THE MOZART EFFECT COMPARING IN CHILDREN AND ADULTS WITH INTRACTABLE EPILEPSY

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Introduction

There is a theory that listening to a particular piece of music, written by Mozart, may improve how well the brain works. This may be a helpful treatment for some people with a neurological condition, including epilepsy. This theory has been called the Mozart Effect. The piece of music that is thought to help is Mozart’s Sonata for two pianos in D Major, K448 (also known as Mozart K448).

The term Mozart effect was first used in 1993, by a group of researchers. They studied what happened to a group of students, after they had listened to Mozart K448 for 10 minutes. The researchers noticed that for about 10 to 15 minutes after listening to the music, they had better ‘spatial-reasoning skills’. This means they performed better in certain tasks they were given, which included paper cutting and folding.

Since then, various researchers and doctors have carried out studies to look at how listening to Mozart K448 may have an effect on people with epilepsy.

Purposes:

To compare the Mozart effect in children and adult with intractable (drug resistant) seizures.

Methods:

Twenty children (5-11 yrs) with unprovoked seizures whose seizures were clinically not well controlled with antiepileptic drugs were included and compared with 25 adult patients (18-32 yrs) with poorly controlled seizures. For each patient, digital EEGs had revealed epileptiform discharges and some other abnormalities in repeated recordings. Two groups of these patients listened to Mozart K.448 for 10 minutes once a day for three days in a week for 3 months. EEG traces were recorded and compared with each other before and after this listening and clinically followed up about recurrence of their seizure attacks.

Results:

Epileptiform discharges significantly decreased in children in compare of adults 25% more. Gender did not affect the results statistically. In two groups clinically seizures were decreased significantly also.

Key words: Mozart effect—epileptiform discharges—interactable