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Effectiveness of music therapy and reminiscence therapy on depressive symptoms among elderly people in selected geriatric home, Chennai; Pilot study

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KEYWORDS

Music therapy,
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Elderly,
Depressive symptoms.

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Abstract

Introduction:
With ageing, the likelihood of experiencing age-related health issues increase. Other than systemic diseases, many people experience mental illnesses in old age.Music and reminiscence therapy has been proposed as a potentially effective strategy for elderly geriatric home residents with depressive symptoms.

Methods:
In this pilot study, residents of elderly were evaluated for depressive symptoms through revised geriatric depression scale, and modified beck depression inventory respectively.Music and reminiscence therapy were applied to them and post-intervention assessment was done using the same scales.

Results:
Depressive symptoms showed a mean reduction in score but statistically not significant. When graded into severity, outcomes showed improvement from higher severity grade to lower grade in post-intervention assessment. The intervention resulted in an reduction of depressive symptoms.

Conclusions:
The study found music and reminiscence therapy could be encouraging in Indian settings. Hence, we recommend for further exploration of the long-term effects of this program, its feasibility, cost-effectiveness, and validation of the content for large-scale implementation.

INTRODUCTION

Aging is a natural cycle and old age is an incurable disease. It is a phase of life cycle characterized by its own developmental issues, many of which are concerned with loss of physical ability and mental acuity, friends. Failure to adaptations and acceptance of the ageing which can lead to frustration, loneliness, bitterness, hopelessness, helplessness and insecurity makes older people more prone to get depression in later life. It is accompanied by an increased risk of physical and psychological problems among the elderly population, such as reduced muscle strength, balance and high risk of falls, which can lead to mortality.

One of the outstanding psychological issues among the elderly is depression. Depressive symptoms or other mental health problems can give harmful effects on the individual and societies.It has the highest prevalence rate (17 %) among the psychological health issues occurring among the aging population. The median prevalence rate of depressive disorders in the world for elderly population was documented to be 10.3% and in Indian population was determined to be 21.9%.

There are several treatments to reduce depression among the elderly which are pharmacologic and non-pharmacologic. Depressive symptoms is commonly treated using medication like anti-depressants for quite some time, but this has proven to give side effects. So, as a strategy to prevent uncontrolled use of drugs and their side-effects, several non-pharmacologic methods offer various significant benefits in terms of decreasing depressive symptoms among elderly.

Music has been used as the therapeutic agent and Indian classical ragas are proved to be very effective. It is a powerful tool, particularly suitable for gerontology care as it helps them in maintaining and restoring health. Listening to music can improve mood, induce pleasure, and activate the dopaminergic reward system in the brain. Music therapy removes negative feelings and leads to physical and mental relaxation in elderly with depressive symptoms. Music therapy approaches across the world have emerged from diverse aspects such as behavioral, psychoanalytical, educational, or humanistic models of therapy. In recent years, specializations have evolved like neurologic music therapy, to improve cognitive, sensory, and motor functioning. The main aim of music therapy is to enhance health via therapeutic change agents such as music, relationships, and reflections. In this therapy both the music therapist and

participants are actively involved and musical interaction takes place between therapist and patient.

Reminiscence is innately occurring universal and spontaneous mental process in which past experiences, in specific unresolved conflicts, are progressively returned to consciousness, and thus they can be reconnected. It is more than simply evoking the past and also is a structured process of systematically reflecting on one's life. This is reflexive process in which one can introspectively define or redefine oneself.

Reminiscence therapy uses purposeful recollection of personal narratives and experiences to improve well-being and has been found to improve psychological well-being in elderly. It focuses on shared storytelling, thematic discussions around particular experiences, topics, or times.

Reminiscence therapy starts with birth and then develops through the decades of life with focus on specific events.

Music therapy and the reminiscence therapy together have the effect on various cognitive, psychological, social, behavioral, and health outcome measures, that includes depression, self-esteem, self-concept, self-assessment, self-acceptance, self-change, ego integrity, ego strength, mood, anxiety, coping self-efficacy, social issues-solving ability, integration of life phases, life satisfaction, physical activities, social behavior, cognitive and health status, and well-being.

Aim

- Geriatric depression assessment scale may help to identify the level of depression.
- Music and reminiscence therapy may help to manage and prevent further progression in depression.

Objectives

- To assess the level of depression among elderly in selected geriatric homes.
- To determine the effectiveness of music and reminiscence therapies on depressive symptoms among elderly.
- To associate the selected demographic variables with depressive symptoms.

Methodology

S.No	Research Approach	Experiment Approach
1	Research Design	True-experimental design,Pretest post test control group design
2	Population Target population Accessible population	 Elderly people Elderly people with depressive symptoms
3	Sample Size	36 elderly people with depressive symptoms
4	Sampling Technique	Simple random sampling technique

Inclusion and exclusion criteria:

Inclusion Criteria

- Elderly with depressive symptoms in the age group of 60-80 years.
- Elderly who will be available during the data collection period and are willing to give consent (oral and written) for the study.
- Elderly who were having sufficient visual and auditory skills to participate in therapy-related tasks.

Exclusion Criteria

- Elderly who had previously underwent music and reminiscence therapy intervention.
- Elderly those who were having hearing disabilities.
- Elderly who were clinically unstable and were taking anti psychotic medication.

Study tools:

Tool 1: Demographic variable
Tool 2: Geriatric depression scale
Tool 3: Modified Beck depression inventory

Results:

Table 1: Frequency and percentage distribution of demographic variables of the elderly people in the experimental and control group.N = 36(18+18)

Demographic Variables	Experimental		Control	
	Frequency	Percentage	Frequency	Percentage
Age in years				
60 – 65	8	44.4	5	27.8
66 – 70	3	16.7	4	22.2
71 – 75	4	22.2	5	27.8
76 – 80	3	16.7	4	22.2
Gender				
Male	10	55.6	12	66.7
Female	8	44.4	6	33.3
Education				
Profession or Honours	1	5.6	1	5.6
Graduate	1	5.6	1	5.6

Demographic Variables	Experimental		Control	
	Frequency	Percentage	Frequency	Percentage
Intermediate or Diploma	3	16.7	2	11.1
High school certificate	6	33.3	7	38.9
Middle school certificate	3	16.7	2	11.1
Primary school Certificate	2	11.1	3	16.7
Illiterate	2	11.1	2	11.1
Previous occupation				
Professional	3	16.7	1	5.6
Semi professional	0	0	3	16.7
Clerical / Shop / Farm	5	27.8	6	33.3
Skilled worker	2	11.1	2	11.1
Semi-skilled worker	0	0	2	11.1
Unskilled worker	2	11.1	2	11.1
Unemployed	6	33.3	2	11.1
Socioeconomic class				
Upper (I)	-	-	-	-
Upper Middle (II)	6	33.3	9	50.0
Lower Middle (III)	5	27.8	2	11.1
Upper Lower (IV)	5	27.8	5	27.8
Lower (V)	2	11.1	2	11.1
Financial support				
Government retired person	-	-	-	-
Old age pension	2	11.1	2	11.1
Any other	2	11.1	2	11.1
Nil	3	16.7	3	16.7
Birth order				
First born	9	50.0	6	33.3
Middle born	3	16.7	6	33.3
Last born	5	27.8	5	27.8
Only child	-	-	-	-
Others	1	5.6	1	5.6
Marital status				
Married	11	61.1	8	44.4
Single	0	0		11.1
Divorced	0	0	1	5.6
Widowed	7	38.9	7	38.9
Number of children				

