

2022

## **An analysis of group singing intervention for patients with dementia : a scoping review of the literature**

Pongthipok Sootthipong  
*Graduate School*

Follow this and additional works at: <https://digital.car.chula.ac.th/chulaetd>

---

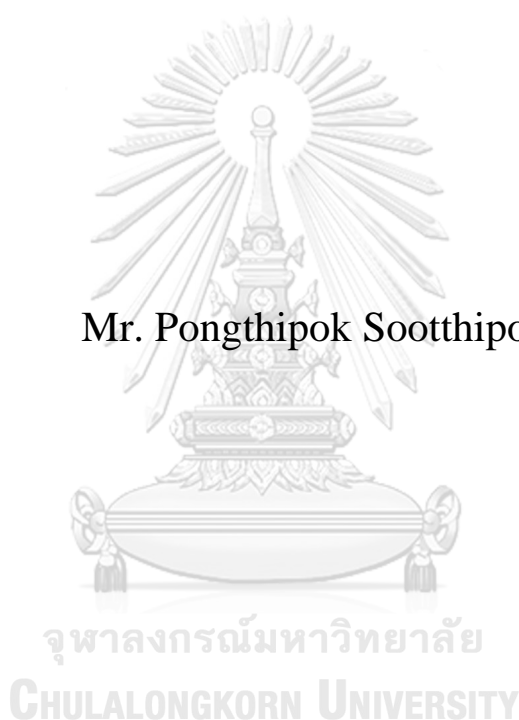
### **Recommended Citation**

Sootthipong, Pongthipok, "An analysis of group singing intervention for patients with dementia : a scoping review of the literature" (2022). *Chulalongkorn University Theses and Dissertations (Chula ETD)*. 8120.  
<https://digital.car.chula.ac.th/chulaetd/8120>

This Independent Study is brought to you for free and open access by Chula Digital Collections. It has been accepted for inclusion in Chulalongkorn University Theses and Dissertations (Chula ETD) by an authorized administrator of Chula Digital Collections. For more information, please contact [ChulaDC@car.chula.ac.th](mailto:ChulaDC@car.chula.ac.th).

# An Analysis of Group Singing Intervention for Patients with Dementia: A Scoping Review of the Literature

Mr. Pongthipok Sootthipong



An Independent Study Submitted in Partial Fulfillment of the  
Requirements  
for the Degree of Master of Arts in Music Therapy  
Inter-Department of Arts Program in Music Therapy  
GRADUATE SCHOOL  
Chulalongkorn University  
Academic Year 2022  
Copyright of Chulalongkorn University

-



สารนิพนธ์นี้เป็นส่วนหนึ่งของการศึกษาตามหลักสูตรปริญญาศิลปศาสตรมหาบัณฑิต  
สาขาวิชาดนตรีบำบัด สหสาขาวิชาดนตรีบำบัด  
บัณฑิตวิทยาลัย จุฬาลงกรณ์มหาวิทยาลัย  
ปีการศึกษา 2565  
ลิขสิทธิ์ของจุฬาลงกรณ์มหาวิทยาลัย

Independent Study Title	An Analysis of Group Singing Intervention for Patients with Dementia: A Scoping Review of the Literature
By	Mr. Pongthipok Sootthipong
Field of Study	Music Therapy
Thesis Advisor	Associate Professor PORNPRAPIT PHOASAVADI, Ph.D.
Thesis Co Advisor	Professor JINHYUNG LEE, Ph.D.

---

Accepted by the GRADUATE SCHOOL, Chulalongkorn University in  
Partial Fulfillment of the Requirement for the Master of Arts

#### INDEPENDENT STUDY COMMITTEE

.....	Chairman
(Professor BUSSAKORN BINSON, Ph.D.)	
.....	Advisor
(Associate Professor PORNPRAPIT PHOASAVADI, Ph.D.)	
.....	Thesis Co-Advisor
(Professor JINHYUNG LEE, Ph.D.)	
.....	Examiner
(Nipat Pichayayothin, Ph.D.)	

