

- Music Therapy 2014
- Efficacy in Autism, ADHD,
- Oncology and Palliative care
- Neonatology, Psychiatry, Parkinson  
Alzheimer, Dementia, etc

# MUSIC THERAPY and AUTISM

The findings of this updated review provide evidence that music therapy may help children with ASD to improve their skills in primary outcome areas that constitute the core of the condition including social interaction, verbal communication, initiating behaviour, and social-emotional reciprocity. Music therapy may also help to enhance non-verbal communication skills within the therapy context.

Furthermore, in secondary outcome areas, music therapy may contribute to increasing social adaptation skills in children with ASD and to promoting the quality of parent-child relationships. In contrast to the studies included in an earlier version of this review published in 2006, the new studies included in this update enhanced the applicability of findings to clinical practice.

More research using larger samples and generalised outcome measures is needed to corroborate these findings and to examine whether the effects of music therapy are enduring. When applying the results of this review to practice, it is important to note that the application of music therapy requires specialised academic and clinical training.

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## a music interventions benefit cancer patients

Having cancer may result in intense emotional, physical and social suffering. Musictherapy and music medicine interventions have been used to alleviate symptoms and treatment side effects in cancer patients. In music medicine interventions, the patient simply listens to pre-recorded music that is offerED by a medical professional Music therapy requires the implementation of a music intervention b y a trained music therapist, the presence of a therapeutic process, and the use of personally tailored music experiences.

This review included 30 trials with a total of 1891participants. The findings suggest that music therapy and music medicine interventions may have a beneficial effect on anxiety, pain, mood, quality of life,heart rate, respiratory rate, and blood pressure in cancer patients.

Most trials were at high risk of bias and,therefore, these results need to be interpreted with caution.

No evidence of a difference between music therapy or music medicine and control was found for depression, fatigue, or physical status. However, only a small number of trials investigated the effect of music on these out comes. We could not draw any conclusions about the effect of music interventions on distress, body image, oxygen saturation level, immunologic functioning, spirituality, and communication out comes because there were not enough trials looking at these aspects.Therefore, more research is needed.

The limited number of trials in this review prevented a comparison being made between music therapy interventions and pre-recorded music listening offered by medical personnel.

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