



MUSIC THERAPY IN PATIENTS WITH MENTAL DISORDERS
A MUSICOTERAPIA EM PACIENTES PORTADORES DE TRANSTORNO MENTAL
MUSICOTERAPIA EN PACIENTES CON TRASTORNOS MENTALES

Vagner Marins Barcelos¹, Enéas Rangel Teixeira², Ana Beatriz de Nazareth Ribeiro³, Lucas Duarte Braga da Silva⁴, Diego Pereira Rodrigues⁵, Alex Sandro Azevedo Siqueira⁶

ABSTRACT

Objective: to identify the positive factors of music therapy in patients with mental disorders. **Method:** integrative review, performed in 2007-2017. The productions were located in March 2017, on Lilacs, BDEnf and Medline databases. After successive readings of the articles, six articles were selected, and the data were grouped using a content analysis technique. **Results:** music therapy can be used as a complementary form of non-pharmacological treatment to assist in restoring mental equilibrium of the individual with mental disorders. **Conclusion:** Based on the presented study, music therapy, as a therapeutic complementary method, significantly improves the client's clinical/psychological condition, when providing improvement in physiological and cognitive functions, maximizing the restoration through the well-being, sharing their emotions and promoting autonomy of the patient during the care. **Descriptors:** Nursing; Psychiatric Nursing; Health; Mental Health; Music Therapy; Patients.

RESUMO

Objetivo: identificar os fatores positivos da musicoterapia em pacientes com transtornos mentais. **Método:** revisão integrativa, realizada de 2007-2017. As produções foram localizadas no mês de março de 2017, nas bases de dados Lilacs, BDEnf, Medline. Após sucessivas leituras dos artigos, foi selecionado 6 artigos, e os dados foram agrupados utilizando-se a técnica de análise de conteúdo. **Resultados:** foi observado que a musicoterapia pode ser utilizada como forma complementar de tratamento não farmacológico para auxiliar no restabelecimento do equilíbrio psíquico do indivíduo portador de transtornos mentais. **Conclusão:** com base no estudo apresentado, conclui-se que a musicoterapia como método terapêutico complementar atua de forma significativa na melhora do quadro clínico/psicológico do cliente, ao proporcionar melhora nas funções fisiológicas e cognitivas, sendo a restauração potencializada através do bem-estar, compartilhamento de suas emoções e a promoção da autonomia do paciente durante o cuidado. **Descritores:** Enfermagem; Enfermagem Psiquiátrica; Saúde; Saúde Mental; Musicoterapia; Pacientes.

RESUMEN

Objetivo: Identificar los factores positivos de la musicoterapia en pacientes con trastornos mentales. **Método:** revisión integrativa, realizada en 2007-2017. Las producciones fueron localizadas en el mes de marzo de 2017 en las bases de datos BDEnf, Lilacs, Medline. Después sucesivas lecturas de los artículos, se seleccionaron seis artículos y se agruparon los datos mediante la técnica de análisis de contenido. **Resultados:** Se observó que la musicoterapia puede ser utilizada como una forma complementaria de tratamiento no farmacológico para ayudar a restablecer el equilibrio mental del individuo portador de trastornos mentales. **Conclusión:** Según el estudio presentado, se concluye que la musicoterapia como método terapéutico complementar actúa en forma significativa en la mejora de la evolución clínica y/o psicológica del cliente, al proporcionar mejoras en las funciones cognitivas y fisiológicas, siendo la restauración maximizada a través del bienestar, compartimiento de sus emociones y la promoción de la autonomía del paciente durante el tratamiento. **Descritores:** Enfermería; Enfermería Psiquiátrica; Salud; Salud Mental; Musicoterapia; Pacientes.