จุฬาลงกรณ์มหาวิทยาลัย  
CHULALONGKORN UNIVERSITY

พงศ์ธิปก สุทธิพงษ์ : . ( An Analysis of Group Singing Intervention for Patients with Dementia: A Scoping Review of the Literature) อ.ที่ปรึกษาหลัก : ผศ.

ดร.พรประพิตร ฝ่ำสวัสดิ์, อ.ที่ปรึกษาร่วม : ศ.จิน ฮยอง ลี

-



สาขาวิชา      ดนตรีบำบัด  
ปีการศึกษา    2565

ลายมือชื่อผู้รับผิดชอบ .....  
ลายมือชื่อ อ.ที่ปรึกษาหลัก .....  
ลายมือชื่อ อ.ที่ปรึกษาร่วม .....



## ACKNOWLEDGEMENTS

I would like to acknowledge and give my most sincere appreciation to my advisor, Associate Professor Dr. Pornprapit Phoasavadi, and my co-advisor, Professor Dr. Jin-Hyung Lee. Without their guidance and encouragement, this work would not be possible. I would also like to thank the Chair and external examiner, Professor Dr. Bussakorn Binson, and Professor Dr. Nipat Pichayayothin for their kind suggestions and in pushing my paper towards a greater standard during the defense.

I would also like to thank my mom, Boonya Sootthipong, my dad, Pongthep Sootthipong, my sister, Pongyada Sootthipong, and all other family members for their words of encouragement and unwavering support throughout the process of writing this independent study.

Finally, I would like to thank my peers in the Masters of Arts in Music Therapy Programme at Chulalongkorn University, Bangkok for their invaluable advice and support throughout this period of time.

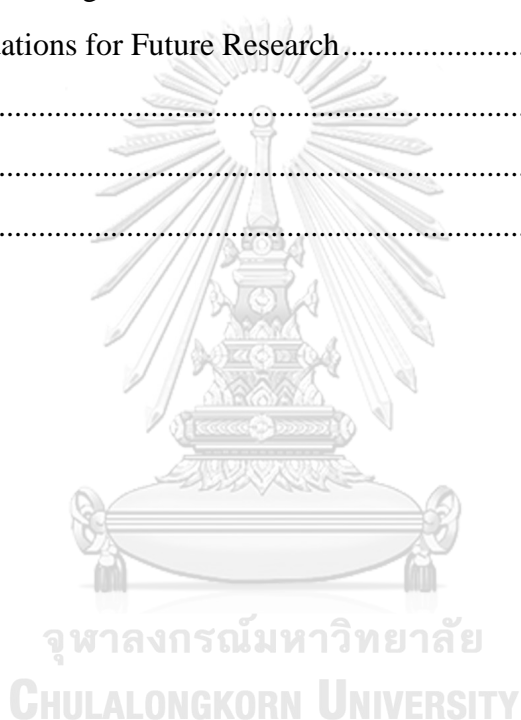
Pongthipok Sootthipong

จุฬาลงกรณ์มหาวิทยาลัย  
CHULALONGKORN UNIVERSITY

## TABLE OF CONTENTS

	Page
.....	iii
ABSTRACT (THAI) .....	iii
.....	iv
ABSTRACT (ENGLISH) .....	iv
ACKNOWLEDGEMENTS .....	v
TABLE OF CONTENTS .....	vi
LIST OF TABLES .....	viii
LIST OF FIGURES .....	ix
CHAPTER 1 INTRODUCTION .....	1
1.1 Research Questions .....	6
1.2 Definition of Terms .....	6
1.2.1 Dementia .....	6
1.2.2 Alzheimer’s Disease .....	6
1.2.3 Neurodegenerative Disorder .....	6
1.2.4 Music Therapy .....	6
1.2.5 neuropsychiatric disorder .....	7
CHAPTER 2 METHODOLOGY .....	8
2.1 Scoping Review .....	8
2.2 Data Sources and Search Strategy .....	9
2.3 Inclusion and Exclusion Criteria .....	9
2.4 Data Extraction .....	10
CHAPTER 3 RESULTS .....	12
3.1 Study Selection Process .....	12
3.2 Intervention Characteristics .....	15
3.3 Research Question 1 .....	21

