

# Music Therapy on Alzheimer's Disease



Alzheimer's Disease is a disease that causes cell degeneration in the front of the brain called the temporal lobe which is responsible for memory

## Positivity Effect

The positivity effect describes the pattern that older people tend to remember positive memories instead of negative ones. This is evidence of "successful aging".



After 12 sessions of music therapy, Alzheimer patients had an increase recollection of positive personal memories than before they engaged in musical therapy.



## Results

The results of music therapy could not be concluded to directly cause the improvement of memory because of the lack of homogeneity among the patients. However, some results showed an improvement of past personalized memories when music of the patient's choice was used for the music therapy.

## Depression and Anxiety

After music therapy Alzheimer patients reported a lower level of depression and anxiety.