

EFFECTS OF A UNIQUE SOUND STIMULATION AUDITORY TRAINING PROGRAM ON DEPRESSIVE

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Patients with psychiatric diseases and depression in particular show deficits in cognitive (e.g. executive function) as well as social cognitive abilities (e.g. mentalizing). These deficits lead to interpersonal problems making it difficult to build relationships, thus reinforcing social seclusion and accentuating the burden of depressive symptoms. Add-on therapies supporting standard treatment, such as metacognitive therapy, have shown their efficacy in improving cognitive and emotional fixations in patients with depression (PD). Further interventions based on music (e.g. music therapy and auditory training) have gained an important role in the last decade. Especially auditory training promises to enhance the function of the ear and brain and by extension a patient's active listening skills or mindfulness. Yet no study has systematically investigated the effects of auditory training on mindfulness and the betterment of symptoms in PD. For the first we have studied the effect of a unique sound stimulation auditory training program. We believe that our case study illustrates that auditory training has a significant effect on mindfulness and by extension on measurable behavioral outcomes in terms of social cognitive (theory of mind and meta cognitive abilities), and neurocognitive abilities (attention span, executive function) and consequently social interactions thus reducing depressive symptoms. With this case study we present a unique, practical, cost-effective add-on therapy with no adverse effects that can be effectively and efficiently administered to PD to reduce the burden of disease.

BIOGRAPHY

Amir H Yassari has finished his medical school in Vienna and has researched at Northwestern University and UC San Diego. He obtained his MSc in Cognitive Neuroscience from King's College London working on social cognition. Currently, he is working in the outpatient care, diagnosing prodromal psychotic patients.

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