3.4 Research Question 2 .....	26
CHAPTER 4 DISCUSSION .....	33
4.1 Summary of Results.....	33
4.2 Group Singing Only vs Group Singing as Part of the Intervention .....	34
4.3 The Implication of “Reminiscence” .....	35
4.4 Interventions According to the Progress of the Disease .....	36
CHAPTER 5 CONCLUSION.....	40
5.1 Summary of findings .....	40
5.2 Recommendations for Future Research.....	41
5.3 Limitations.....	41
REFERENCES .....	43
VITA.....	47



## LIST OF TABLES

	Page
Table 1 Comparing the Review Structure to Arksey & O'Malley's Framework .....	9
Table 2 General Characteristics of included Studies .....	14
Table 3 Intervention characteristics of included studies .....	17
Table 4 <i>Goals and purposes of selected studies.</i> ....	19
Table 5 Specific Interventions Corresponding to Goal Areas .....	22
Table 6 Specific Intervention Strategies with Corresponding Objectives and Goals.	29
Table 7 Studies Providing Reminiscence Intervention According to Severity Level	35



## LIST OF FIGURES

	Page
Figure 1 Flowchart of Literature Search Process.....	13
Figure 2 Relationship Between Intervention Strategies and Goal Areas.....	28
Figure 3 Intervention Strategies Utilized According to the Severity Levels .....	39



## CHAPTER 1

### INTRODUCTION

In terms of dementia's impact on society, according to a report done by the World Health Organization [WHO] in 2021, there are approximately 50 million people suffering from dementia around the world, in which the number of persons with dementia will increase to around 152 million people by 2050 (WHO, 2023). The report further stated that dementia significantly impacts every aspect of a person's life including the psychological, social, emotional, and financial burden that the disease presents (WHO, 2023).

Persons diagnosed with dementia experiences neuropsychiatric symptoms, and cognitive symptoms (*Dementia*, 2022; Finkel et al., 1996). Cognitive symptoms in which a person with dementia may experience include memory loss, communication difficulties, visuospatial disorientation, judgement issues, loss of activities of daily living, difficulties in performing complex tasks, difficulties in motor and movement coordination. (*Dementia* 2022). Neuropsychiatric symptoms in which a person with dementia may experience are behavioral, including repetitive questioning, and aggression, and psychological, including depressions and anxieties (Finkel et al., 1996). Neuropsychiatric symptoms in person with dementia usually present challenges to the individual, as well as their caregiver, family, and their health services (Finkel et al., 1996). In a systematic review by Cooper et al. (2007), Five studies reported a high prevalence of anxiety disorders amongst caregivers of persons with dementia.

A typical treatment for people with dementia usually includes medication, cognitive training, and physical activity and exercise as interventions (Livingston et

al., 2020). In terms of pharmacological interventions, Cholinesterase inhibitors are used to improve cognition and activities of daily living in persons with moderate to severe Alzheimer's Disease. However, due to its perceived limited efficacy, this drug is being replaced or complemented by various alternative interventions. (Livingston et al., 2020). Furthermore, the use of medication also risks the persons with dementia to side effects such as nausea, vomiting, diarrhea, appetite problems, insomnia, physical fatigue, mental fatigue, headaches, itching, dizziness and faintness, hallucinations, and agitations (Society, 2018). Among many complementary non-pharmacological treatment options, one of the frequently recommended approaches is music therapy (AMTA, 2005).

The live, individualized aspect of music therapy presents itself as bearing positive effects on behavior of persons with dementia (Wall & Duffy, 2013). In fact, in a literature review by Scales et al. (2018), the authors did a literature review of systematic review to identify and examine non-pharmacological treatments of neuropsychiatric symptoms in persons with dementia (Scales et al., 2018). The authors found music therapy to be one of the promising non-pharmacological psychosocial treatments for neuropsychiatric symptoms in persons with dementia. Furthermore, music therapy is shown to be an effective non-pharmacological intervention for maintaining and improving social, cognitive, and emotional skills, while decreasing behavioral symptoms (Brotons et al., 1997).