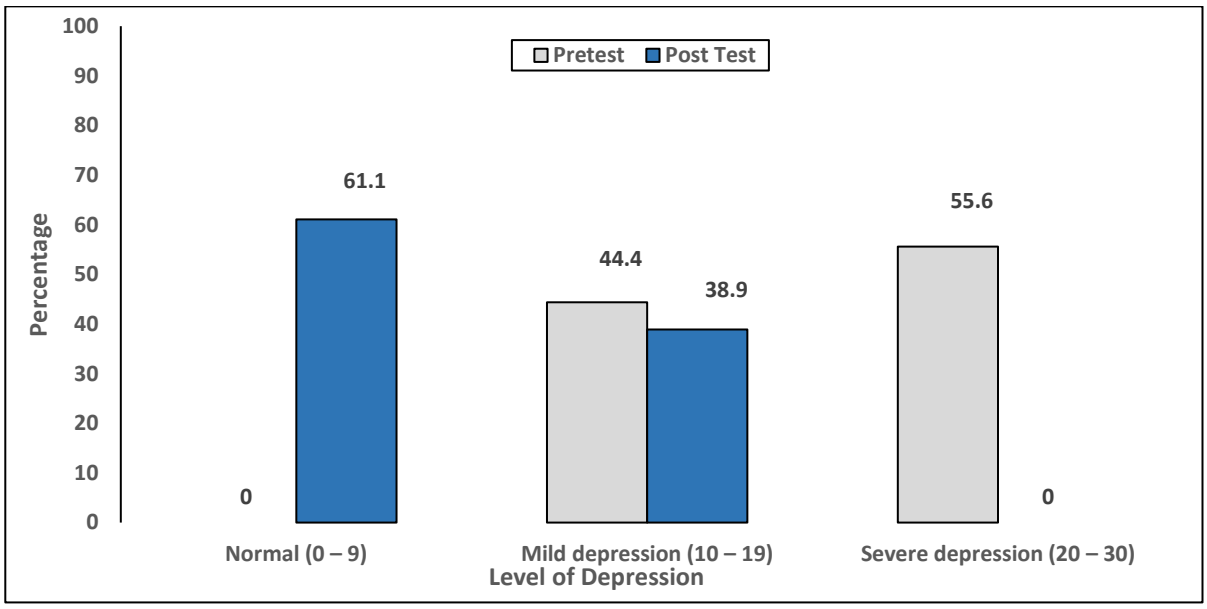
Demographic Variables	Experimental		Control	
	Frequency	Percentage	Frequency	Percentage
1 (or) 2	4	22.2	3	16.7
More than 2 or 3	14	77.8	13	72.2
No children	0	0	2	11.1
Mode of admission				
Referred by trust	1	5.6	2	11.1
Voluntary admission	8	44.4	6	33.3
By the children	5	27.8	5	27.8
Others	4	22.2	5	27.8
Duration of stay				
Below one year	6	33.3	9	50.0
1 – 3 years	11	61.1	7	38.9
3 – 5 years	0	0	1	5.6
More than 5 years	1	5.6	1	5.6
Reason for staying in old age home				
Conflict with family members	0	0	3	16.7
Neglected by children / family	10	55.6	6	33.3
Poverty	5	27.8	6	33.3
Acceptance to live independent	3	16.7	3	16.7
Any other	-	-	-	-
Frequency of visit by family members				
Once or twice a week	7	38.9	5	27.8
Once or twice a month	10	55.6	13	72.2
Once or twice a year	1	5.6	0	0
Never	-	-	-	-
Level of Dependency				
Independent	4	22.2	3	16.7
Partially dependent	3	16.7	4	22.2
Completely dependent	1	5.6	1	5.6
Recreational activities				
Art Activities	9	50.0	7	38.9
Cultural activities	5	27.8	7	38.9
Sports activities	-	-	-	-
Religious activities	3	16.7	3	16.7
Social Activities	1	5.6	1	5.6
Others	-	-	-	-

Demographic Variables	Experimental		Control	
	Frequency	Percentage	Frequency	Percentage
Leisure activities				
Watching TV	9	50.0	13	72.2
Listening to music	6	33.3	2	11.1
Reading books	2	11.1	2	11.1
Others	1	5.6	1	5.6
Do you spend time with other residents in home?				
Yes	7	38.9	10	55.6
No	11	61.1	8	44.4
How often do you participate in your leisure or recreational activities?				
Daily	3	16.7	4	22.2
Several times a week	0	0	1	5.6
Weekly	8	44.4	6	33.3
Rarely	7	38.9	5	27.8
Never	0	0	2	11.1
Known family history of depression				
Yes	5	27.8	8	44.4
No	11	61.1	8	44.4
Unknown	2	11.1	2	11.1
Co-morbid conditions, if yes specify				
Yes	17	94.4	14	77.8
No	1	5.6	4	22.2

N.S - Not Significant

Table 2: Frequency and percentage distribution of pretest and post test level of depressive symptoms (GDS) among elderly people in the experimental group. N = 18

Level of Depression (GDS)	Pretest		Post Test	
	F	%	F	%
Normal (0 – 9)	-	-	11	61.1
Mild depression (10 – 19)	8	44.4	7	38.9
Severe depression (20 – 30)	10	55.6	-	-