¹MSc Student, Nursing School Aurora de Afonso Costa, Fluminense Federal University/UFF. Niterói (RJ), Brazil. E-mail: vagnerbarcelos@hotmail.com ORCID iD: <http://orcid.org/0000-0002-2826-1996>; ²PhD, Federal University of Rio de Janeiro. Main Professor, Fluminense Federal University/UFF. Niterói (RJ), Brazil. E-mail: eneaspsi@hotmail.com ORCID iD: <http://orcid.org/0000-0002-1721-2056>; ³Student, Anhanguera University Center of Niterói. Niterói (RJ), Brazil. E-mail: anabeatriz.nazarethribeiro@outlook.com ORCID iD: <http://orcid.org/0000-0003-2347-966X>; ⁴Student, Anhanguera University Center of Niterói. Niterói (RJ), Brazil. E-mail: lucasdbs726@gmail.com ORCID iD: <http://orcid.org/0000-0001-5942-8763>; ⁵MSc, Nursing School Aurora de Afonso Costa, Fluminense Federal University/UFF. Niterói (RJ), Brazil. Assistant Professor of the Anhanguera University Center of Niterói, Rio de Janeiro, Brazil. E-mail: diego.pereira.rodrigues@gmail.com ORCID iD: <http://orcid.org/0000-0001-8383-7663>; ⁶MSc, Nursing School Aurora de Afonso Costa, Fluminense Federal University/UFF. Niterói (RJ), Brazil. Nurse of the Cancer National Institute, Rio de Janeiro, Brazil. E-mail: assiqueira@hotmail.com ORCID iD: <http://orcid.org/0000-0002-6678-4499>

INTRODUCTION

The music therapy is considered an alternative tool that works in areas where drugs do not have the desired efficacy. For this reason, it operates in a complementary way and only began to be regarded as a science during the Second World War, with the purpose of being used scientifically and with therapeutic purposes in the rehabilitation and recovery of wounded soldiers. The first studies on its therapeutic effects were carried out in 1944 in the state of Michigan in the United States of America (USA).¹

Thus, the National Association for Music Therapy in the United States was founded in 1950. In 1968, Argentina hosted the first Latin American Journey of Music Therapy. Music therapy can be developed using music and musical instruments, in which the music therapist and the client will develop a dynamic structure that will facilitate and promote elements such as communication, relationship, learning, above all, the expression is physical, mental, emotional, social and cognitive. In this way, the patient will achieve better social integration, develop his/her skills, recover functions and improve the quality of life.²

In this way, music therapy not only offers humanization in certain health care, but also, at the same time, contributes to pain relief treatments, psychosomatic, physical and spiritual disorders. For music therapy practitioners, a sense of peace, joy, relief, relaxation and well-being stands out.³

When working in places of the Nervous System, music therapy provides a considerable improvement in patients' communication and motor response, when allowing reintegrating the individual with society and family. In this way, the music plays in the emotional reactions, improving psychological conditions, increasing the patient's quality of life and promoting bonds in his/her social environment. The art has increasingly been inserted and judged as an object important

and decisive in the care process, becoming part of the social reintegration of the individual, offering well-being, self-esteem and autonomy.³

The theme proposes a path with the use of music therapy as a factor for promoting mental health, by providing the host through the musical experience, where everyone can interact spontaneously, when allowing the expression of feelings.

OBJECTIVE

- To identify the positive factors of music therapy in patients with mental disorders.

METHOD

This study consists of an Integrative Review of Literature,⁴ carried out with the purpose to answer the following question: How can music therapy influence in the treatment of patients with mental disorders?

The productions were located during March 2017, from the last 10 years (2007-2017), using the following indexed descriptors (DeSC-BIREME) Nursing; Mental Health; Music Therapy, associated with the Boolean operators AND and OR in the following databases: Medical Literature Analysis and Retrieval System Online (MEDLINE), such as the Latin American and Caribbean Center on Health Sciences Information (LILACS) and the Nursing Database (BDENF).

The selection of productions occurred as an independent dual-mode, for both the search and analysis of the study, with a view at possible biases in this step. The inclusion criteria were: articles in English, Portuguese or Spanish, excluding the productions: theses, dissertations, editorials, abstracts, opinion letter. During the step of searches in the databases, 38,781 publications were found, according to Figure 1.

Descriptors	Database			
	MEDLINE	LILACS	BDENF	TOTAL
Nursing	3397	13890	11654	28941
Mental Health	1472	6607	1647	9726
Music Therapy	15	69	30	114
Total	4884	20566	13331	38781

Figure 1: Quantitative distribution of bibliographies found in the databases with the individual descriptors.

