# Article information:

Music Therapy in the Treatment of Dementia: A Systematic Review and Meta-Analysis - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7248378/>

# Article summary:

1. Music therapy has been proposed as a possible strategy to slow down cognitive decline and behavioral changes associated with dementia.

2. A systematic review and meta-analysis was conducted to assess the effects of music therapy on cognitive function, quality of life, and depressive state in people living with dementia.

3. Results showed that music therapy improved cognitive function, quality of life after the intervention, and long-term depression in people living with dementia.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article is generally reliable and trustworthy due to its use of systematic review and meta-analysis methods to assess the effects of music therapy on cognitive function, quality of life, and depressive state in people living with dementia. The search was made up of all the literature until present, which ensures that all relevant studies were included in the analysis. Furthermore, all the studies had an acceptable quality based on their scores on the Physiotherapy Evidence Database (PEDro) and Critical Appraisal Skills Program (CASP) scales.

However, there are some potential biases that should be noted when interpreting the results of this study. Firstly, it is possible that some studies may have been excluded from the analysis due to language or publication bias; only English language articles were included in this study, which may have resulted in some relevant studies being excluded from consideration. Secondly, it is also possible that there may be publication bias due to selective reporting; only positive results may have been reported or published while negative results were not reported or published. Finally, it is important to note that this study did not explore any potential risks associated with music therapy for people living with dementia; further research should be conducted to assess any potential risks associated with this type of intervention before it can be recommended as a treatment option for people living with dementia.

# Topics for further research:

* Music therapy and dementia risks
* Music therapy and cognitive function
* Music therapy and quality of life
* Music therapy and depression
* Music therapy and language bias
* Music therapy and publication bias

# Report location:

<https://www.fullpicture.app/item/f53de1eef2d3eaa986e9bad1d82f6a97>