

## **Contributions of music therapy as patient recovery tool with mental disorders: An Integrative Review**

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### **Abstract:**

Contextualization: Music has become a most important tool in helping in the recovery and well-being of patients with mental disorders. Psychiatric disorders are increasingly in evidence, according to the medical diagnosis, the major finding of mental health professionals and contributions of general health services in treatment, care, management and recovery of patients in mental suffering.

Pathologies and psychiatric disorders has brought the patient several comorbidities. The use of medication is not enough for effective treatment, we must be sensitive to alternative therapies, among them music. We can work song with patients in mental suffering and obtain incredible results, thanks to the support and diversity that music brings.

**Keywords:** *Music, mental health, mental disorders.*

### **Introduction:**

Music can be defined as the art of expressing the various emotions of our soul by the sound [1], it is divided into three parts: melody, harmony and rhythm. We find music everywhere, in various musical genres with different representativeness.

Music is an alternative way of patient care in mental distress by enabling a better quality of life showing that treatment can go beyond the usual attitudes [2].

Experiences in various fields such as psychology, physiotherapy, pediatrics, gerontology, among others, are observed with use of a therapeutic form of music in order to facilitate, promote and contribute to a better quality of life of patients. The first time the song was used as a form of humanization and health care was reported in 1859 by nurse Florence Nightingale. Was used together with the veterans of the First and Second World Wars. [2]

Thus, we see that the use of music as an aid in the treatment of psychiatric patients or with some psychological distress is very important for your mental recovery and reintegration in the social environment. The health team can collaborate much with these patients entering the music in this context.

### **Objective:**

This study aimed to:

- To search the literature How important is music for recovery and well-being of patients with mental disorders.

### **METHODOLOGY:**

#### **Type of study**

This study it is an integrative literature review (IR) research, based on Cooper (1982), defined as a method that brings together the results of research on the same subject, in order to synthesize and analyze this data to develop a more comprehensive explanation of a particular phenomenon.

The integrative review is developed from five stages: problem formulation, data collection , data evaluation , analysis and interpretation of data and presentation of results (Cooper , 1982).

#### **Problem formulation**

The formulation of the present study problem was through the guiding question " How important is music for recovery and well-being of patients with mental disorders ? " .

#### **Data collection**

The search for articles was held at Latino database Literature - American and Caribbean Health Sciences (LILACS), the database Scientific Electronic Library Online ( Scielo ) Medline and Bireme , Web of Science and PubMed.

The descriptors used in the search of the articles were Music, mental health, mental disorders.

#### **Inclusion criteria**

Healthcare articles were included, these fields: Nursing, Education and Health containing the theme of music importance for the recovery of patients with mental disorder, in Portuguese, English or Spanish and, over the past decade (2004- 2014), resulting from qualitative studies , quantitative , available online in full and free .

#### **Exclusion criteria**

Not available full articles were excluded, with previous publication the last ten years, no publications available electronically, free access at no cost, as well as theses, dissertations and completing courses jobs.

#### **Data evaluation**

This data evaluation stage, it designed a tool to record information (Appendix A) extracted from articles which was completed after reading the articles.

The fields that were understood to Appendix A: article title, author identification, serial, article publishing year objective of the study, the study methodology, results and conclusion.

#### **Analysis and interpretation of results**

This step was carried out the synthesis and comparison of data extracted from articles to be registered in a general summary table (Appendix B), in order to highlight the ideas of each author who answered the guiding question of this study: How important is music for recovery and well-being of patients with mental disorders?

### **Presentation of results**

The presentation of results was done with the intersection of articles and ideas of selected authors within the proposed theme, which ended up comprising the sample of this study on the importance of music for recovery and well-being of patients with mental disorders.

### **Ethical aspects**

All the productions used in this work were referenced as the standards of the Brazilian Association of Technical Standards (NBR 6023, 2000). It has respected the authenticity of the authors of the ideas in question constitute the sample of this study.

### **Results and discussion**

At this stage of the study, we characterized the statement of findings of integrative review that data were presented through analysis and discussion of results.

### **Sample characterization**

Initially by crossing the descriptors in health Medicine® ( MeSH ) , it found a total of 154 scientific articles in the databases consulted . After initial selection by the availability of online full-text and year of publication was obtained 80 publications. Next, the reading was held the titles and abstracts limiting the sample to 35 publications (8 in MEDLINE, 12 in LILACS and 15 in SciELO ) . After reading in full of papers, we selected articles 3 (1 in LILACS, MEDLINE and 2 on 2 on Scielo ) that formed the database for this job.