In a narrative synthesis systematic review by McDermott et al. (2012), the review aims to provide insight into "the possible mechanisms of actions of music therapy" to which 18 studies were selected for review (McDermott et al., 2013, p. 783). Among the reviewed studies, 15 were of quantitative type, and 3 were of mixed

methods or qualitative type. Upon analysis, 8 studies reported reduction in neuropsychiatric symptoms as their main outcome and has found music therapy to have an effect on short-term improvements in neuropsychiatric symptoms (McDermott et al., 2013). The use of familiar songs in music therapy plays a role in reducing anxiety in persons with dementia. Furthermore, the medium of music calls into focuses the attention, and provide stimulus in reminiscing with persons with dementia's past memories, the result of which reduces agitation, and anxiety (Martini de Oliveira, et al., 2015). The American Music Therapy Association (AMTA) defined the use of music therapy in older adults living with dementia as:

1. "A holistic approach that relies on individual strengths and needs, positively impacts mood, behavior, cognition and mobility" (AMTA, 2021).
2. "A multi-modal means of expression, both verbal and nonverbal" (AMTA, 2021).
3. "Sensory stimulation, personally engaging, validating and comforting" (AMTA, 2005).
4. "A source of meaningful experiences between the caregiver and their loved one" (AMTA, 2005).

Music therapy may not reverse the diagnosis, it maximizes the effectiveness of persons with dementia current functions (AMTA, 2005).

Group singing has a powerful potential as a treatment option for individuals with dementia. In order to assess the need for a scoping review on group singing in music therapy for individuals with dementia, a preliminary analysis of the literature was conducted. This analysis aimed to establish a rationale for the review and gain a brief overview of the literature. In a systematic review by Thompson et al. (2021), the

authors aimed to review the effect of group singing on persons with dementia and their caregivers (Thompson et al., 2021). The authors did a narrative synthesis of quantitative data, as well a thematic synthesis of qualitative data. After which, a meta-integration of themes was conducted, it was concluded that group singing provided positive experiences. This correlated with the outcomes measured in the studies of quantitative type (Thompson et al., 2021). However, this review did not specify music therapy as its inclusion criteria for intervention type. Nevertheless, this review showed that group singing is a non-pharmalogical intervention which is beneficial to persons with dementia.

During the preliminary search, the author found 3 studies that involved group singing for persons with dementia in music therapy contexts. In a study by Cho (2018), the author aimed to study the effects of music therapy by singing client preferred songs in group, and implemented quality of life as a measurement. The music therapist facilitated group singing of every song twice with piano accompaniment, followed by verbal discussions to allow participants to feel validated and connected, and to promote interaction among the participants (Cho, 2018).

Dassa & Amir (2014) aimed to study the role of singing songs familiar to the participants suffering from middle to late-stage Alzheimer's Disease. In this study, the authors selected 24 Israeli songs which were popular from the 1930s till 1950s with the rationale that these songs were the songs that the participants listened to when they were growing up (Dassa & Amir, 2014). The authors facilitated group singing accompanied by guitar and ended each song with lyric discussions (Dassa & Amir, 2014).

Lastly, a study by Mabire et al. (2022) aimed to investigate the feasibility of utilizing an inclusive choir in a dementia daycare center. The choir was facilitated by a music therapist who had an extensive background in teaching singing professionally (Mabire et al., 2022). The sessions consisted of choir rehearsal for a Christmas concert. Before the songs were sung, the facilitator played the soundtrack of the songs to assess whether the participants were able to recognize the song, after which the lyrics were handed out. There were no songs or lyrics discussion following the group singing (Mabire et al., 2022).

