

Effectiveness of Music Therapy on Depressed Patient

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Abstract

The aim of the study was to find out the effectiveness of music therapy on depression among depressive patient. The design used for this study was quasi experimental pre test post test with control group design. A purposive sample of 12 patients with depression was recruited for the study. Music therapy was administered to the patients. Zung depression rating scale was used to assess the level of depression before and after music therapy. The data was statistically analyzed to test the hypothesis. The result revealed that there was difference in the level of depression by identifying sign and symptoms before and after music therapy. Hence, the study concluded that the music therapy is found to be an effective therapy in reducing the level of depression.

Keywords: Music Therapy; Depression; Zung depression rating scale; Patients.

OBJECTIVES

- To assess effects of music therapy for depression in people of any age compared with treatment as usual and psychological, pharmacological and other therapies.
- To compare the effects of different forms of music therapy for people of any age with a diagnosis of depression.

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INTRODUCTION

Depression was reported to be a common mental disorder and affected more than 300 million people worldwide, and long lasting depression with moderate or severe intensity may result in serious health problems. Depression has become the leading cause of disability worldwide according to recent World Health Organization (WHO) report. Although it is known for the treatment of depression, more than 3/4 of people in low and middle income countries receive no treatment due to lack of medical resources and social stigma of mental disorders. Considering the continuously increased disease burden of depression, a convenient effective therapeutic measure was needed at community level.

Music based intervention is a non-pharmacological intervention used in the treatment of behavioral disorders, and the obvious curative effect on

depression has been observed. According to American Music Therapy Association (AMTA) "music therapy is the clinical and evidence - based use of music intervention to accomplish individualized goals within a therapeutic relationship by a credentialed profession who has completed approved music therapy program.

Types of Depression

- Major depressive disorder
- Bipolar disorder
- Perinatal or postpartum disorder

CONCLUSION

Depression is the most common depressive disorder. Depression is the state of low need and aversion to activity that can affects a person's thought, behaviors, feeling and physical wellbeing. Music therapy is one of the innovative non pharmacological therapies that can be administered easily which it is cost effective and do

not compromise with the patient's privacy, hence music therapy is proved to be one of the effective therapies to reduce the level of depression among depressive patients.

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