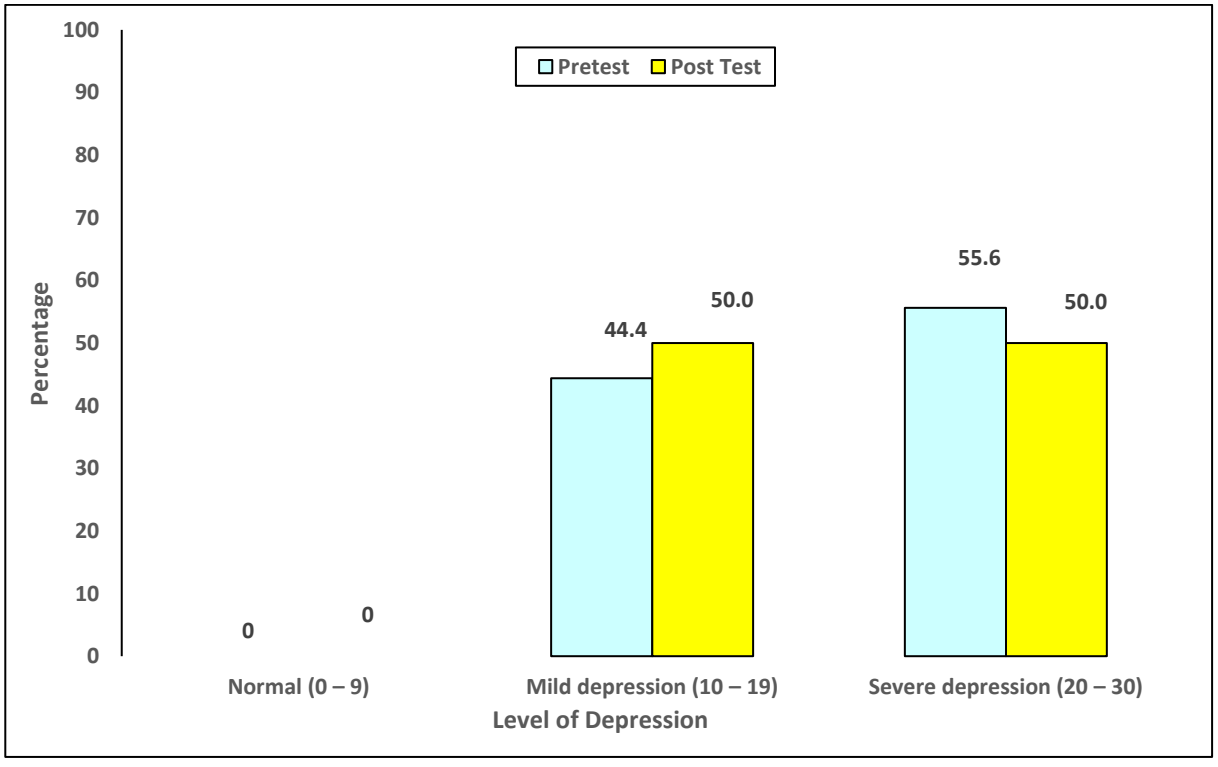


Percentage distribution of pretest and post test level of depressive symptoms (GDS) among elderly people in the experimental group

Table 3: Frequency and percentage distribution of pretest and post test level of depressive symptoms (GDS) among elderly people in the control group.

N = 18

Level of Depression (GDS)	Pretest		Post Test	
	F	%	F	%
Normal (0 - 9)	-	-	-	-
Mild depression (10 - 19)	8	44.4	9	50.0
Severe depression (20 - 30)	10	55.6	9	50.0

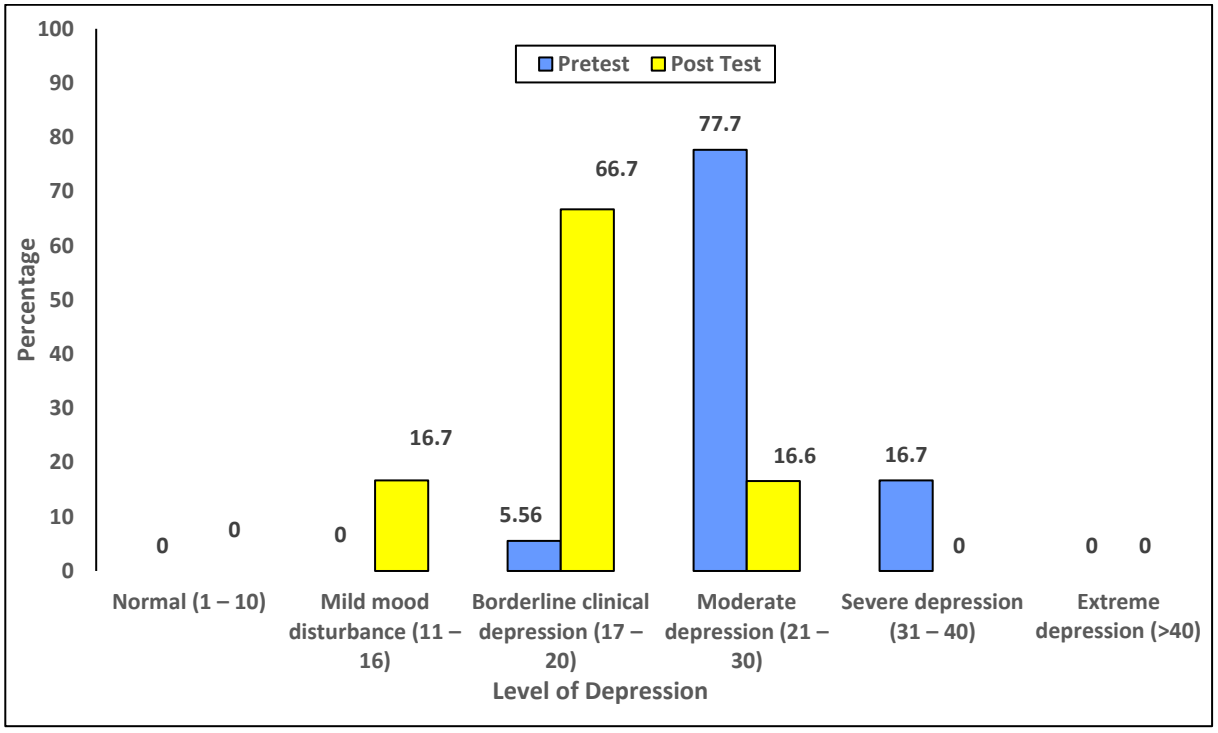


Percentage distribution of pretest and post test level of depressive symptoms (GDS) among elderly people in the control group

Table 4: Frequency and percentage distribution of pretest and post test level of depressive symptoms (BIS) among elderly people in the experimental group.

N = 18

Level of Depression (BIS)	Pretest		Post Test	
	F	%	F	%
Normal (1 – 10)	-	-	-	-
Mild mood disturbance (11 – 16)	-	-	3	16.7
Borderline clinical depression (17 – 20)	1	5.56	12	66.7
Moderate depression (21 – 30)	14	77.7	3	16.6
Severe depression (31 – 40)	3	16.7	-	-
Extreme depression (>40)	-	-	-	-