These examples demonstrate various approaches that can be used to facilitate group singing, each tailored to different goals. Considering such differences in the existing literature, conducting a scoping review on the range of group singing interventions provided to individuals with dementia can illuminate the specific purposes for which certain approaches were implemented, thereby providing valuable insights for clinicians. Yet, to the best of the author's knowledge, currently there is no published review solely focusing on the group singing intervention in music therapy for persons with dementia. Hence, the objective of this review is to aggregate and analyze music therapy studies that use group singing intervention for persons with dementia. For this purpose, the author chose to conduct a scoping review as the specific review method, as the purposes of a scoping review include "to identify the types of available evidence in a given field", and "to identify key characteristics or factors related to a concept" (Munn, et al., 2018, p. 3). Consequently, this scoping review will contribute: 1) to identify the methods of group singing intervention in music therapy conducted for persons with dementia, and 2) to find the specific



1.2.5 neuropsychiatric disorder. “Neuropsychiatric disorder is a blanket medical term that encompasses a broad range of medical conditions that involve both neurology and psychiatry” (Wolfsdolf, 2021)



## **CHAPTER 2**

### **METHODOLOGY**

#### **2.1 Scoping Review**

Aims of scoping reviews are to identify, map, examine certain characteristics, or literature based on a concept, a scope, or a rapidly emerging topics of interest (Munn, 2018). The protocol for this scoping review was adapted from Arksey and O'Malley's (2015) methodological framework in creating a scoping study consisted of six stages. In chapter 1, problems were described, and research questions were identified. In chapter 2, the method of study selection was described including study sources, inclusion and exclusion criteria, and data extraction method. In chapter 3, results were shown according to the research questions. In chapter 4, discussions on the results were presented, and in chapter 5, conclusions of this scoping review were drawn. Table 1 shows how the Arksey and O'Malley's methodological framework was incorporated into this study.

The purpose of this scoping review was to examine and analyze group singing interventions in music therapy for persons with dementia with a focus on the goals of group singing for persons with dementia, methods of group singing in music therapy for persons with dementia and their specific intervention strategies.



1. Studies of any designs (qualitative, quantitative, mixed methods).
2. Studies involving participants with dementia.
3. Studies involving group singing as a part of music therapy intervention.
4. Studies with music interventions provided by a credentialed music therapist.
5. Studies published from the year, 2000-2023.
6. Studies published in English.

Articles that were excluded in the studies were:

1. Studies of review types (systematic review, scoping review, review of the literature).
2. Studies that involve the use of individual intervention in music therapy for persons with dementia.

## 2.4 Data Extraction

Identified studies were catalogued using *the Microsoft Excel* spreadsheet. Data items were categorized into participant characteristics and intervention characteristics. This scoping review used some of the participant characteristics as listed in Tricco et al. (2018) guidelines on reporting systematic reviews and meta-analysis, as well as scoping review called *Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Review (PRISMA-ScR)*. These characteristics includes a description of the participants' age, diagnosis, number of participants in the study, format of participant groupings (i.e., individual participant, or dyads), and the facility that is used to provide the intervention. The second set of data items, intervention characteristics consist of 11 items. These items were derived and modified from Robb et al. (2010)'s Reporting Guidelines for Music-based Interventions. These items

include person selecting music, music, music delivery method, intervention strategies, setting, unit of delivery. This scoping review identify and analyze items including:

1. Purpose of intervention.
2. The type of singing intervention.
3. The format of the intervention (group vs individual).
4. The music selector.
5. Music chosen (s).
6. The music facilitation method.
7. The music facilitator.
8. Number of sessions in total.
9. Duration of session.
10. Number of sessions.
11. Intervention strategies.

## CHAPTER 3

### RESULTS

#### 3.1 Study Selection Process

The author found a total of 552 studies from three electronic database search, and hand search of seven scholarly journals related to music therapy. Duplicates were checked, and copies of duplicates found on other sources are eliminated.

17 studies were selected for this review. 11 studies were of quantitative type, and 6 studies were of qualitative type. The studies were selected according to the inclusion and exclusion criteria. 535 articles were excluded from this review as they did not meet the inclusion and exclusion criteria (Figure 1). The selected studies were published globally, including Australia ( $n=2$ ), China ( $n=1$ ), France ( $n=1$ ), Ireland ( $n=1$ ), Israel ( $n=1$ ), Japan ( $n=2$ ), Mexico ( $n=1$ ), South Korea ( $n=1$ ), Taiwan ( $n=1$ ), Turkey ( $n=1$ ), United Kingdom ( $n=1$ ), and United States of America( $n=4$ ). The earliest publication from the selected articles was the year 2001, and the latest publication from the selected publication was the year 2023. Table 2 shows the participant characteristics of the selected studies.











