome measure; translation and cultural adaptation; psychosocial research

\*Corresponding author. Email: [orii@hum.aau.dk](mailto:orii@hum.aau.dk)

## Talking to “the public” about music therapy practice, theory and research

Katrina Skewes McFerran

Music Therapy, Melbourne Conservatorium of Music, The University of Melbourne, Melbourne, Australia

**Background:** The profession of music therapy is of interest to the wider public as the discourse about music, health and well-being continues to gain traction. Being able to describe music therapy practice, research and theory in ways that are easily understood without being over simplified is a complex task.

**Objective:** To detail principles distilled from a range of public speaking and lecturing opportunities to a wide array of audiences.

**Methods:** This presentation will both illustrate and analyse the key components of effective communication with members of the public, with a specific focus on speaking to consumers, university students and government agencies as well as professional colleagues.

**Discussion:** Each audience member brings an array of assumptions when they listen to explanations and descriptions about music therapy practice, theory and research. Being able to talk in an accessible way whilst still conveying the ideas we would like to share requires the creation of mutually interesting materials.

**Conclusions:** Most music therapists are required to explain the profession to the public at different times. By discussing key principles and sharing stories of success, we increase the chance of being understood.

**Keywords** Communication; public speaking; theory; research

Email: [k.mcferran@unimelb.edu.au](mailto:k.mcferran@unimelb.edu.au)