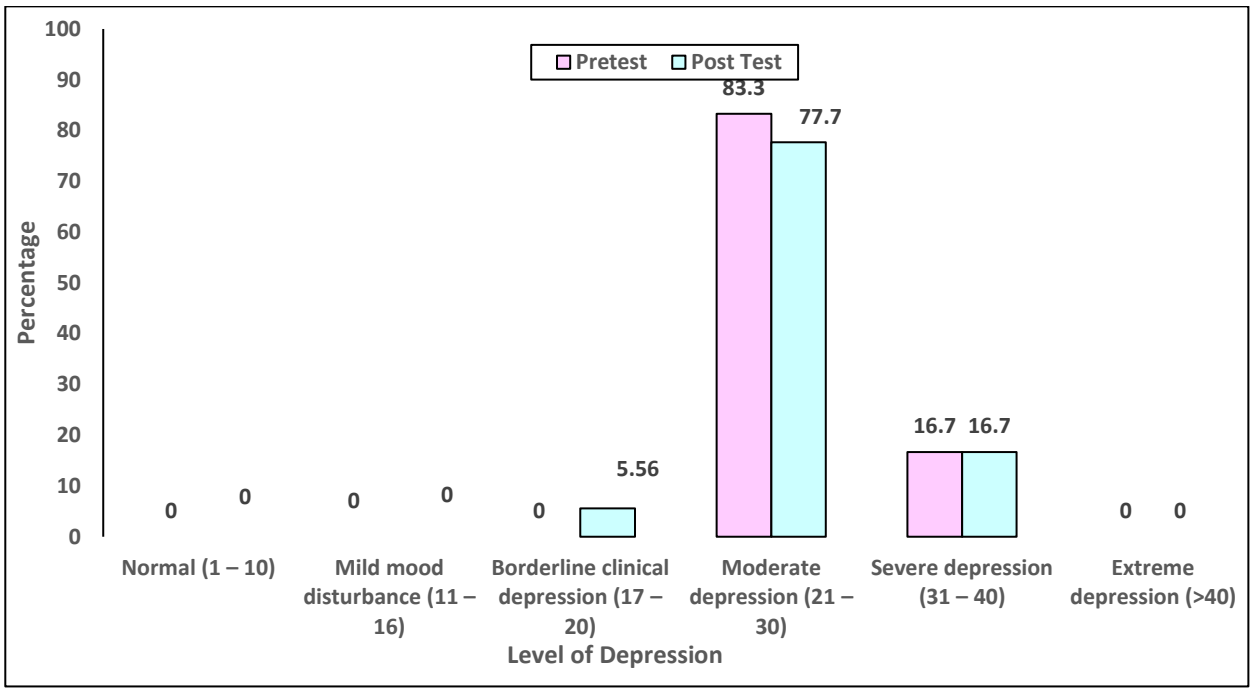


Percentage distribution of pretest and post test level of depressive symptoms (BIS) among elderly people in the experimental group

Table 5: Frequency and percentage distribution of pretest and post test level of depressive symptoms (BIS) among elderly people in the control group.

N = 18

Level of Depression (BIS)	Pretest		Post Test	
	F	%	F	%
Normal (1 – 10)	-	-	-	-
Mild mood disturbance (11 – 16)	-	-	-	-
Borderline clinical depression (17 – 20)	-	-	1	5.56
Moderate depression (21 – 30)	15	83.3	14	77.7
Severe depression (31 – 40)	3	16.7	3	16.7
Extreme depression (>40)	-	-	-	-

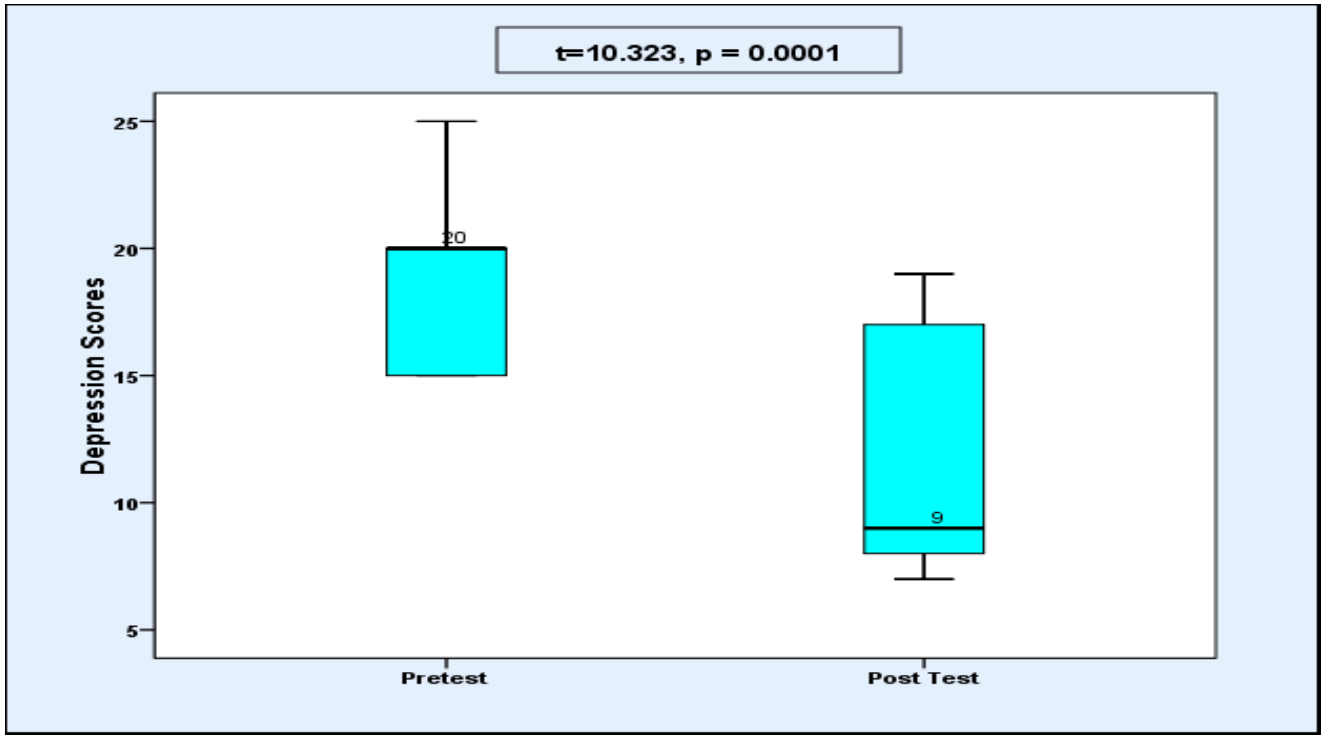


Percentage distribution of pretest and post test level of depressive symptoms (BIS) among elderly people in the control group

Table 6: Effectiveness of Music and Reminiscence Therapy on depressive symptoms (GDS) among elderly people in the experimental group. N = 18

Depressive Symptoms (GDS)	Mean	S.D	Mean Difference	Paired "t" test & p-value
Pretest	18.66	3.78	7.05	t=10.323
Post Test	11.61	4.74		p=0.0001, S***