**Table 3** (Continued)

Author(s), Year	Facilitator(s)	Music Chosen(s)	Ix. Duration	Type of Singing Ix.
Powell, 2006	Music therapist	n/a	N/a	Group music therapy
Prieto Álvarez, 2022	Neurologic music therapist	Familiar songs	50mins	Neurologic music therapy
Stegemöller et al., 2017	Music therapist	You are My Sunshine and Mairzy Doats	N/a	Group singing session
Takahashi & Matsushita, 2006	Music therapist	seasonal songs and familiar songs	N/a	Active reminiscence music therapy
Tanaka et al., 2015	n/a	Musical pieces used two scales and five songs	N/a	Group singing session
Thompson et al., 2023	Music therapist	participant-selected repertoire	90mins	Therapeutic group singing model
Tz-Han et al., 2023	n/a	Common cultural festival music	1hr	Group reminiscence music therapy

*note.* Ix. = intervention



**Table 4** (Continued)

Author(s), Year	Goal Areas	Purpose of Study
Prieto Álvarez 2022	Beh Cog Emo	“Aimed to understand whether NMT techniques can be implemented with a habilitative approach for older adults with moderate to severe dementia.”
Stegemöller et al., 2017	Phy	“Solicit participants’ views of their involvement in a group singing intervention (GSI) led by credentialed music therapists”
Takahashi & Matsushita, 2006	Cog Emo Phy	Investigate the effects of music therapy in terms of emotional and physiological effect.
Tanaka et al., 2015	Beh Emo	Effects of music therapy on active behaviors and propose a new NIRS data analysis method for evaluating the effects of active behaviors.
Thompson et al., 2023	n/a	Understand the qualitative experience of a dementia choir group in Australia.
Tz-Han et al., 2023	Beh Cog Emo	“Examine the efficacy and feasibility of a reminiscence music therapy program on improving cognition and decreasing depressive and behavioral symptoms in older adults with dementia”

*Note.* Beh: behavioral; Cog: cognitive; Emo: emotional; Exs: existential; Phy: physiological; Soc: social; AD: Alzheimer’s Disease

### 3.3 Research Question 1

*What are the methods of group singing intervention conducted for persons with dementia by music therapists?*

Group singing intervention in persons with dementia addressed goal areas such as cognitive goals ( $n=12$ ), social goals ( $n=5$ ), emotional goals ( $n=9$ ), physiological goals ( $n=3$ ), and behavioral goals ( $n=3$ ). 4 studies, including studies by Hong & Choi (2011), Cevalasco & Grant (2003), Dassa & Amir (2014), and Stegemöller et al. (2017), focus on a single goal area. Stegemöller et al. (2017) focuses on the physiological goal area, while Cevalasco & Grant (2003), Dassa & Amir (2014), and Hong & Choi (2011) focuses on the cognitive goal area. The rest of the studies ( $n=11$ ) targeted two or more goals simultaneously. 2 studies, including studies from Powell (2006), and Tanaka et al. (2015), did not mention targeted goal areas. Goal areas were subdivided into intervention goals of treatment for persons with dementia. Table 5 shows the intervention addressed goals addressed by specific interventions categorized in goal areas.





















