

INDIRECT EFFECTS OF MUSIC THERAPY FOR APHASIA

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OBJECTIVES

In Hungary, music therapy is not yet integrated into clinical practice. The primary goal of music therapy for aphasia is to improve impaired speech and language functions. However, the secondary effects experienced during rehabilitation are at least as important as the primary effects in terms of recovery. Our research investigated the positive secondary effects of active singing for language and speech development and the extent to which subjects perceive the therapy as difficult and linguistically beneficial.

METHODS

Inclusion criteria: over 18 years; diagnosis: acquired language disorder, aphasia. Exclusion criteria: primary progressive aphasia. 28 people met the criteria, with different types and severity of aphasia, Participants were enrolled in individual vocal language therapy between September 2021 and January 2023, when data collection took place. They all also received traditional speech therapy. Locations. A self-administered questionnaire was used at the end of the intervention. Measurement: subjective self-assessment of the impact of the singing therapy on general mood, motivation, and participants' ratings of the difficulty and usefulness of the therapeutic tasks. Duration of therapy: 3 weeks - 2 months. Rating: on a linear scale from 1 to 5. '1' is the weakest rating, '5' the stronges. (Table 1.)

RESULTS

22 out of 28 respondents. 21 (95.5%) scored the sessions highly (4 or 5), 1 person scored the sessions 3 points for the mood-boosting effect. (Figure 1.) 10 (45.5%) found the sessions difficult. (Figure 3.) 20 (90.9%) considered the sessions to be strongly motivating. (Figure 2.) Perception of usefulness: useful: 18 (81.8%), unable to judge: 4 (18%). (Figure 4.)

CONCLUSIONS

Emotional-psychological symptoms observed before the therapy - anxiety, fear, social isolation, isolation, sadness, hopelessness - were already alleviated early in the therapy. The intervention provides practical confirmation of the positive indirect effects of language and speech therapy based on active singing.

Serial number	Sex	Age	Education	Aphasia type	Severity	Musical background	Mood	Difficulty	Motivation	Usefulness
1	Femal	65	Higher General	Broca	Severe	Yes	5	4	5	5
2	Femal	78	General	Anomic	Moderately severe	No	4	5	4	can not decide
3	Femal	46	General	Global	Very severe	No	n.d.	n.d.	n.d.	n.d.
4	Male	49	High school	Global	Very severe	Yes	n.d.	n.d.	n.d.	n.d.
5	Femal	77	General	Anomic	Mild	No				
6	Femal	56	Higher	Anomic	Mild	Yes	5	5	5	5
7	Male	60	Higher	Anomic	Mild	No	5	5	5	5
8	Male	73	Higher	Anomic	Mild	Yes	4	5	3	5
9	Male	65	General	Anomic	Mild	No	3	5	3	can not decide
10	Femal	53	Higher	Wernicke	Moderately severe	No	5	5	5	5
11	Femal	72	General	Wernicke	Mild	No	5	3	4	can not decide
12	Male	63	General	Anomic	Mild	No	4	4	4	can not decide
13	Femal	53	General	Anomic	Mild	No				
14	Femal	82	High school	Anomic	Mild	No	5	2	5	5
15	Male	72	High school	Wernicke	Severe	No	5	3	5	5
16	Male	94	Higher	Global	Very severe	No	n.d.	n.d.	n.d.	n.d.
17	Male	68	High school	Anomic	Mild	No				
18	Femal	68	General	Broca	Moderately severe	No	5	3	4	4
19	Femal	62	General	Broca	Moderately severe	No	5	3	5	4
20	Male	46	General	Broca	Severe	No	4	4	5	5
21	Male	64	General	Anomic	Mild	No	5	3	5	5
22	Male	63	General	Anomic	Mild	No	4	4	5	5
23	Male	62	General	Anomic	Mild	No	4	3	4	4
24	Male	65	General	Anomic	Mild	No	5	2	5	5
25	Male	66	General	Anomic	Mild	No	5	3	5	5
26	Male	60	General	Anomic	Mild	No	5	3	4	5
27	Male	62	High school	Broca	Severe	No	5	3	5	5
28	Male	65	High school	Broca	Severe	No	5	3	5	5

Table 1.