***p<0.001, S - Significant



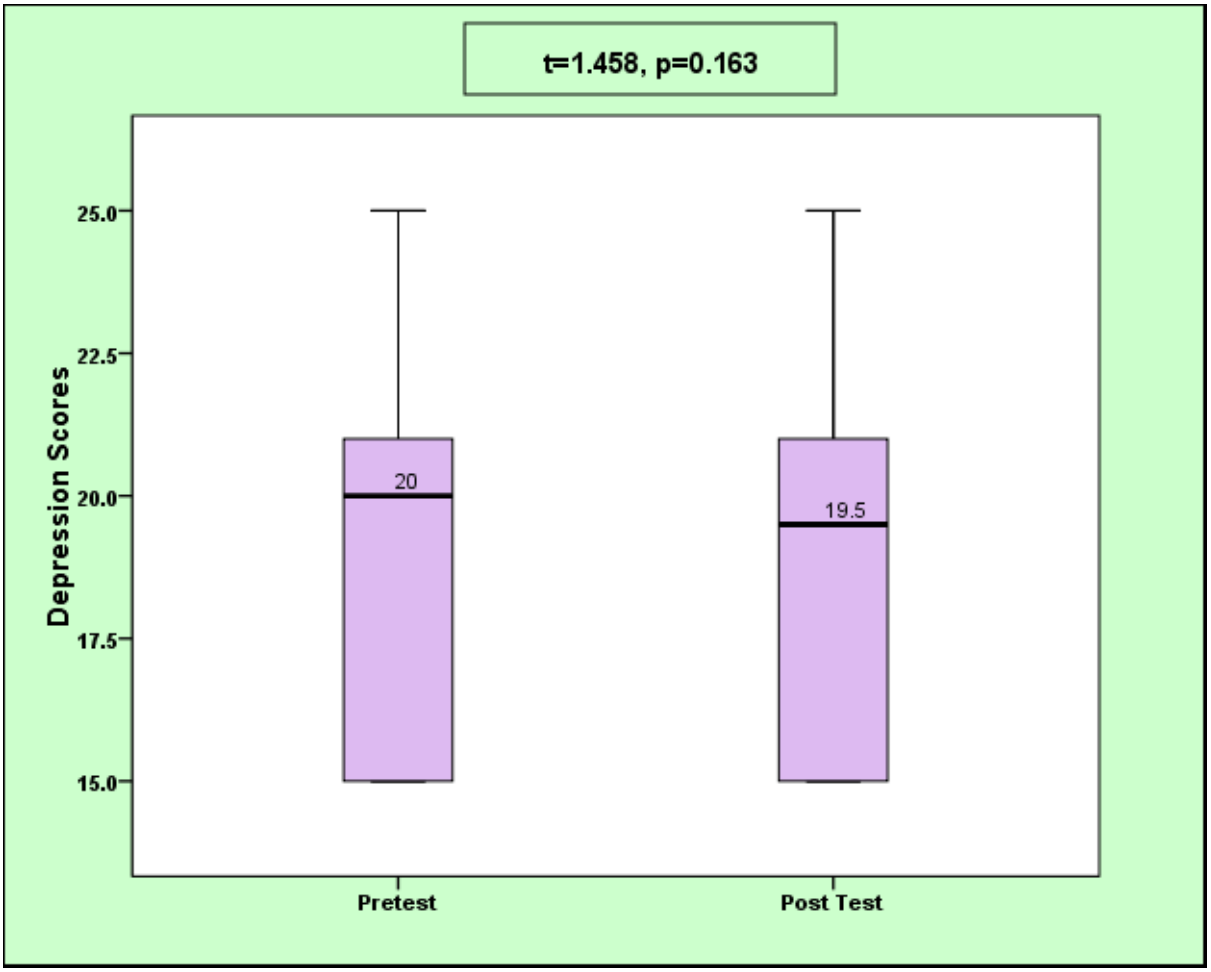
Boxplot showing the comparison of pretest and post test depressive symptoms (GDS) among elderly people in the experimental group

(Median: Pretest - 20.0, Post Test - 9.0)

Table 7: Comparison of pretest and post test depressive symptoms (GDS) scores among elderly people in the control group. N = 18

Depressive Symptoms (GDS)	Mean	S.D	Mean Difference	Paired "t" test & p-value
Pretest	19.00	3.46	0.11	t=1.458
Post Test	18.89	3.49		p=0.163, N.S

N.S - Not Significant

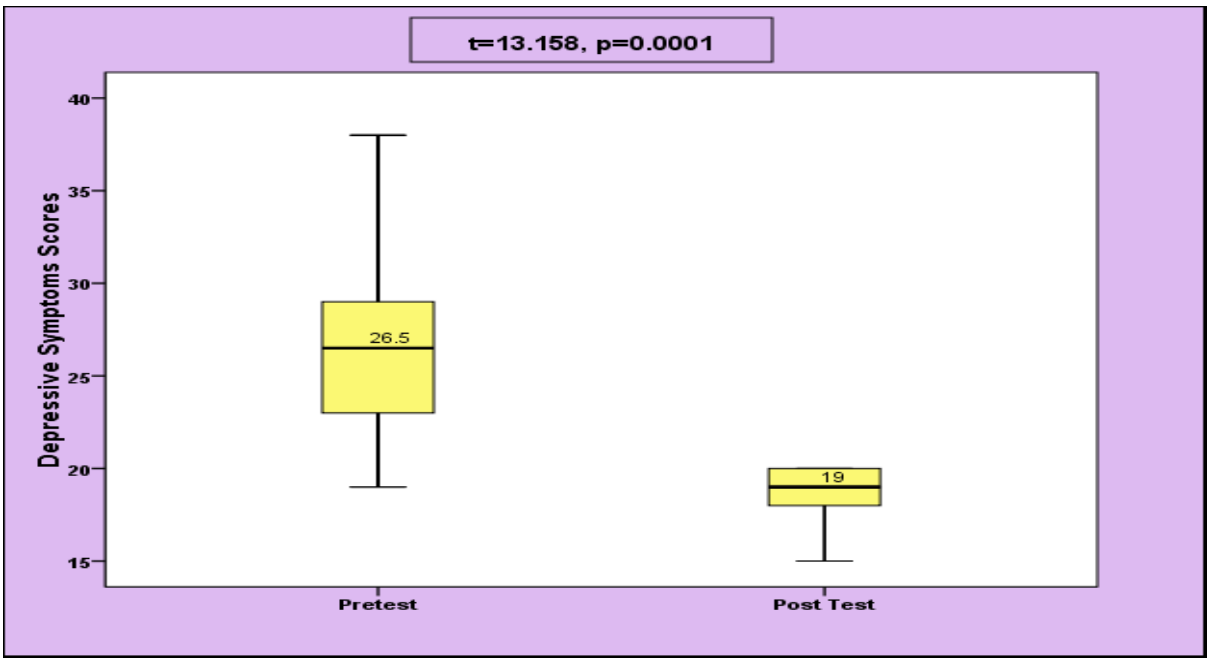


Boxplot showing the comparison of pretest and post test depressive symptoms (GDS) among elderly people in the control group
(Median: Pretest - 20.0, Post Test - 19.5)

Table 8: Effectiveness of Music and Reminiscence Therapy on depressive symptoms (BIS) among elderly people in the experimental group. N = 18

Depressive Symptoms (BIS)	Mean	S.D	Mean Difference	Paired "t" test & p-value
Pretest	27.11	5.45	7.28	t=13.158
Post Test	19.83	3.79		p=0.0001, S***