The repeated productions were considered only once. The extraction of data from the selected studies occurred through a data collection form, drawn up for this purpose,

containing information about the identification of the study and content. The final synthesis developed descriptively regarding the results and conclusions obtained

from each study. Thus, after the search of articles, six publications were selected from the databases, with the purpose of conducting the analysis of the articles.

After successive readings of the articles, conducted by two evaluators, the data were grouped using the content analysis technique in the thematic modality⁵ for the understanding of thematic nuclei mobilized in the construction of the study problems. After this procedure, the studies were categorized into four thematic nuclei that subsidized the interpretation and presentation of the results of the review, namely: 1) Music therapy as a nursing learning and strategy; 2) Music therapy and the sound anamnesis.

The collection of data in the selected studies was the next step. This information has been cataloged in an instrument drawn up that included: authors, title, objective, methodology, main recommendations, as shown in figure 2. The other used instrument contemplated: title, journal, design and level of evidence, according to figure 3.

The selected studies were classified in levels of evidence (LE): Level I: evidence comes from a systematic review or meta-analysis of all relevant randomized controlled trials or from clinical guidelines based on systematic reviews of randomized controlled

trials; Level II: evidence derived from, at least, one well-designed randomized controlled clinical trial; Level III: evidence obtained from well-designed clinical trials without randomization; Level IV: evidence from well-designed cohort and case-control studies; Level V: evidence from systematic review of qualitative and descriptive studies; Level VI: evidence derived from a single descriptive or qualitative study; and Level VII: evidence from opinion of authorities and/or report of committees of experts.⁶

The study followed the ethical aspects, by means of reliable citation of ideas, concepts and definitions employed by the authors of the productions used as results in the present study.

RESULTS

Given the addressed information, music therapy can be used as a complementary form of non-pharmacological treatment, mainly related to patients with mental disorders, thus, this therapeutic instrument intends to restore the individual's mental equilibrium, when allowing its interaction with this tool spontaneously.

Authors/Year	Title	Objectives	Methodology	Main considerations and recommendations
Silva GJ, Fonseca MS, Rodrigues AB, Oliveira PP, Brasil DRM, Moreira MMC.	Use of musical experiences as therapy for symptoms of nausea and vomiting in chemotherapy	To know nurses' opinion about their role in the nursing care of the resident and to analyze what nurses express about the motivation and preparation for implementing nursing care systematization.	Qualitative study, through a semi-structured interview.	The nursing process can provide a better quality of nursing care, since systematized care, based on the knowledge of the aging process, allows meeting the elders' basic needs and promoting their autonomy.
Silva Moraes M.	RS, Music therapy and mental health: report of a rhizomatic experimentation	To report the use of music therapy as professional experience and its use in psychiatric reform in the various forms of music therapy.	It is characterized by the qualification of the data collected through the fieldwork.	The study proposes to break the standard care model by allowing the implantation of new ideas geared towards work with music therapy, being this strategy used to add to other actions focused on mental health.
Bergold, A.	Therapeutic music as a technology applied to healthcare and to the nursing teaching	Report and debate the perception of the clients who participated in the musical visits.	It occurred through a dynamic of creativity and sensitivity through a qualitative research carried out with groups.	The study shows that the nurse's work associated with music therapy has potentiated the recovery, through the increase of the bond between clients and professionals.
Bergold Alvim NAT.	LB, Music visitation as a light technology of care	To report the opinions of the clients that were	The study was carried out with a qualitative	The view of the hospitalized client on music therapy promoted

		hospitalized on the musical visits and their importance.	approach for an increase in the data production, using the Creative and Sensitive method through Body-Musical dynamics	for an increase in the patient-nurse bond, causing a "break" in the hospital routine, transforming into an experience of lightness and pleasure instead of suffering.
Taets GGC, Barcellos LRM.	Music in daily care: a therapeutic resource for nursing	To identify the importance of the care practice, associating the music therapy in the routine of the nursing professional.	This is a systematic review with a qualitative approach, based on the methodological reference of content analysis.	Music therapy encourages the construction of affection and creativity, however, it needs a greater dissemination, as some health professionals still do not know its effectiveness as complementary therapy.
Torchi TS, Barbosa MAM	Music as a resource in nursing care	To identify in music a complementary instrument to prevent and treat diseases.	The study is a literature review, based on content analysis.	The study shows the positive effects that music therapy promotes to the patient and the reflection of this complementary resource to the nursing professional.