**Table 6** (Continued)

Goal Areas	Intervention Goal	Target Outcomes	Specific Intervention Strategies	Author(s), Year
Physiological	Facilitate physical exercise	n/a	Exercise to vocal music vs. exercise to instrumental music, with and without instrumental accompaniment	Cevasco & Grant, 2003
		n/a	Warm up exercise for body and voice	Mabire et al., 2022
		Levels of non-musical behavior	Group singing intervention with exercises targeting vocal loudness, range, and elements of respiratory control	Stegmöler et al., 2017
		Systolic blood pressure	Directed movement to music	Takahashi & Matsushita, 2006
		n/a	Warm up exercise	Thompson et al., 2023

*Note.* NPI=Neuropsychiatric Inventory Score; MMSE=Mini Mental State Examination

## CHAPTER 4

### DISCUSSION

As a part of this discussion section, a summary of results will be presented, along with discussions based on the two research questions. In addition, three topics will be discussed based on the observations made during the synthesis of the 17 included studies.

#### 4.1 Summary of Results

The objective of this scoping review was to analyze different methods of group singing intervention in music therapy conducted for persons with dementia. Out of 552 studies found in 3 online databases, and 7 music therapy journals, 17 studies were selected based on the inclusion and exclusion criteria set forth for this scoping review. These studies ( $n=17$ ) were conducted all around the world, including countries from Asia, Europe, Middle East, Latin America, North America, and Oceania, with the greatest number of studies coming from North America.

The average age of participants in these studies ( $n=17$ ) was 78 years old. The most common diagnosis ( $n=17$ ) was dementia ( $n=10$ ). Out of 10 studies, 4 studies did not specify the severity of dementia condition, 1 study involved participants with all severity levels of condition. 3 studies specified moderate to severe dementia as their diagnosis criteria. Furthermore, 1 study included participants with additional diagnosis, including Parkinson's Disease, and Alzheimer's Disease. The review identified 10 methods of group singing intervention in music therapy for persons with dementia. Group sing-along or choir ( $n=5$ ) was the most common method of group singing intervention in music therapy for persons with dementia. In terms of

intervention strategies, the most common one was song reminiscence ( $n=9$ ), followed by singing familiar songs ( $n=8$ ).

#### **4.2 Group Singing Only vs Group Singing as Part of the Intervention**

This review showed that only 3 studies used group singing as the sole method of intervention (Lee et al., 2022; Tanaka et al., 2022; Thompson et al., 2023). In these studies, group singing served as the sole mechanism for change. Tanaka et al. (2022) argued that the specific scales and modes used in their choice of Japanese music allowed the persons with dementia to experience a recollection of their past memories. Both Lee et al. (2022), and Thompson et al. (2023) examined the effects of group singing together with the family members of persons with dementia. Lee et al. (2022) focused on bringing the person with dementia and their family carers together through a community group singing intervention. Thompson et al. (2023) aimed to better understand the psychosocial experience of persons with dementia when group singing interventions also involved their family members. One of the common aspects of these studies was that they involved individuals with early stage of dementia or Alzheimer's disease. In addition, all of them focused on the musical connections group singing brings based on family and cultural heritage. Furthermore, the effectiveness of this method is further affirmed through positive outcomes from both studies (Lee et al., 2022; Thompson et al., 2023). According to the aforementioned studies, group singing as the sole intervention served as a psychosocial vehicle for change in persons with dementia, hence, clinicians working with the psychosocial goal could take note and implement group singing in music therapy as the sole intervention when working with persons with dementia with added component of relational aspect with their family, heritage and culture.





utilization of flexible themes, warm up games, songwriting, the use of original music and unfamiliar/new song learnings were unique to a specific level of progress of the disease. A further analysis showed these characteristics, which is visualized in Figure 3.

Individual singing lesson was a specific intervention strategy found in Flo et al. (2022). This strategy was unique to mild to moderate level of dementia. A comprehensive review of the study found that the individual singing lesson exists to complement the biweekly choir intervention, which was a shared intervention between all disease progress levels of dementia (Flo et al., 2022). Singing session with flexibility according to the theme was a specific intervention strategy found in Lee et al. (2022). Themes of the session were based on the community's salient event (Lee et al., 2022). Warm up game, a social specific intervention strategy, and unfamiliar song singing, a cognitive specific intervention strategy was also part of the music therapy session provided in the same study by Lee et al., 2022.

