



#### KEY WORDS

- ✓ Music
- ✓ Music therapy/musicotherapy
- ✓ Elderly/aged
- ✓ Anxiety
- ✓ Depression

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## EFFECTS OF MUSIC APPLICATIONS ON DEPRESSION AND ANXIETY IN THE ELDERLY: A SYSTEMATIC REVIEW AND META-ANALYSIS

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#### THESIS ABSTRACT

With the extension of life expectancy and the decrease in fertility, the proportion of elderly people in the population is increasing, and globally, the population is aging demographically. As the population ages, elderly individuals constitute a larger portion of the health and social care budget. Along with aging, the prevalence of depression and anxiety increases, reducing the quality of life for these elderly individuals. There is a need for cost-effective and reliable interventions that can enhance the quality of life of the elderly and reduce depressive symptoms. This brings to mind music therapy, which has an important place in the history of medicine. The aim of this study is to analyze the effectiveness of music applications on depression and anxiety in the elderly by examining the changes in the history of medicine, with a focus on research published in different countries and regions.

#### APPLICATION AREAS OF THE THESIS RESULTS

It is thought that the current study will benefit researchers who will study the use of music applications on depression and anxiety in the elderly and/or the use of music therapy in medical history.

#### ACADEMIC ACTIVITIES

1. International Congress Proceedings: Coronavirus Pandemic in Turkey with the Example of a National Newspaper
2. National Congress Proceedings: Health Status in Anatolia in the Early Years of the Republic According to the "Sanitary Social Geography of Turkey" Reports

