

## **The Effects of Music Therapy on Positive Negative Syndrome Scale, Cognitive Function, and Quality of Life in Female Schizophrenic Patients**

**Authors :** Elmeida Effendy, Mustafa M. Amin, Nauli Aulia Lubis, P. J. Sirait

**Abstract :** Music therapy may have an effect on mental illnesses. This is a comparative, quasi-experimental study to examine the effect of music therapy added to standard care on Positive Negative Syndrome Scale, Cognitive Function and Quality of Life in female schizophrenic patients. 50 schizophrenic participants who were diagnosed with semistructured MINI ICD-X, were assigned into two groups received pharmacotherapy. Participants were assigned into each group of therapy by using matched allocation method. Music therapy added on to the first group. They received music therapy, using Mozart Sonata four times a week, over a period of six week. Positive and negative symptoms were measured by using Positive and Negative Syndrome Scale (PANSS). Cognitive function were measured by using Mini Mental State Examination (MMSE) and Montreal Cognitive Assessment (MOCA). All rating scale were administrated by certified skill residents every week after music therapy session. The participants who were received pharmaco-and-music therapy significantly showed greater response than who received pharmacotherapy only. The mean difference of response were -6,6164 ( $p=0,001$ ) for PANNS, 2,911 ( $p=0,004$ ) for MMSE, 3,618 ( $p=0,001$ ) for MOCA, 4,599 ( $p=0,001$ ) for SF-36. Music therapy have beneficial effects on PANSS, Cognitive Function and Quality of Life in schizophrenic patients.

**Keywords :** music therapy, rating scale, schizophrenia, symptoms

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