***p<0.001, S - Significant

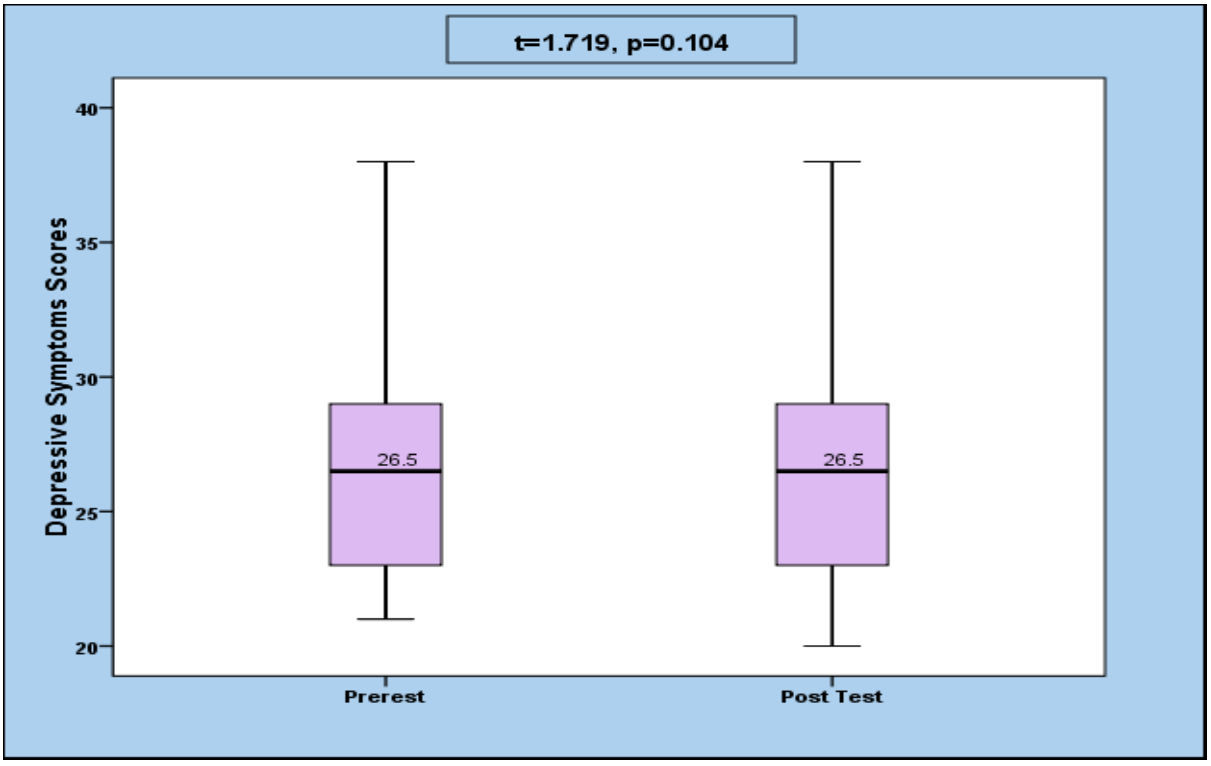


Box plot showing the comparison of pretest and post test depressive symptoms (BIS) among elderly people in the experimental group
(Median: Pretest - 26.5, Post Test - 19.0)

Table 9: Comparison of pretest and post test depressive symptoms (BIS) scores among elderly people in the control group. N = 18

Depressive Symptoms (BIS)	Mean	S.D	Mean Difference	Paired "t" test & p-value
Pretest	27.27	5.19	0.22	t=1.719 p=0.104, N.S
Post Test	27.05	5.37		

N.S - Not Significant

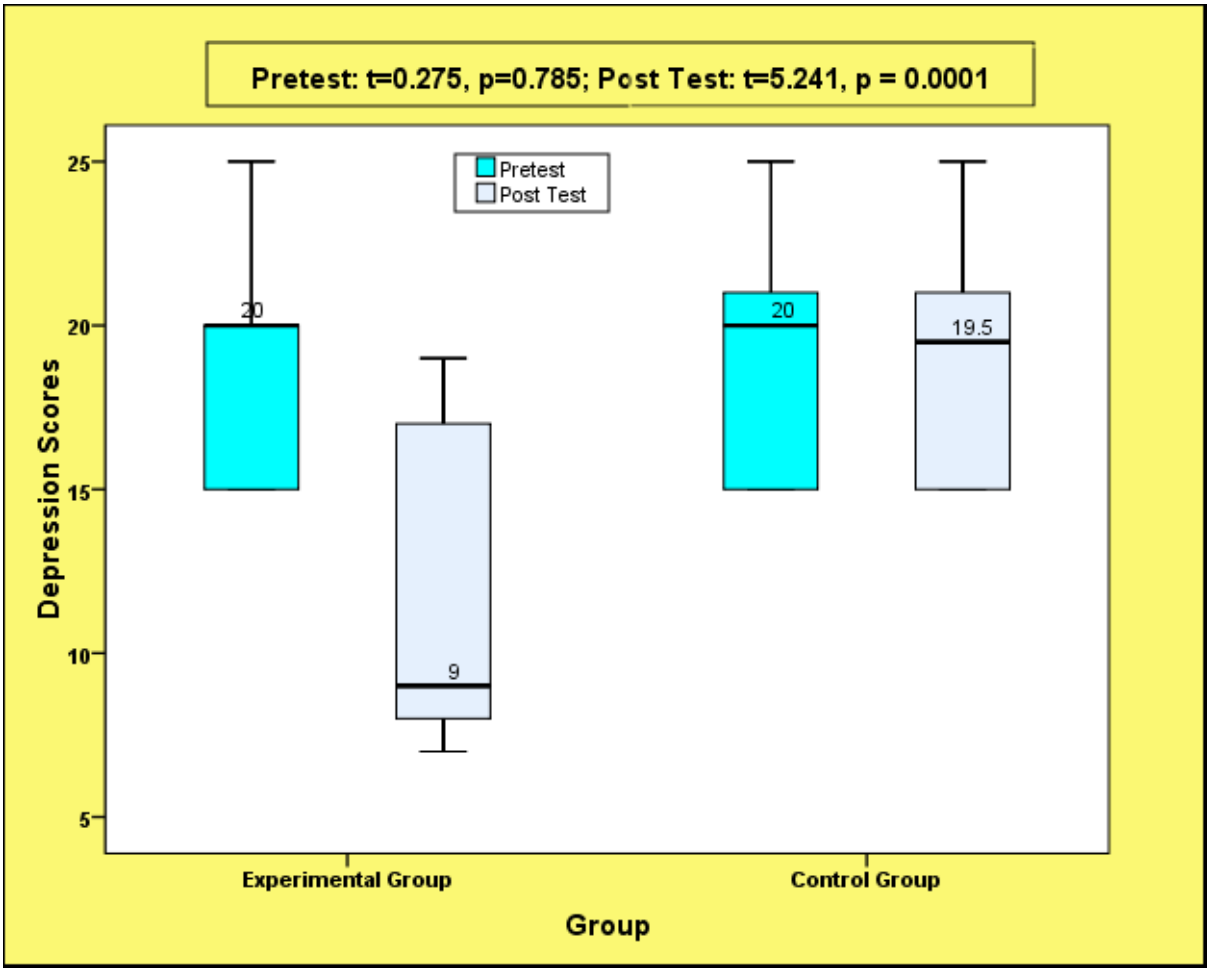


Boxplot showing the comparison of pretest and post test depressive symptoms (BIS) among elderly people in the control group
(Median: Pretest - 26.5, Post Test - 26.5)

Table 10: Comparison of pretest and post test depressive symptoms (GDS) scores among elderly people between the experimental and control group. N = 36(18+18)

Depressive Symptoms (GDS)	Experimental Group		Control Group		Mean Difference	Student Independent "t" test & p-value
	Mean	S.D	Mean	S.D		
Pretest	18.66	3.78	19.00	3.46	0.34	t=0.275 p=0.785, N.S
Post Test	11.61	4.74	18.89	3.49	7.28	**t=5.241** **p=0.0001, S*** **