Indirect effects of music therapy for aphasia as reflected in the authors' research between 2021 and 2023

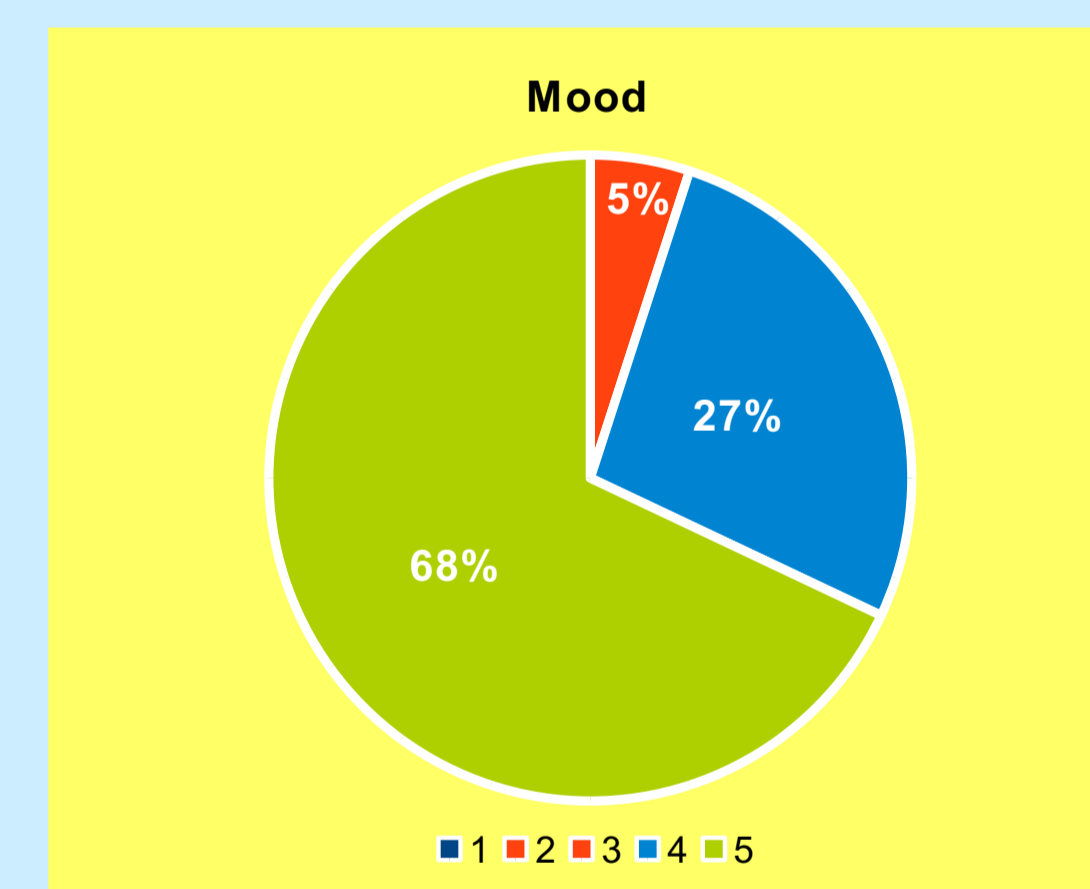


Figure 1.

