



Target Area: Cognition/ Mental > Attention, Executive function, Memory; Mood, Quality of life

<p>Särkämö, T., Tervaniemi, M., Laitinen, S., Forsblom, A., Soinilia, S., Mikkonen, M. et al. (2008) Music listening enhances cognitive recovery and mood after middle cerebral artery stroke <i>Brain</i> 131, 866-876</p>	<p>PEDro score - 7 /10</p>
<p>Method/Results</p>	<p>Rehabilitation Program</p>
<p><b>Design</b></p> <ul style="list-style-type: none"> <li>➤ <b>Study Design:</b> RCT.</li> <li>➤ <b>Population:</b> Patients with left or right middle cerebral artery stroke, under 75 years of age</li> <li>➤ <b>Groups:</b> <ol style="list-style-type: none"> <li>1. Music (n=20)</li> <li>2. Language (n=20)</li> <li>3. Control (n=20)</li> </ol> </li> <li>➤ <b>Setting:</b> in hospital or at home</li> </ul> <p><b>Primary outcome measures:</b></p> <ul style="list-style-type: none"> <li>➤ Clinical neuropsychological assessment (verbal memory, short term &amp; working memory, language, visuospatial function, music cognition, executive functions, focused attention &amp; sustained attention)</li> <li>➤ Mood (Profile of Mood States – Finnish version)</li> <li>➤ Stroke &amp; Aphasia Quality of Life Scale-39.</li> </ul> <p><b>Results:</b> There were no statistically significant differences in demographic or clinical variables before treatment. Verbal memory and focused attention were significantly improved in the music group compared to the language and control groups at both 3 months and 6 months post-stroke. Depression scores were significantly lower in the music group compared to language and control groups at 3 months but not 6 months post-stroke. There were no significant group differences in self-rated or proxy rated quality of life at either 3 months or 6 months post-stroke.</p>	<p><b>Aim:</b> To improve cognitive and emotional functioning in stroke survivors through everyday music listening.</p> <p><b>Materials:</b> Cd players and cds (including access to a variety of music files and audiobooks).</p> <p><b>Treatment Plan:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Duration:</b> 2 month program</li> <li>➤ <b>Procedure:</b> Daily music or audiobook listening (minimum 1hr per day). Participants also instructed to keep daily listening diary, and contacted weekly to encourage listening, provide more material and to give practical help in using the equipment.</li> <li>➤ <b>Content:</b> 3 groups <ol style="list-style-type: none"> <li>1. <b>Music:</b> favourite music in any musical genre</li> <li>2. <b>Language:</b> narrated audiobooks</li> <li>3. <b>Control:</b> not given any listening material</li> </ol> </li> </ul>