Music therapists are accredited therapists who assess and treat individuals with mood stability and self-expression issues when music therapy is used along with psychotherapy and medication. (Mood stability, Anxiety symptoms, Depression symptoms, Clinical evidence proves that participants did not notice a decrease in their symptoms decreased and mood stability increased when music therapy is used. (Albornoz, 2011; Preyde, Berends, Parekh, & Heintzman, 2015).)

**PICO Statement**

Do adolescents with mood disorders improve mood stability and self expression when music therapy is used along with psychotherapy and medication?

**Summary of Findings**

- Music therapists are accredited therapists who assess individuals and create musical interventions to restore mental, physical, emotional, and spiritual health.
- Examples of interventions that music therapists utilize are lyric analysis, song writing, improvisational music, and using instruments.
- Benefits of using music therapy have shown to increase mood stability, decrease depressive symptoms, and create an overall sense of well-being (What is music therapy, 2016).
- Research results showed us that even though some participants did not notice a decrease in their depression symptoms, clinical evidence proved that their symptoms decreased and mood stability increased (Albornoz, 2011; Preyde, Berends, Parekh, & Heintzman, 2015).

**Increased...**
- Mood stability
- Positive self-talk and self-expression
- Happiness

**Decreased...**
- Depression symptoms
- Anxiety symptoms
- Feeling of grief

**Adolescents with depression and anxiety**

**Using music-based interventions with standard care treatments**

**Decreased negative symptoms and increased overall well-being**

**Knowledge Translation Plan**

- Certified Therapeutic Recreation Specialist (CTRS) must create interventions that are relatable for these adolescents and appropriate for their age and functional ability.
- When implementing a music intervention, it is important to keep the client’s musical preferences in mind.
- It is highly recommended to implement longer, more frequent sessions to make a larger impact.
- It is also encouraged that therapists set goals for each session and come up with an assessment tool to formally establish and address goals before and after sessions.

**Barriers & Limitations**

- Physical and emotional changes on top of these feeling of depression and anxiety could make it hard to motivate these adolescents.
- Further research is needed regarding music-based interventions with this population and this population as a whole.
- More sessions need to be implemented to increase the impact of results.
- Sample sizes limited.
- Setting

**References**


