**MiDAS - Music in Dementia Assessment Scales**

<table>
<thead>
<tr>
<th>Name (Resident):</th>
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<tbody>
<tr>
<td>Completed by:</td>
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<tr>
<td>Date:</td>
</tr>
<tr>
<td>Time of rating:</td>
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Indicate which rating this is (tick the box): 1. Beginning  2. During

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

   None at all  _______________________________ Highest

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

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

4. **Levels of Involvement** in communication/activity (**participation**). For example:
   - Did he/she become **engaged** in conversation, music making, or any form of communication?
   - Did he/she show **enthusiasm** in activities that interest him/her?

   None at all  _______________________________ Highest

5. **Levels of Enjoyment** during communication/activity. For example:
   - Did he/she smile, laugh, show brighter mood?
   - Did he/she show **playfulness, sense of humour**?
   - Was he/she relaxed?

   None at all  _______________________________ Highest

Office use only

1  2  3  4  5
6. During this period of time did you notice any **major reactions** from the person? 
   Indicate if only major reactions are observed. Use this as supplementary information to the five VAS.
   
   - Agitated/aggressive □
   - Relaxed □
   - Withdrawn/low in mood □
   - Attentive/interested □
   - Restless/anxious □
   - Cheerful/smiling □

7. **Any comments?**

**Instruction**

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.

Music therapist version

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 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.

**Order of rating in relation to music therapy (MT):**

- Staff rating 1 (Before)
- MT rating 1 (Beginning)
- MT rating 2 (During)
- Staff rating 2 (After)