Figure 2. Synthesis of studies on music therapy with patients with mental disorders, 2017.

Title	Journals	Design	LE
Use of musical experiences as therapy for symptoms of nausea and vomiting in chemotherapy	Revista Brasileira de Enfermagem (REBEN)	Cross-sectional study	II
Music therapy and mental health: report of a rhizomatic experimentation	Psico	Randomized clinical trial	III
Therapeutic music as a technology applied to healthcare and to the nursing teaching	Escola Anna Nery, Revista de enfermagem	Randomized clinical trial	III
Music visitation as a light technology of care	Escola Anna Nery, Revista de enfermagem	Randomized and controlled clinical trial	II
Music in daily care: a therapeutic resource for nursing	Revista de Pesquisa Cuidado é Fundamental	Systematic Review of literature	II
Music as a resource in nursing care	Ensaios e Ciências Biológicas, Agrárias e da Saúde	Systematic Review of literature	V

Figure 3. Synthesis of studies on music therapy with patients with mental disorders, 2017.

DISCUSSION

◆ Music therapy as a nursing learning and strategy

Music therapy as a technology applied to education and development of nursing care highlights a therapeutic means differently if applied in a creative way, because it encourages the expression of emotions and the possibility of an interpersonal communication more effective.⁷

The nursing staff should not be restricted to one aspect regarding pragmatism, where the client presents a particular pathology that

is treated. The nursing care bases on the holistic vision that covers the sphere of subjectivity that occurs through thoughts, feelings and emotions. In this way, music therapy expresses intimate relationship with the integral vision of the client, who expresses his/her subjectivities through this interface.⁸

The music therapy as a musical experience launches itself as a form of interaction between people, processes, products and contexts. The musical experiences can minimize effects of specific treatments such

as the antineoplastic chemotherapy. In this context, the method also consists in a therapeutic model that helps controlling symptoms associated to certain pathologies, aiming at the restoration of balance and well-being of the individual.⁹

Music as a care practice associated to musical experiences can generate physiological effects, such as improvements in metabolism, regulating the respiratory frequency, reducing fatigue and increasing the concentration, when assisting in minimizing the symptoms caused by different types of pathologies.

◆ Music therapy and the sound anamnesis

Music therapy is considered a light technology that helps nurses to identify the factors that influence the mental and physical suffering through emotions expressed during this process.

Music therapy as a care technology considered light is used as a form of complementary therapy that helps reducing the impact caused by the client's hospitalization with the objective of making health professional and the client closer.¹⁰

In this sense, the music as a non-pharmacological method acts effectively to control pain, at the expense of its characteristic, which is distraction, thus, this tool is effective for providing a relaxing effect, besides influencing the levels of endorphins that directly relate to stress and pain, once the chronic patients have their focus on the pain and suffering.¹¹

The musical experience in a hospital environment promotes a break from routine hospitalization when rescuing social, cultural, psychological and biological aspects that are harmed, in response to the distraction of patients and professionals, making the environment more pleasant and mild, besides stimulating the humanization and the reduction of negative aspects in the hospital environment.¹²

Thus, music therapy allows behavioral analysis of the individual, being worked in the sound anamnesis. In this way, the treatment becomes not mechanized, where the professional works with the client spontaneously and, through this moment, the promotion of the interaction between the professional and the patient occurs.

CONCLUSION

The music therapy as a therapeutic complementary method significantly improves clinical/psychological client when providing

the improvement in physiological and cognitive functions, being the restoration maximized through the well-being, sharing their emotions and promoting the patient's autonomy during the care.

Regarding the interaction between the health professional and the client, in which the individual is free to express his/her feelings, emotions, reducing physical/mental relaxation, thus achieving the development of interpersonal relationship, facilitating the care process.

In this way, expanding studies is necessary in the music therapy with patients with mental disorders for evaluating the effectiveness of this technology for treating patients.

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Corresponding Address

Vagner Marins Barcelos
Travessa Percilha Castilho, 68
Bairro Viçosa
CEP: 28800-000– Rio Bonito (RJ), Brazil