The table below shows with synthesis of selected articles:

Article	Title	Author	Year	Objective	Type of study
01	The Discussion about the Application and Impact of Music on Depressive Diseases throughout History and at Present	S. Heise; H.Steinberg; H.Himmerich	2013	Music therapy is the customised application of music for therapeutic use.	Qualitative / Bibliografic review
02	MUSIC IN HUMAN TERMINALITY: THE FAMILY MEMBERS' CONCEPTIONS	Catarina Aparecida Sales; Vladimir Araujo da Silva; Calópe Pilger; Sonia Silva Marcon	2011	The objective was to understand how family members perceive the influence of musical experiences on the physical and mental health of a relative living with a terminal illness.	Qualitative / Bibliografic review
03	THE EFFECTS OF MUSICAL ACTIVITIES AS ALTERNATIVE MENTAL HEALTH CARE	Aline Siqueira de Almeida; Mônica Rodrigues da Silva.	2013	To investigate the importance of alternative practices, based on sound-rhythmic-musical activity that can act as therapy for people with mental disorders.	Qualitative / Bibliografic review

### **The importance of music to patients with mental disorders:**

The need to conceptualize mental illness refers to the need to view it as a phenomenon whose way of understanding varies widely in different cultures and communities and contains variations over time [3].

For a long time people with mental illnesses were considered alienated seen as people living outside of reality, unable to understand or exercise their rights. Psychiatric reform was born with the aim to overcome these stigmas, institutionalization and chronicity of the mentally ill. For this, the humanization of care to psychotic is required, the territorialization of attention devices and the construction of diversified care alternatives. Healthcare practices should enhance the subjectivity, self-esteem, autonomy and citizenship, and must overcome the tutelage of relationship and the institutionalization / chronicity. For this it is essential to invest in the training of mental health professionals, orientandoos for the "deconstruction" of the various forms of oppression, exclusion and cancellation of the mentally ill. [4]

Following this thinking, the use of music as a strategy for nursing care has been developing gradually in Brazilian nursing, and can be used as a tool to bring comfort, reduce pain, facilitate communication and customer-relationship health professional, making the more humanized care, and reduce anxiety of patients who undergo medical treatment [4].

The use of music brings many benefits to patients, since it involves sensory reactions, hormonal, and psychological fisiomotoras, with no fragmentation among its effects. The enfermeiropaciente ratio is also improved, since the music facilitates communication by creating stronger linkages with the patient, giving him a humanized care [5].

### **The music as an aid in the treatment of patients in mental suffering:**

Music therapy is the customised application of music for therapeutic use. For the treatment of depression it is mostly applied within a multimodal therapeutic approach. Since music was already used in prehistoric societies to cure diseases, it can be considered as a traditional therapy. As early as the antiquity physicians discussed the kind of music, the duration and frequency of its application. In the 19th century the pioneers of modern scientific psychiatry began to follow these questions with empirical experimental research. Since the 20th century, research has been investigating the influence of music on biological and psychological parameters. Current studies show that music therapy appears to improve symptoms of depression, especially in combination with antidepressants. Due to the limited number of randomised studies, the validity of its efficiency is limited. Further research is necessary to provide evidence-based recommendations regarding music therapy for the treatment of depression [6].

The effect of music on the patient involves sensory, hormonal, physicalmotor, and psychological reaction, with no fragmentation among the effects, treating not only the disease but the individual as a human being [2].

Surveys also indicate that music therapy helps the person with Parkinson's disease in many ways: in the orientation, although in aspects such as time and space are changed him; the relaxation and recovery in the event of insecurity or anxiety, helping her to express themselves better in case of problems in oral or written; the enhancement of the physical and mental functions affected; in enhancing personal autonomy; in the act of recognition, making it subject to their suffering to realize how to handle it, integrating thus body, mind, spirit [7].

The Norwegian music therapist Leonardi, points to the enhancers elements of music in promoting new communication channels, allowing through the sound-musical route, access to the interior life of the subject, the perception of self and others in group learning context. Music affects the body directly and indirectly. Acts directly on cells and organs that constitute it, and indirectly mobilizes emotions and influences in numerous bodily processes that, in turn, provide relaxation and well-being. [8]

### **Final considerations:**

There is solid evidence that music works collaboratively and effectively in treating patients with mental disorders, and goes beyond that, it has acted positively in the adjunctive treatment in other pathologies.

Thus, while health staff, we can introduce the music in the workplace, specifically in mental health, as the music is a transformative art that benefits and brings wellness to patients, whether they are admitted to clinics or hospitals or just patients who psychiatric treatment.

The participation of staff, family members of patients in mental suffering and the patients themselves is fundamental. The professional proximity to these individuals becomes paramount to that music can bring the benefits needed for these patients.

Music therapy needs to become present in the environments where these individuals with mental disorders are inserted, as well as bring well-being to these patients, it will act as an aid in drug treatment.

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