***p<0.001, S - Significant N.S - Not Significant, p>0.05



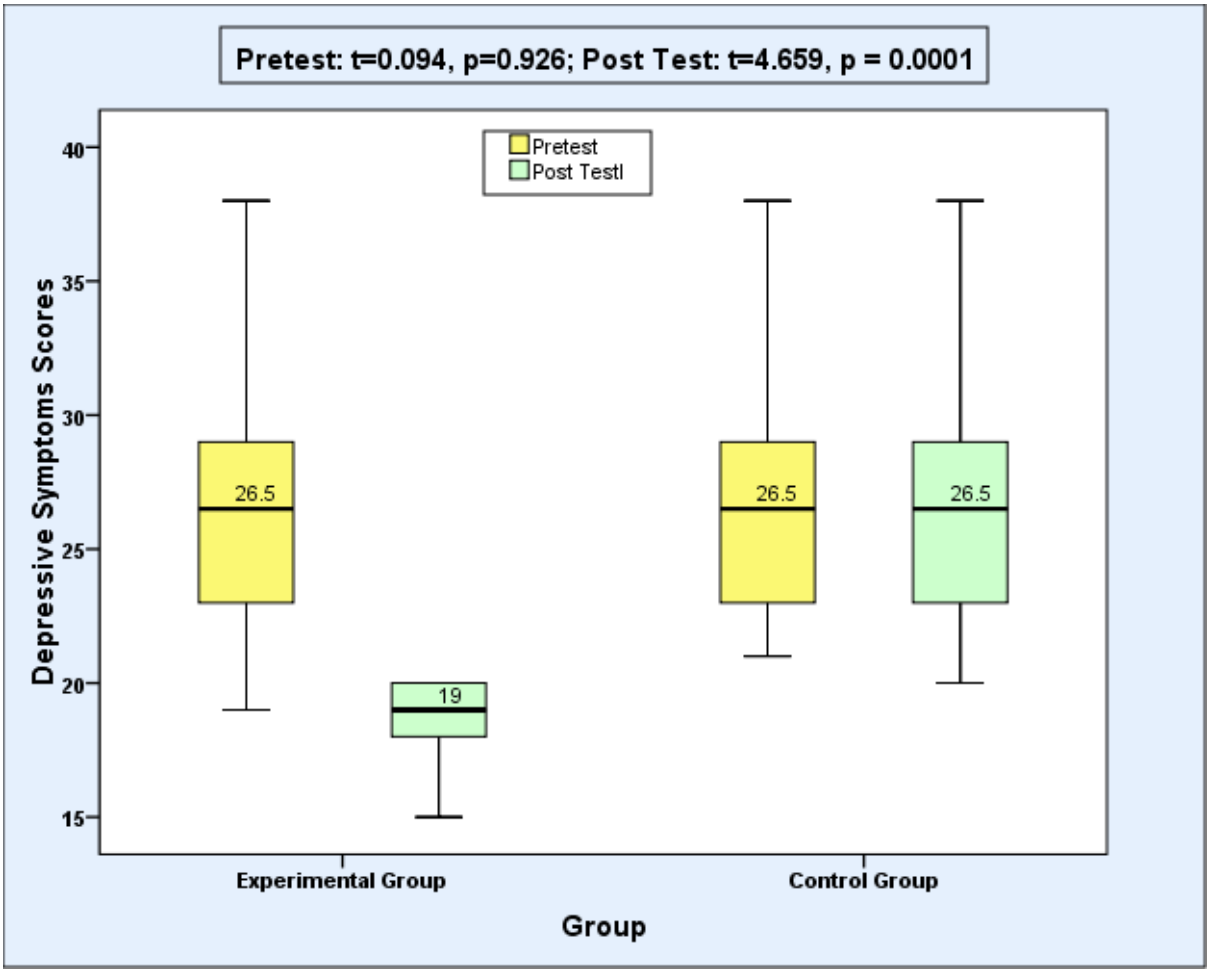
Boxplot showing the comparison of pretest and post test depressive symptoms (GDS) scores among elderly people between the experimental and control group

Table 11: Comparison of pretest and post test depressive symptoms (BIS) scores among elderly people between the experimental and control group.
N = 36(18+18)

Depressive Symptoms (BIS)	Experimental Group		Control Group		Mean Difference	Student Independent "t" test & p-value
	Mean	S.D	Mean	S.D		

Pretest	27.11	5.45	27.27	5.19	0.16	t=0.094 p=0.926, N.S
Post Test	19.83	3.79	27.05	5.37	7.22	**t=4.659** **p=0.0001, S*** **

*****p<0.001, S - Significant** **N.S - Not Significant, p>0.05**



Boxplot showing the comparison of pretest and post test depressive symptoms (BIS) scores among elderly people between the experimental and control group

Table 12: Association of post test scores of depressive symptoms (GDS) among the elderly people with selected demographic variables

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Age in years			
60 - 65	8	10.12±4.58	F=0.566 p=0.647 N.S
66 - 70	3	13.66±4.04	
71 - 75	4	13.25±4.92	
76 - 80	3	11.33±6.65	
Gender			
Male	10	11.80±4.98	t=0.185 p=0.856 N.S
Female	8	11.37±4.74	

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Education			
Profession or Honours	1	8.00	
Graduate	1	8.00	
Intermediate or diploma	3	11.00±5.29	F=1.162
High school certificate	6	13.16±5.03	p=0.391
Middle school certificate	3	7.33±0.57	N.S
Primary school certificate	2	13.0±7.07	
Illiterate	2	16.50±0.70	
Previous occupation			
Professional	3	8.33±0.57	
Semi professional	0	-	
Clerical / Shop / Farm	5	14.0±5.56	F=0.682
Skilled worker	2	12.0±5.65	p=0.617
Semi-skilled worker	0	-	N.S
Unskilled worker	2	12.5±6.36	
Unemployed	6	10.83±4.87	
Socioeconomic class			
Upper (I)	-	-	
Upper Middle (II)	6	11.33±5.24	F=1.488
Lower Middle (III)	5	10.40±4.27	p=0.261
Upper Lower (IV)	5	14.80±4.43	N.S
Lower (V)	2	7.50±0.70	
Financial support			
Government retired person	-	-	F=0.569
Old age pension	2	8.50±0.70	p=0.723
Any other	2	12.0±7.07	N.S
Nil	3	12.0±6.08	
Birth order			
First born	9	13.33±4.89	
Middle born	3	10.33±4.93	F=0.918
Last born	5	10.20±4.43	p=0.458
Only child	-	-	N.S
Others	1	7.00	
Marital status			
Married	11	11.45±4.71	t=0.167

