

MiDAS

Music in Dementia Assessment Scales

Version 6

Name:	Time:
Completed by:	Date:

MiDAS (Music in Dementia Assessment Scales) aims to assess if there have been changes in the wellbeing of a person with dementia participating in Music Therapy. Both staff and therapist complete **two forms each per session** to evaluate the potential changes. MiDAS uses Visual Analogue Scales; the 'Highest' score on the scale should be set as **the optimum level the individual can achieve**. This means that each individual will have a unique set of 'Highest' levels for each category.

Instruction for Staff

It is important **the same staff member completes both forms on the same day**.

1. Before form should be completed **before** the person's music therapy session. Please take a moment, reflect on the person's **wellbeing today** and decide the **average rating** for each item below and mark clearly with a vertical line on the scale.

2. After form should be completed **several hours after** the person's music therapy session **on the same day**. Rate the person's **average wellbeing after today's session**.

If you are a staff rater, indicate which rating this is:

1. **Before**

2. **After**

Instruction for Music Therapist (MT)

Both forms should be completed immediately after the session.

1. Beginning form should be completed based on the observation of the person during **the first 5 minutes** of the music therapy session. Decide the **average rating** for each item below and mark clearly with a vertical line on the scale.

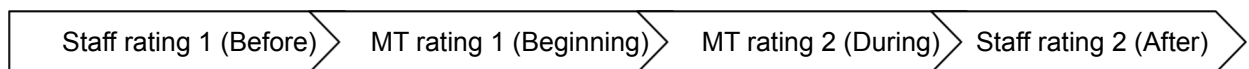
2. During form should be completed based on the observation of the person during **the clinically most significant 5 minutes** of that session.

If you are a music therapist, indicate which rating this is:

1. **Beginning**

2. **During**

Order of rating:



If the person appeared asleep for most of the time, do not score question 1-6, but continue to question 7.

1. Levels of Interest in objects/activities/people around him/her (**attention**). For example:

- Did he/she show his/her **interest in an activity** or **other people** around him/her?
- Did his/her **posture** or **facial expression** change if activities or music catch his/her attention?
- Did he/she become **animated** if activities or music catch his/her attention?

None at all
0

Highest
100

SCORE

2. Levels of Response in communication/activity (**awareness, interaction**). For example:

- Did his/her **facial expression** or **body-movements** indicate his/her awareness of staff or therapist?
- Did he/she make **eye-contact** with staff, therapist or other group members?
- Did he/she join in **conversation, music making** or make **vocal sound**?

None at all _____ Highest
0 100

3. Levels of Initiation in communication/activity (**intention**). For example:

- Did he/she **try to communicate** with staff, therapist or other group members?
- Did he/she **start conversation, start music making, or initiate vocalisation**?
- Did he/she talk about his/her life experiences (**reminiscence**) or **mention music** meaningful to them?

None at all _____ Highest
0 100

4. Levels of Involvement in communication/activity (**participation**). For example:

- Did he/she become **engaged** in conversation, music making, or any forms of communication?
- Did he/she show his/her **enthusiasm** in activities that interest him/her?

None at all _____ Highest
0 100

5. Levels of Enjoyment during communication/activity. For example:

- Smiling, laughing, **brighter mood**
- **Playfulness**, sense of humour
- **Relaxed** mood

None at all _____ Highest
0 100

SCORE: A numerical score can be added by measuring the distance from '**None at all**' to your mark with a ruler. Record the score in the box for each VAS (e.g. 60mm as '60'). **Each line needs to be exactly 100mm for evaluation purposes.**

6. During this period of time did you notice any *major reactions from the person*?

Indicate if only major reactions are observed. Use this list as supplementary information to the five VAS.

Agitation/aggression

Relaxed mood

Withdrawn/low in mood

Attentive/interested

Restless/anxious

Cheerful/smiling

7. Any comments?