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ORIGINAL ARTICLE

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The Effect of Group Musical Therapy on Depression and Activities on Daily Living in Patients with Cognitive Decline

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Background: Beside pharmacological treatment, non-pharmacological interventions are a great deal of interest resides on ways that allow modulation of brain plasticity in the elderly. Music therapy is a potential non-pharmacological treatment for the behavioral and psychological symptoms of dementia, but a few studies reported it to be helpful. The aim of this study was to evaluate the effect of structured musical intervention therapy in patient with cognitive decline. **Methods:** The subjects of the study were a total of fifty elderly with cognitive decline (K-MMSE: 21 ± 3.99, CDR: 0.80 ± 0.38). The musical therapy was applied to the group twice a week, fifty minutes per session for eight weeks. The data were analyzed by using chi-square and paired t-test before and after musical intervention. **Results:** The study showed a significant reduction in depression and anxiety after musical therapy measured with short form-GDS and BDI ($p < 0.001$). Activities daily living (ADL) markedly improved after the all session of musical interventions ($p < 0.001$). **Conclusions:** Group music therapy is a safe and effective method for treating depression and anxiety, and also improving ADL in patients with cognitive decline.

Key Words: *Music therapy, Mild cognitive impairment, Alzheimer's disease*

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서 론

치매는 인지기능과 함께 일상 생활능력이 저하된 상태로, 노인인구에서 발생 빈도가 높은 신경계 퇴행성 질환이며, 조기진단과 치료가 지연될수록 가족과 사회의 경제적 비용과 부담이 점차 증가하는 대표적인 질병이다[1]. 치매환자에 대한 인지기능과 일상 생활능력을 향상시키기 위한 치료적 중재는 약물치료와 비약물요법으로 구분되는데, 현재 약물치료로 아세틸콜린분해효소 억제제(acetylcholinesterase inhibitors, ChEIs)와 글루타민 수용체 억제제(N-metyl-D-aspartate receptor antagonist)가 임상적으로 가장 널리 사용되고 있다[2, 3]. 그러나, 약물치료만으로는 치매환자의 인지기능과 일상 생활능력 저하의 진행을 막을 수 없어, 인지치료나 음악 및 미술 등을 이용한 다양한 비약물요법이 부가적인 치료로 활용되고 있다[4-6]. 이 중에서 음악요법은 노인 환자에게 안전하고 친숙한 환경을 제공하며, 비교적 인지장애 정도에 영향을 적게 받으면서 기억과 정서를 자연스럽게 자극하여 지속적인 효과를 유지할 수 있고, 치매나 우울증과 같은 노인질환의 예방과 치료에 효과를 나타내는 것으로 보고되어 있다[6-8]. 더불어, 음악치료는 선율과 소리, 운동영역이 함께 연합되고 적용되어 노인 환자 개개인에 알맞은 프로그램 제공이 가능하며, 그룹 활동에서는 환자들 상호관계를 향상시켜 정서를 안정시키고 행복감을 고취시키는 역할을 한다고 알려져 있다[8, 9]. 현재 우리나라에서는 주로 노인 요양시설이나 지역 치매지원센터에서 일정시간에 음악을 듣도록 하는 환경 음악요법이나 가창활동이 실시되고 있으나, 그 실질적인 치료 효과에 대한 국내 연구결과는 많지 않은 실정이다. 이에 본 연구는 인지기능 저하를 주소로 내원한 환자에서 능동적 음악요법위주로 구성된 체계화된 음악

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