

## **P75: Using music to reduce depressive symptoms among nursing home residents: Preliminary results of a Bayesian Network Meta-Analysis of Randomized Controlled Trials**

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**Objective:** Reviews show that music interventions may be effective in reducing depressive symptoms among nursing home residents. Since interventions use various ways to include music, results on the effectiveness on depressive symptoms are often inconsistent. A previous review found that receptive music interventions (e.g., music listening) are more effective than active music interventions to reduce depressive symptoms among nursing home residents. Other research suggest that active music interventions (e.g., playing instruments, dancing) are more effective. Moreover, therapists seem to prefer using active music interventions. Because of its low costs, the previously found effectiveness and low side effects, it is important to gain more insight into components specific to the intervention that may contribute to its effectiveness in reducing depressive symptoms. This insight may help to fine-tune interventions and develop treatment protocols.

**Method:** A Bayesian Network Meta-analysis was conducted to calculate the relative effectiveness of interventions including music. In addition, different network-meta-regression analyses were conducted to explorer components that may contribute to the effectiveness of the included studies.

**Results:** Our search strategy resulted in N=22 eligible Randomized Controlled Trials (RCT), that included music in the reported interventions. Compared to Care as Usual, a multidisciplinary approach including music was the most effective (MD=-0.92, 95% CrI -2.8 to 0.97), followed by music interventions focused on sensory stimulation (MD=-0.43, 95% CrI -1.1 to 0.19), music interventions with reminiscence (MD=-0.38, 95% CrI -1.2 to 0.45) and cognitive interventions with music (MD=-0.31, 95% CrI -2.0 to 1.40). Level of depression ( $b=-0.88$ , CrI 95% [-1.81 to 0.06]), and being physical dependent ( $b=-0.29$ , CrI 95% [-1.20 to 0.61]), moderated the effectiveness of interventions, although this was not significant. We did not found any difference between active and receptive music interventions.

**Conclusion:** In the constructed network, interventions that included music, were not more effective in reducing depressive symptoms among nursing home residents when compared to the care as usual group. However, some subgroups seem to benefit more from music than others. To gain more insight in the effectiveness of music in reducing depressive symptoms, more research is needed, targeting those specific target groups.

## **P77: Barriers and facilitators to reframing 'wandering' as a meaningful activity for residents with dementia in care homes**

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Up to 60% of people with dementia living in care homes will 'wander' (i.e. walk without a clear purpose) at some point, which may occur due to cognitive changes, issues with orientation or lifelong habits. Nonpharmacological interventions are considered the best approach to supporting wandering as they aim to address underlying causes while posing minimal risk to the individual. However, there are many benefits to wandering safely in care homes, including physical benefits of exercise, retaining autonomy over location, and maintaining self-identity. This study aimed to develop evidence to understand the perspectives of care home staff around wandering as a meaningful activity. Specifically, we sought to identify: i) attitudes towards wandering; ii) the barriers and