# Digital Music Therapy System Design for the Mild Cognitive Impaired Elderly

## Hyangjin Lee, Haegoo Lee, Hong-In Cheng<sup>†</sup>

Abstract: Aging is not an avoidable phenomenon and supporting the elderly is becoming important. Korea is facing the aging society seriously. There are worldwide growing interests in dementia and mild cognitive impairment (MCI). A research team was composed with neurologists, ergonomists, designers, music therapists and conducted a project to develop digital music therapy system for the elderly with MCI. Design research was carried out and design preference and lifestyle of the Korean elderly was identified. Intellectual property right was investigated and image positioning was implemented. In-depth interview and infinity diagram led to building a hypothetical persona. Various design concepts were achieved for the set top box and music instruments. Critical dimension of the keyboard, key size, was determined using anthropometry. Usability engineering lifecycle design process was employed to produce user interface design. A prototype was finally produced after conducting user test. In this study, the design process of music therapy system development was mainly introduced.

Index Terms: The Elderly, Mild Cognitive Impairment (MCI), Music Therapy, Product Design.

## I. INTRODUCTION

Aging is now a significant worldwide phenomenon and seniors with cognitive impairment can be supported better by usable design [1]. The aged persons have problems in their activities of daily living (ADLs). Seniors especially with dementia or mild cognitive impairment (MCI) experience more difficulties in using daily products.

22% of Korean seniors are estimated MCI patients and the number of Korean aged people with MCI is approximately 1.5 million in 2017 [2]. Korean Dementia Management Act established 17 metropolitan dementia centers recently in Korea. Two hundred twenty seven dementia counseling centers were founded in the local health centers.

Cognitive training and stimulation can be more effective than pharmacological treatment for the elderly especially in early stage of dementia [3, 4]. Non-pharmacological therapy is actively studied for its effectiveness such as cognitive training, cognitive stimulation and cognitive rehabilitation [5]. Music and art therapy is major non-pharmacological treatment for the cognitively impaired elderly [6]. Serious games are also actively developed for the elderly with neurological diseases [7].

We conducted a 3-year project to develop a music

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**Hyangjin Lee**, IQV, Creative Design Agency, Busan, Republic of Korea, E-mail: <u>ceo@iqv.co.kr</u>

therapy system for the elderly with MCI. The project team was composed with neurologists, ergonomists, electric engineers, product designers and music therapists.

Product concept was developed in the first year of project. The music therapy system is planned to be composed with set top box and two music instruments. Marketability assessment, bench marking and consumer survey was conducted for designing the product concept. Seniors behavior was studied and main software was developed. Clinical research environment was prepared in cooperation with a dementia counseling center.

Working prototype was developed after content and user-interface was decided in the second year. Usability test was performed by 3 usability specialists. 12 week clinical experiment was conducted in the dementia center.

In this study, design issues and development process of the project would be mainly introduced.

## II. PRIOR DESIGN RESEARCH

A stakeholder survey was conducted in Gijang-gun dementia center and Inje University Haundae Paik hospital for 121 (37 men and 84 women) seniors with MCI. Their ages ranged from 75 to 80 and Fifty eight participants reported having experienced cognitive training. They evaluated music therapy was most satisfactory among various therapies (music, exercise, art, occupation, play, gardening and cognitive training therapy) offered in the center.

Another survey was conducted for 103 Korean seniors (55 men and 48 women) aged 65 and over. Most popular leisure activities for the elderly were walking and jogging (17.4%), movie (10.3%), TV (9.2%), golf (7.1%), and hiking (6.7%). 94.2% of respondents answered owning smart phone and 24.3% of them searched information and played game using their smart phones. Main devices for playing game were smartphone (82.1%) and computer (12.5%).

Intellectual property rights for the cognition enhancing games and music based games were surveyed and related patent was searched in Korea, USA, Japan and Europe. Intellectual properties of serious game for music therapy especially enhancing cognitive ability were rarely found.

Image positioning was implemented in four forms such as shape, size, color and texture. 5 professional designers participated in the image map process (Figure 1).



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Haegoo Lee, School of Design, Kyungsung University, Busan, Republic of Korea, E-mail: pro209@ks.ac.kr

**Hong-In Cheng**<sup>†</sup>, Corresponding author, Department of Industrial and Management Engineering, Kyungsung University, Busan, Republic of Korea, E-mail: <u>hicheng@ks.ac.kr</u>

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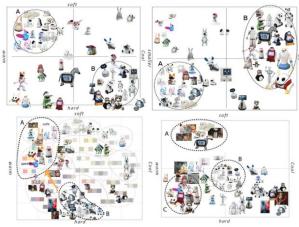


Figure 1. Image Maps

In-depth interview was conducted for the potential customers and affinity diagram method was employed to decide design strategy. A persona was created after the in-depth interview and infinity diagram (Figure 2) and three important design principles were generated: 1) Easy operation, 2) interaction between the system and user, 3) proper size and weight.