The impact of therapy sessions on participants' mood according to the subjects

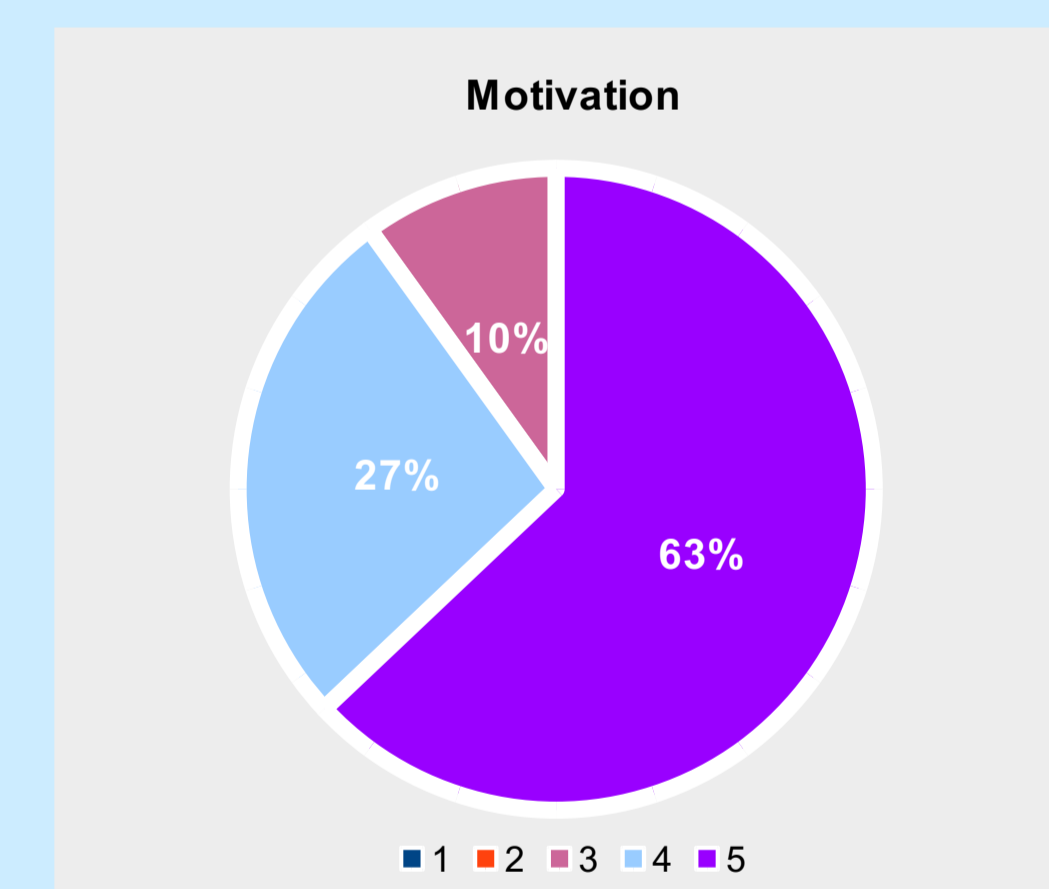


Figure 2.

The impact of therapy sessions on participants' motivation according to the subjects

