



Name of the action

Demonstration of the validity and importance of the "do re ni" methodology of brain stimulation in the elderly.

Project description

Started in June 2020, the project was structured in two groups: an experimental group of 43 volunteers with an average age of 68 years, and a comparable control group of 41 volunteers. From August to December 2020, the former group participated in 25 brain stimulation sessions following the "do re ni" stimulation methodology, while the latter did not undergo any stimulation. In both groups, a series of variables were measured before and after the stimulation, using three internationally validated types of measurement, namely: (a) Minimental Self Examination (MMSE-Folstein 1975), a cognitive test that checks orientation, immediate memory, attention and calculation, delayed recall and language; (b) the anxiety and depression scale (GADS-Goldberg); and (c) the quality of life questionnaire (SF-36v2-J. Alonso 2003), which establishes an overall index on the sum of physical function, physical role, body colour, general health, vitality, social function, emotional role and mental health.

Overall objective

To determine the impact of the brain stimulation action of "do re ni" method on the cognitive and mental state, as well as on the quality of life of people aged over 60.

Specific objectives

SO1: To Conduct a scientific research in order to determine the impact of the brain stimulation method "do re ni".
SO2: To disseminate and raise awareness about brain stimulation using music therapy in the population of elderly people with senile affectation; as well as to configure and implement models of stimulation in health, which are economically sustainable, easy to implement and which help to ensure active and healthy aging processes.

Beneficiaries

106 volunteers of more than 60 years of age from Gipuzkoa (Spain).

Partners

Asociacion "do re ni", Basque Government, Kutxa Fondation.



Donor

Kutxa Fondation



Project countries

Spain



Project duration

June 2020 - December 2021



Project budget

45.000 EUR