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Single	0	-	p=0.870
Divorced	0	-	N.S
Widowed	7	11.85±5.14	
Number of children			
1 (or) 2	4	10.0±4.08	t=0.851
More than 2 or 3	14	12.07±4.95	p=0.428
No children	0	-	
Mode of admission			
Referred by trust	1	19.0	F=0.960
Voluntary admission	8	11.62±4.50	p=0.439
By the children	5	11.40±4.72	N.S
Others	4	10.0±5.35	
Duration of stay			
Below one year	6	13.66±5.27	F=1.182
1 – 3 years	11	10.90±4.36	p=0.334
3 – 5 years	0	-	N.S
More than 5 years	1	7.0	
Reason for staying in old age home			
Conflict with family members	0	-	F=0.685
Neglected by children / family	10	12.80±5.13	p=0.519
Poverty	5	10.0±4.0	N.S
Acceptance to live independent	3	10.33±4.93	
Any other	-	-	
Frequency of visit by family members			
Once or twice a week	7	13.57±5.02	F=1.133
Once or twice a month	10	10.60±4.47	p=0.348
Once or twice a year	1	8.00	N.S
Never	-	-	
Level of Dependency			
Independent	4	13.25±5.56	F=1.220
Partially dependent	3	14.33±5.50	p=0.358
Completely dependent	1	8.00	N.S
Recreational activities			
Art Activities	9	9.88±4.37	F=1.045
Cultural activities	5	13.80±5.40	p=0.612

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Sports activities	-	-	N.S
Religious activities	3	11.66±4.61	
Social Activities	1	16.0	
Others	-	-	
Leisure activities			
Watching TV	9	13.77±4.89	F=1.452 p=0.270 N.S
Listening to music	6	10.0±4.42	
Reading books	2	8.00±1.41	
Others	1	9.00	
Do you spend time with other residents in home?			
Yes	7	12.14±4.59	t=0.377 p=0.712 N.S
No	11	11.27±5.02	
How often do you participate in your leisure or recreational activities?			
Daily	3	15.00±6.08	F=0.952 p=0.408 N.S
Several times a week	0	-	
Weekly	8	11.25±4.83	
Rarely	7	10.57±4.11	
Never	0	-	
Known family history of depression			
Yes	5	11.80±5.76	F=0.015 p=0.985 N.S
No	11	11.45±4.65	
Unknown	2	12.00±5.65	
Co-morbid conditions, if yes specify			
Yes	17	11.82±4.79	-
No	1	8.00	

N.S - Not Significant

Table 13: Association of post test scores of depressive symptoms (BIS) among the elderly people with selected demographic variables

N = 18

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Age in years			
60 - 65	8	19.25±3.01	F=0.165 p=0.918 N.S
66 - 70	3	19.66±7.23	
71 - 75	4	21.0±4.76	
76 - 80	3	20.0±0.00	

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Gender			
Male	10	19.20±3.01	t=0.745
Female	8	20.62±4.68	p=0.471 N.S
Education			
Profession or Honours	1	17.0	
Graduate	1	26.0	
Intermediate or diploma	3	18.0±2.64	**F=11.547**
High school certificate	6	18.83±1.60	**p=0.0001**
Middle school certificate	3	17.66±1.52	**S*****
Primary school certificate	2	19.0±1.41	
Illiterate	2	28.0	
Previous occupation			
Professional	3	19.33±5.85	
Semi professional	0	-	
Clerical / Shop / Farm	5	19.20±0.83	F=0.717
Skilled worker	2	18.00±2.82	p=0.595
Semi-skilled worker	0	-	N.S
Unskilled worker	2	24.0±5.65	
Unemployed	6	19.83±4.21	
Socioeconomic class			
Upper (I)	-	-	
Upper Middle (II)	6	19.50±3.72	F=0.832
Lower Middle (III)	5	19.40±0.89	p=0.498
Upper Lower (IV)	5	21.80±5.76	N.S
Lower (V)	2	17.00±1.41	
Financial support			
Government retired person	-	-	F=0.872
Old age pension	2	16.00±1.41	p=0.528
Any other	2	19.50±0.70	N.S
Nil		21.33±4.16	
Birth order			
First born	9	20.66±4.27	F=0.532
Middle born	3	17.33±2.30	p=0.668
Last born	5	19.80±3.96	N.S

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Only child	-	-	
Others	1	20	
Marital status			
Married	11	18.81±3.51	F=1.435 p=0.177 N.S
Single	0	-	
Divorced	0	-	
Widowed	7	21.42±3.90	
Number of children			
1 (or) 2	4	22.0±5.88	t=0.913 p=0.420 N.S
More than 2 or 3	14	19.21±2.99	
No children	0	-	
Mode of admission			
Referred by trust	1	20.00	F=0.770 p=0.530 N.S
Voluntary admission	8	19.12±3.31	
By the children	5	22.00±.5.65	
Others	4	18.50±1.29	
Duration of stay			
Below one year	6	19.83±4.40	F=0.023 p=0.977 N.S
1 – 3 years	11	19.90±3.83	
3 – 5 years	0	-	
More than 5 years	1	19.00	
Reason for staying in old age home			
Conflict with family members	0	-	F=0.761 p=0.484 N.S
Neglected by children / family	10	19.30±4.34	
Poverty	5	19.40±0.89	
Acceptance to live independent	3	22.33±4.93	
Any other	-	-	
Frequency of visit by family members			
Once or twice a week	7	21.57±4.46	F=1.311 p=0.299 N.S
Once or twice a month	10	18.60±3.13	
Once or twice a year	1	20.0	
Never	-	-	
Level of Dependency			
Independent	4	18.00±2.16	F=1.160 p=0.383 N.S
Partially dependent	3	24.33±4.72	
Completely dependent	1	20.00	

Demographic Variables	F	Post Test Mean±S.D	One Way ANOVA / Student Independent "t" test & p-value
Recreational activities			
Art Activities	9	19.00±3.16	F=0.905 p=0.464 N.S
Cultural activities	5	20.80±4.14	
Sports activities	-	-	
Religious activities	3	22.00±5.29	
Social Activities	1	16.00	
Others	-	-	
Leisure activities			
Watching TV	9	20.33±4.55	F=0.266 p=0.849 N.S
Listening to music	6	19.83±3.25	
Reading books	2	17.50±3.53	
Others	1	20.00	
Do you spend time with other residents in home?			
Yes	7	19.14±4.33	t=0.577 p=0.576 N.S
No	11	20.27±3.55	
How often do you participate in your leisure or recreational activities?			
Daily	3	21.66±3.78	F=0.405 p=0.674 N.S
Several times a week	0	-	
Weekly	8	19.62±3.62	
Rarely	7	19.28±4.30	
Never	0	-	
Known family history of depression			
Yes	5	21.40±3.71	F=1.567 p=0.241 N.S
No	11	18.63±2.94	
Unknown	2	22.50±7.77	
Co-morbid conditions, if yes specify			
Yes	17	19.47±3.57	-
No	1	26.00	

***p<0.001, S – Significant, N.S – Not Significant

CONCLUSION

This research study aimed to evaluate the effectiveness of music and reminiscence therapy on depressive symptoms among elderly residing in geriatric home. The findings suggest that both music and reminiscence therapy contributed to a significant reduction in depressive symptoms, enhancing emotional well-being and overall quality of life for the participants. Music therapy provided a soothing and engaging experience, while reminiscence therapy facilitated emotional expression and cognitive engagement, allowing participants to reflect on positive memories. Together, these interventions appeared to be effective, with improvements observed in mood, social interaction, and cognitive function.

Given the positive outcomes, it is recommended that geriatric homes consider incorporating music and reminiscence therapy as part of a holistic approach to mental health care for elderly residents. Further research with larger sample sizes and long-term follow-up studies could provide deeper insights into the sustainability of these benefits and refine intervention strategies.

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