

Cognitive improvements with active singing in dementia

May 15 2015



(HealthDay)—An active singing program can improve cognition and life satisfaction among individuals with dementia in an assisted living facility, according to a letter to the editor published in the April issue of the *Journal of the American Geriatrics Society*.

Linda E. Maguire, from the Johns Hopkins University in Baltimore, and colleagues examined the impact of active singing on measures of cognition and [life satisfaction](#) at an assisted living facility. Forty-five participants received three vocal music sessions per week (independent residents: 18 singers, nine [listeners](#); dementia: nine singers, nine listeners).

The researchers found that independent residents had significantly

higher scores than those with dementia on the mini-mental state examination (MMSE; P

"These data show that an active singing program, using an innovative approach, led to significant improvement in cognitive ability in individuals with [dementia](#)," the authors write.

More information: [Abstract](#)
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Citation: Cognitive improvements with active singing in dementia (2015, May 15) retrieved 7 January 2023 from <https://medicalxpress.com/news/2015-05-cognitive-dementia.html>

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