

## **Music for improvement cognitive function in older adults: systematic review**

AS people get older, deterioration of cognitive function is common problem for dementia, mild cognitive impairment (MCI) and normal aging people. This systematic review addressed the efficacy of music intervention programs that have been tested in individuals and group presenting with older adults. MedLine, CINAHL, Cochrane Library, PsylINFO, PubMed were searched using the following key terms: Aging, Aged care, Health elderly, Geriatric, Dementia, Alzheimer disease, MCI, Mild cognitive impairment, Cognitive training, Memory training, Memory stimulation, Treatment, Intervention, Musi\*, Cognitive function, Digit span, Cording, Trail making, Stroop, MMSE. The results showed that music intervention provided 47% for dementia, 39% for normal aging, and 14% for mild cognitive impairment. Four studies were randomized controlled trials, seven were quasi-experimental designs, and two were single-case investigations. Music interventions were provided by music education, music therapy and experimental setting. Suggestions to improve cognitive music intervention in older adults are proposed, such as standard music cognitive training manual, process for cognitive levels as well as large samples demanded for study of MCI. The present systematic review suggests that a consensus among all the music therapists working on cognitive training in older adults is needed to provide guidelines for music intervention

Corresponding author

Hye Kyoung Won

Clinical Supervisor & Doctoral Student Department of Music Therapy, Ewha Womans University

[wonhkmt@hanmail.net](mailto:wonhkmt@hanmail.net)

First author

Soo Ji Kim, Ph.D., MT-BC

Dr. Kim received PhD degree at University of Kansas.

Program director of Music Therapy Education in Graduate School of Education, Ewha Womans University.

Vice president of National Association of Korean Music Therapists

Chief editor of Journal of Music and Human Behavior.

Third author

Ye Jin Sa

Student Department of Music Therapy Education, Graduate School, Ewha Womans University