Alzheimer Europe

Making dementia a priority:
changing perceptions, practice and policy.

CLINICAL TRIALS WATCH

ACCESSIBLE EASY READ INFORMATION ON:

ALMUTH STUDY

Alzheimer Europe A.S.B.L. • R.C.S. Luxembourg F2773 • 14, rue Dicks • L-1417 Luxembourg
Tel.: +352-29 79 70 • Fax: +352-29 79 72 • info@alzheimer-europe.org • www.alzheimer-europe.org

ALMUTH study

1. Study Information	
Name of the study	ALzheimer and MUsic THerapy: effects of music lessons on brain plasticity, mood, and quality of life in Alzheimer patients
Study sponsor	University of Bergen
Disease	Mild (early) Alzheimer's disease or Mild Cognitive Impairment
Phase	Not applicable – music therapy

2. Information about the intervention that will be tested in the study	
Name of the intervention	Neurocognitive music therapy (also called music lessons)
Administration	Singing lessons provided by a person with a qualification in music therapy once a week
Will all participants receive the same intervention?	Participants will be selected at random to either receive one of the following options: • Neurocognitive music therapy • Physical activity intervention (control group receiving an intervention comparable in scope and extent to the music lessons, but not using music such as mountain hikes) • No intervention (control group).

3. Information about participating in the study	
What are the researchers trying to find out?	• The purpose of the study is to evaluate the effects of music lessons on brain plasticity, mood and quality of life in people with Alzheimer's disease.
How long will the study last?	• 12 months
What your involvement will entail?	• During the study, participants will have to do brain scans (MRI) • Participants will need to complete some tests to evaluate their cognition, behaviour, function, depression, language, activities of daily living (e.g. GDS, IADL, MMSE). Further information on the procedures, tests and visits can be obtained from the study team.

4. Who can participate in this study?	
Who can participate in the study?	To take part in the study, participants must: • Be 18 years old and older • Have a diagnosis of Alzheimer's disease • Live independently at home (not in a care home or similar aged care facility) • Be able to complete questionnaires in Norwegian • Be able to undergo brain scans (MRI) • Be able to come in the area of Bergen (Norway) to attend interventions and assessments.
Who cannot participate in the study?	Exclusion criteria include: • Have hearing impairment that cannot be mended by hearing aids • Have any contraindication to brain scans (i.e. claustrophobia, metal objects in body such as pacemaker). The above list is not exhaustive. It includes the most common conditions and diseases that might exclude people from the study.

5. Where and when will the study be conducted?	
European country involved in the trial	• Norway
Estimated start date of recruitment	April 2018

6. Information for your doctor	
Clinicaltrials.gov identifier	NCT03444181
Study contact information	Stefan Koelsch +47 55 58 62 31 stefan.koelsch@uib.no Birthe K Flo +47 55 58 62 09 Birthe.Flo@uib.no
Link to full text	https://clinicaltrials.gov/ct2/show/NCT03444181

- ✓ The information contained in this document is based on information available on public registries (e.g. clinicaltrials.gov website) on January 2023.

- ✓ This document has been reviewed by the institution running this trial.