**Figure 2. Hypothetical Persona** 

## III. DESIGN CONCEPT DEVELOPMENT

Professional designers and ergonomists conducted workshops to determine the design concepts. 3 design concept candidates (pet, humanoid, normal product) were selected for the setup box of the system (Figure 3).



Figure 3. Design Concept for the Set Top Box

Percussion and keyboard were chosen for the music instruments. Their design concept drwings are illustrated in Figure 4.



Figure 4. Design Concept for the Music Instruments

### IV. ERGONOMIC DESIGN

#### A. Anthropometry

We decided to develop a keyboard first and important dimensions were determined using Korean anthropometry data. Proximal index, middle and ring finger breadths are related to the key width (Figure 5).



**Figure 5. Proximal Index Finger Breadth** 

The elderly users might play the keyboard with single finger such as their index, middle, ring finger or combination of the fingers because of their inaccurate finger movement and weak finger muscle strength. The age range of the keyboard users was expected from 60 to 75 and the sum of 95th percentiles of the users' index, middle and ring finger breadth was 5.3cm.

Therefore, the specifications of the key was fixed as 5.3cmx 15cm.

A prototype was prepared by 3D printer and used for usability test (Figure 6).



Figure 6. Usability test

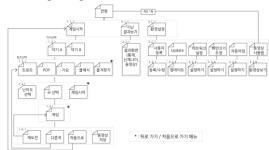
## B. Usability Engineering Lifecycle Design

We visited music therapy classes for the elderly with MCI two times and other classes were recorded by the music therapist. No significant difference between the normal older adults and the elderly with MCI was observed in playing skill. Neurologists and music therapists working at the dementia center also agreed the result.



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Usability engineering lifecycle design process [8] was applied to design the hierarchy of the music system and user interface design (Figure 7).



#### Figure 7. Hierarchy of User Interface

#### V. USER TEST

The test was conducted as completely randomized two factors within subject factorial design. Independent variables were difficulty of song and number of strokes. Dependent variables were accuracy, error and perceived workload.

We found training could enhance the playing skill of seniors and they can perfectly play easy songs after repetition. The elderly made more errors when the song was complicated and quick key presses were required. Music therapist and music therapy system can adjust the difficulty by changing the number of key presses and rhythm.

Proper feedback is very required for giving effective treatment to the older players and judging system is essential for the digital music system. The experiment showed mean key press time and we could make a rule for the degree of superiority of the users' performance.

Perceived workload was also affected by the difficulty and speed of the play. In the future study, the relationship between play score and workload would be studied further.

#### VI. CONCLUSION

Professional designer, ergonomist, music therapist and neurologist participated in the music therapy system development.

Design research was suitable to identify potential users' preference and to decide critical design strategy. The elderly users thought "*easy to use*" is most important design factor for themselves. Weight and size of the product was also important elements for the potential users.

In-depth interview and infinity diagram was beneficial to create hypothetical persona. The persona was shared by all project members and practically applied whenever making decisions.

We believe anthropometry was effective to determine the dimensions of the products. Usability engineering lifecycle design process was practical for designing user interface. Clinical research is being performed using the prototype of the system. Final product design will be fixed after conducting usability tests and improvements.

Continuous redesign and advancements would be required to produce better music therapy system. Design process introduced in the study could be applied to similar product development.

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**Hyangjin Lee** received her B.D. in Visual Design from Tongmyong University, Korea and studying M.S in Industrial Design Major, Department Digital Design, Kyugnsung University. She is chief executive officer of authorized design agency, IQV.

**Haegoo Lee** received his B.A. in Industrial Design from Hanyang University, Korea in 1995. He received his M.S. and Ph.D. in Industrial Design from Hanyang University. His research interests are computer graphics and 3D printer applied design. He is a professor at School of Design, Kyungsung University, Korea.

**Hong-In Cheng** received his B.E. in Industrial Engineering from Pusan National University, Korea in 1994. He received his M.S. and Ph.D. in Industrial and Manufacturing Systems Engineering from Iowa State University. His research interests are ergonomics, usability engineering, and user experience. He is a professor at Department of Industrial and Management Engineering, Kyungsung University, Korea.