The use of original music was a specific intervention strategy that was used by Tanaka et al. (2015), and Hong & Choi (2006). Tanaka et al. (2015) aimed to use original music to examine whether the patient's reaction depends on his or her recollection of the familiar songs. This study accepted and divided persons with dementia into groups according to the severity of their dementia. Hence, this specific intervention strategy was unique to their study. Hong & Choi (2006) aimed to examine the therapeutic efficacy of songwriting-oriented music therapy in elderlies diagnosed with dementia. According to the study aforementioned, clinicians can take note that while some studies described and examined group singing interventions

which are specific to the studies, most of the group singing interventions are interchangeable regardless of the severity of the disease.





## **CHAPTER 5**

### **CONCLUSION**

#### **5.1 Summary of findings**

This scoping review analyzed the methods and strategies of implementing group singing intervention in music therapy for persons with dementia. The reviewer selected 17 studies that were most suited for the analysis including qualitative and quantitative studies and has found that the most common method of group singing intervention was choir singing facilitated by music therapist. The most frequently utilized intervention strategy was singing familiar songs. These songs were sung in group sing-along or choir. Based on the current reviews, the extensive clinical implications of group singing are evident, as it has been utilized across a wide range of clinical objectives in the 17 studies reviewed. Among these goals, group singing was most frequently employed to address cognitive and emotional objectives. Specifically, facilitating reminiscence and maintaining memory were the top cognitive goals, while increasing self-expression, reducing depressive symptoms, and improving mood were the primary emotional goals. Notably, specific strategies have been implemented to accommodate the functioning levels of individuals with varying stages of dementia, allowing for the utilization of group singing throughout all stages of the condition. The comprehensive findings of this review emphasize the multifaceted benefits of group singing for individuals with dementia and provide a valuable guideline for music therapists beginning their practice in dementia care.

## 5.2 Recommendations for Future Research

(McDermott et al., 2013) The scoping review encompassed the compilation and analysis of articles from diverse global locations. However, a notable observation is the absence of studies specifically dedicated to exploring the methods of group singing intervention for individuals with dementia in the Southeast Asia area including Thailand. There is a clear need for studies in this region to address the cultural-specific considerations involved in implementing group singing interventions. Such research would contribute to a better understanding of how to effectively utilize group singing as an intervention in this particular cultural context.

In order to enhance the transparency, replicability, and clinical application of group singing interventions, there is a need for studies to provide more comprehensive and detailed descriptions of their intervention content and process. This can be achieved by conducting more rigorous review studies in the future, which thoroughly examine and document the specific components and procedures of group singing interventions. Such an approach would facilitate better understanding, promote transparency in research, allow for effective replication, and ultimately contribute to the advancement of group singing intervention in music therapy.

## 5.3 Limitations

Although the author has conducted a comprehensive search of literature on three databases and hand search of seven music therapy related journals, there is a possibility that some relevant articles may have been overlooked due to limitations in search strings, database coverage, and library accessibility. Consequently, the group singing methods and strategies presented in this review may not be entirely comprehensive, as certain studies may have been excluded. Furthermore, due to the nature of this review being conducted as part of a

graduate study, collaboration with other researchers for the purposes of searching, extracting, and analyzing data was not feasible. As a result, there is a possibility of differing interpretations of the data under review. Lastly, some aspects of interventions may not have been thoroughly investigated due to a lack of detailed description of music therapy protocol or methods presented in some studies











## VITA

<b>NAME</b>	Pongthipok Sootthipong
<b>DATE OF BIRTH</b>	23 July 1997
<b>PLACE OF BIRTH</b>	Bangkok, Thailand
<b>INSTITUTIONS ATTENDED</b>	Bachelor of Arts in Music with Second Class Honours (Upper Division) at Goldsmiths' College, University of London, United Kingdom - Course of Study Designed and Delivered by LASALLE College of the Arts, Singapore (2016-2019)  Masters of Arts in Music Therapy at Chulalongkorn University, Thailand (2021-Current)
<b>HOME ADDRESS</b>	34/26 Soi Barommaratchachonnani 123, Sala Thamasop, Thawi Watthana, Bangkok 10170, Thailand