



Music interventions for dementia and depression in elderly care (MIDDEL)

Public seminar

Monday, 24th of February, 10:00-13:00

University of Vienna, Faculty of Psychology, Liebiggasse 5, 1st floor, lecture hall E

An interdisciplinary group of researchers from five European countries are meeting at the Faculty of Psychology in connection with the start of MIDDEL, a project funded by the EU Joint Programme for Neurodegenerative Disease Research (JPND). As part of this meeting, we cordially invite you to a public seminar with presentations on clinical and neuropsychological research on music and mental health.

Part I: Clinical research on music interventions in elderly care

- 10:00 Urs Nater (Univ. Vienna): Welcome and introduction to the seminar
- 10:10 Christian Gold (NORCE Norwegian Research Centre and Univ. Vienna): Music interventions as personalised medicine? Protocol of the MIDDEL trial
- 10:30 Sytse Zuidema and Sarah Janus (Univ. Medical Center Groningen): International consensus definitions of group music therapy for dementia
- 10:50 Justine Schneider (Univ. Nottingham): Involving people with dementia in psychosocial research
- 11:10 Discussion, led by Christian Gold: Creating clinical evidence through MIDDEL

11:25-11:40 Break, refreshments

Part II: Towards personalised prescriptions of music interventions: The role of biopsychological markers

- 11:40 Nida Ali (Univ. Vienna): The importance of salivary cortisol and alpha amylase as indicators of stress and potential biomarkers for the effects of music making in older adults
- 12:00 Anja Feneberg (Univ. Vienna): Cortisol measures in an ongoing study on health-related effects of choir singing among adolescents: Protocol and initial experience
- 12:20 Gunter Kreutz (Univ. Oldenburg): Biopsychological perspectives on choral singing and social connectedness in older adults with chronic illness
- 12:40 Discussion, led by Sytse Zuidema: Determining the best biomarkers for MIDDEL

13:00 End