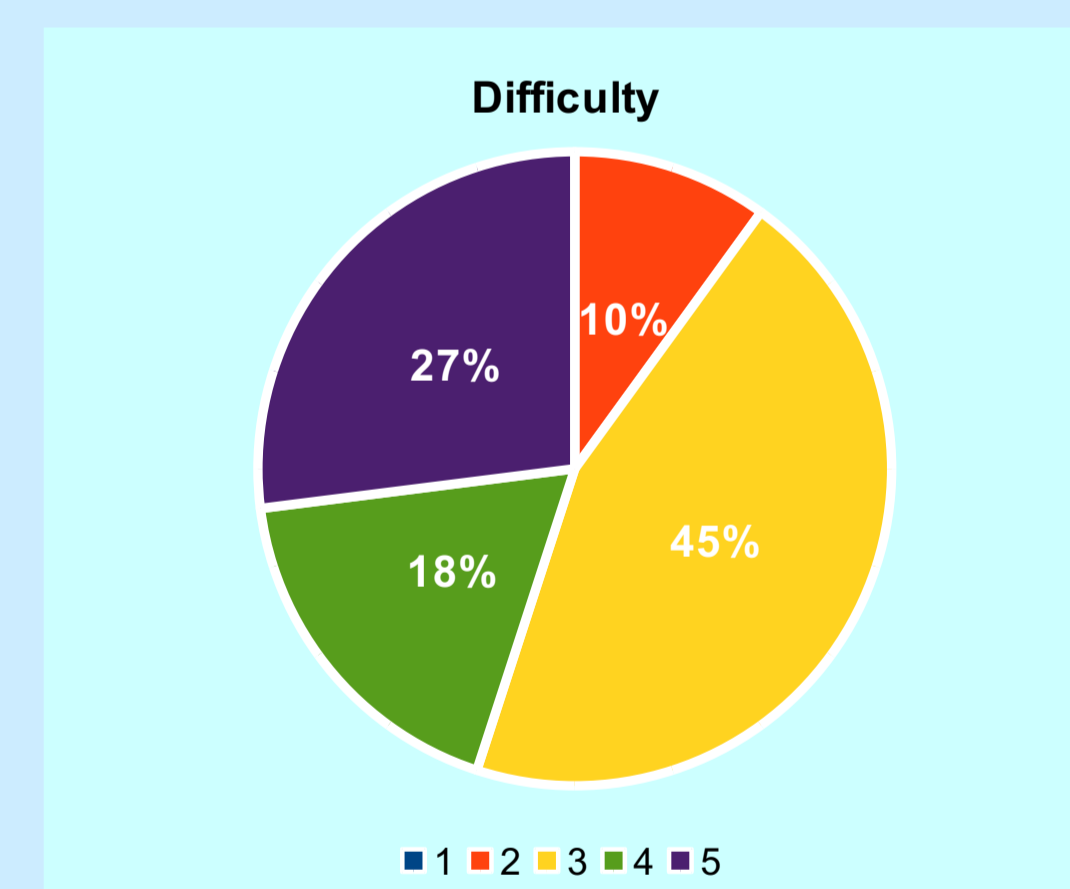


Figure 3.

The difficulty of the therapeutic tasks according to the subjects

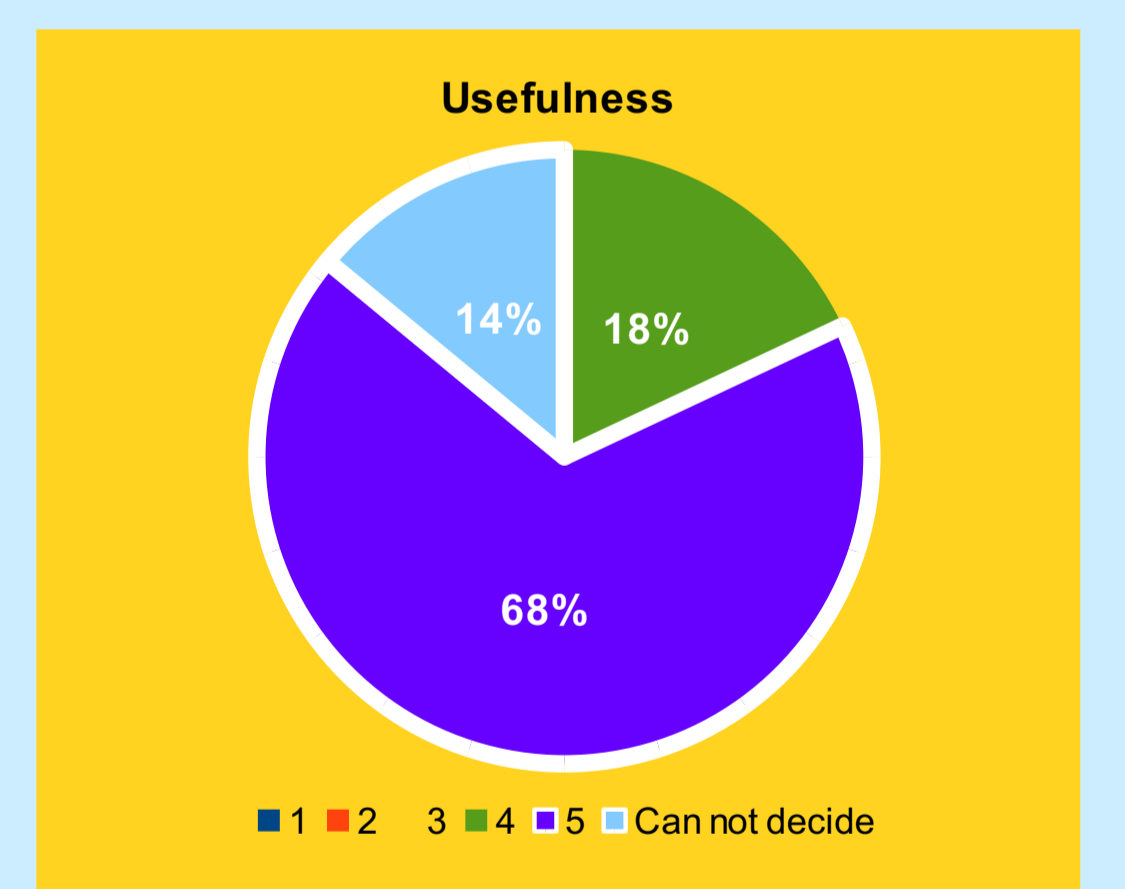


Figure 4.

The usefulness of the therapy sessions according to the subjects

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