

Does Music Therapy Increase the Overall Well-Being or Improve Quality of Life in People With Schizophrenia?

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Introduction

Music therapy is an evidence-based approach that improves mental and physical health. The purpose of this review was to update findings on musical therapy and schizophrenia.

Methods

Search included:

- Five databases: Scopus, PubMed, Embase, PsychInfo, and the Cumulative Index to Nursing and Allied Health Literature

Inclusion criteria:

- Quasi-experimental study or randomized controlled trial (RCT)
- Published from 2017–2021 in peer-reviewed journals

Screening process:

- Titles and abstracts
- Duplicates removed in EndNote
- Effective Public Health Practice Project (EPHPP) Quality Assessment Tool for Quantitative Studies; two reviewers screened each article

Results

Six articles published in the last 5 years met criteria for inclusion in this review:

- Three of six (50%) were evidence level 1B, one (17%) was level 2B, and two (33%) were level 3B
- Two of six (33%) were RCTs
- One (17%) was a quasi-randomized controlled trial
- Three of six (50%) were quasi-experimental studies
- Five of six (83%) had a low risk of selection bias

Table 1: Analysis of bias

Citation	Selection Bias			Performance Bias (effect of assignment to intervention)		Detection Bias		Attrition Bias	Reporting Bias	Overall Risk of Bias
	Random Sequence Generation	Allocation Concealment	Baseline differences between intervention groups	Blinding of Participants During the Trial	Blinding of Study Personnel During the Trial	Blinding of Outcome Assessment: Self-reported outcomes	Blinding of Outcome Assessment: Objective Outcomes	Incomplete Outcome Data	Selective Reporting	Overall risk-of-bias assessment (low, mod, high)
Dezli & Biasutti (2016)	+	+	+	-	+	-	-	+	+	L
He et al. (2018)	+	+	+	-	-	-	-	+	+	M
Kellet et al. (2018)	+	+	+	-	-	-	-	+	+	M
Lee and Lee (2020)	-	-	+	-	-	-	+	+	+	M
Pederson et al. (2021)	+	+	+	+	+	?	+	+	+	L
Siahgan et al. (2021)	+	+	?	-	-	-	-	+	+	M

Table 2: Rating distribution of the EPHPP Quality Assessment Tool for Quantitative Studies

	Rating		
	Strong (n/%)	Moderate (n/%)	Weak (n/%)
Selection bias	4 (66%)	1 (17%)	1 (17%)
Study design	3 (50%)	2 (33%)	1 (17%)
Confounders	2 (33%)	2 (33%)	2 (33%)
Blinding	2 (33%)	3 (50%)	1 (17%)
Data collection methods	4 (66%)	2 (33%)	1 (17%)
Withdrawals and dropouts	4 (66%)	1 (17%)	1 (17%)
Global Rating	3 (50%)	2 (33%)	1 (17%)

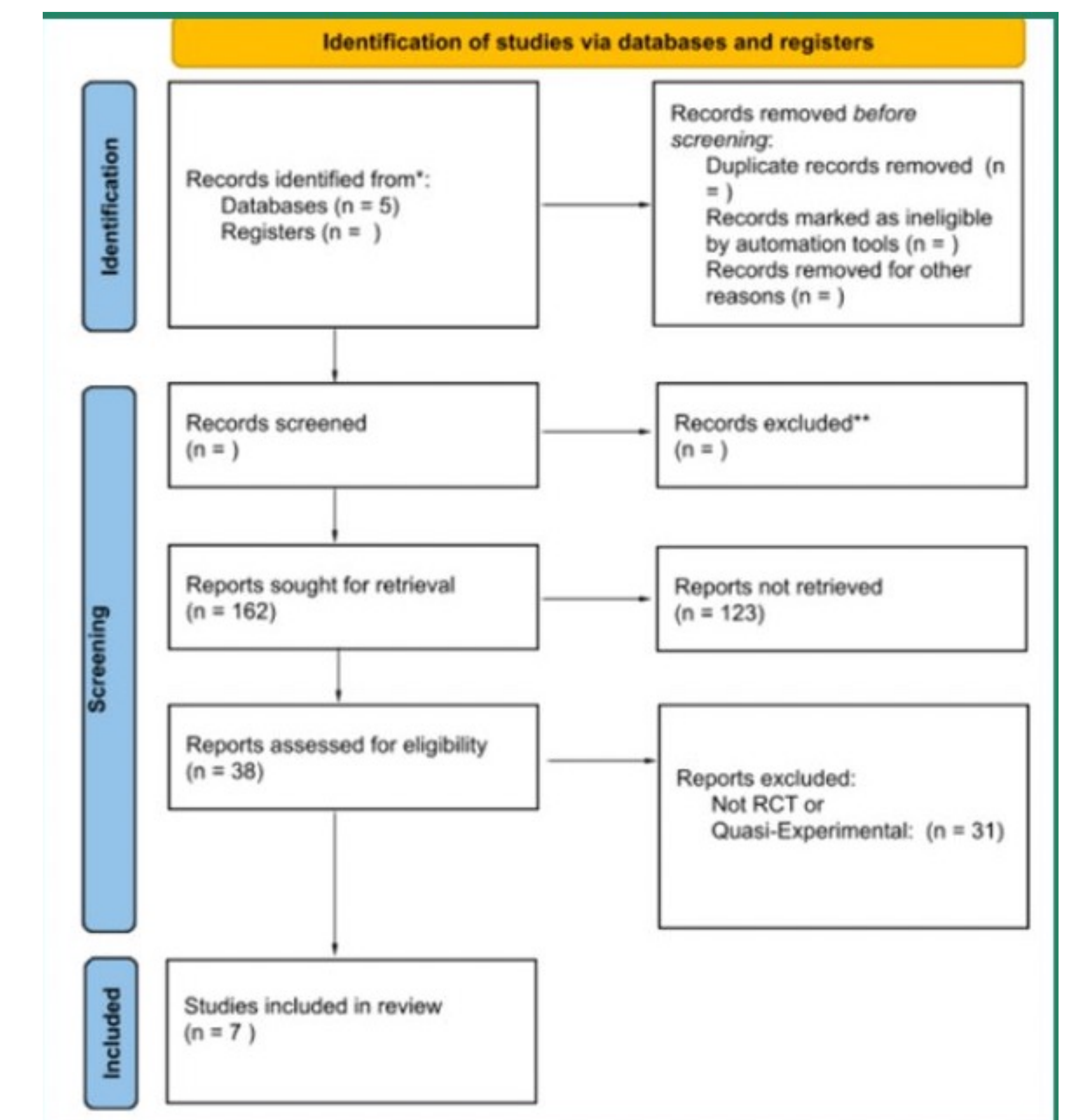


Figure 1: PRISMA flow chart

Conclusions

Music therapy positively impacts people with schizophrenia through:

1. Improved symptom and medication management.
2. Increased positive emotional behaviors.
3. Improved interpersonal relationships for well-being.
4. Increased quality of life.