ABSTRACT

Objective: to identify the effectiveness of music therapy as a complementary treatment modality for users in psychological distress. Method: exploratory, descriptive and qualitative research at the Center for Psychosocial Care of Campina Grande/PB/Brazil, with two users of the group “Band Crazy for Forró” and three family members. The empirical material was analyzed according to content analysis, following approval of the research project, Protocol nº 0085.0.405.000-11. Results: both users and the family believe that music has influenced and improved the quality of life, autonomy and self-esteem of users, providing positively their inclusion in community spaces, as well as family interaction. Conclusion: it was realized that innovative care practices are essential in contemporary and such initiatives have improved satisfactorily the quality of life of users and promoted advances in psychosocial care. Descriptors: Mental Health; Music Therapy; Mental Health Services.

RESUMO

Objetivo: identificar a eficácia da musicoterapia como modalidade terapêutica complementar para os usuários em situação de sofrimento psíquico. Método: estudo exploratório, descritivo e qualitativo, realizado no Centro de Atenção Psicossocial do de Campina Grande/PB/Brazil, com dois usuários integrantes da “Banda Doidos por Forró” e três familiares. O material empírico foi analisado de acordo com a Análise de conteúdo, após a aprovação do projeto de pesquisa, protocolo nº 0085.0.405.000-11. Resultados: tanto os usuários quanto os familiares acreditam que a música tenha influenciado e melhorado a qualidade de vida, a autonomia e a autoestima dos usuários, proporcionando de forma positiva a inclusão deles nos espaços comunitários, bem como, a interação familiar. Conclusão: percebeu-se que práticas de cuidados inovadores são essenciais na contemporaneidade e tais iniciativas, têm melhorado de forma satisfatória a qualidade de vida dos usuários e promovido avanços na atenção psicossocial. Descritores: Saúde Mental; Musicoterapia; Serviços de Saúde Mental.

RESUMEN

Objetivo: determinar la efectividad de la musicoterapia como una modalidad de tratamiento complementario para los usuarios de los trastornos psicológicos. Método: estudio exploratorio, descriptivo y cualitativo en el Centro de Atención Psicosocial de Campina Grande/Pará/Brazil, con dos miembros de los usuarios de “Algo pasa con Banda Forró” y tres miembros de la familia. El material empírico fue analizado mediante análisis de contenido, a raíz de la aprobación del proyecto de investigación, el Protocolo nº 0085.0.405.000-11. Resultados: los usuarios y los familiares creen que la música ha influenciado y ha mejorado la calidad de vida, la autonomía y la autoestima de los usuarios, proporcionando positivamente su inclusión en los espacios comunitarios, así como la interacción familiar. Conclusión: se dio cuenta de que las prácticas de cuidado innovadoras son esenciales en las iniciativas actuales y como han mejorado satisfactoriamente la calidad de vida de los usuarios y los avances promovidos en la atención psicosocial. Descriptores: Salud Mental; Terapia Musical; Servicios de Salud Mental.
INTRODUCTION

For many years, people with psychological distress in Brazil, had a history marked by abuse, violence, discrimination and social stigma, which led to social exclusion and restricted to the treatment of the psychiatric hospital, causing loss of identity and dignity.

The Psychiatric Reform Movement in the 1970s enabled the construction of a mental health policy in the country, whose focus was the redesign and reorganization of mental health, bringing humane treatment of users, provided with the deinstitutionalization of the insane inmates in psychiatric hospitals.

During the 1980s and 1990s, the country has gone through transformations in the current hospital model, giving rise to new goals in relation to care, therefore, started to enhance the reintegration and rehabilitation, guided by human rights and full citizenship in agreement to the elaboration of public policies and services for the new model of care for the mentally ill, now called, psychosocial care.

Forward discussions on this new model of care focused on the individual situation of psychic suffering, the expansion of service networks substitutive health care, such Psychosocial Care Centers (CAPS), which represents the main strategy of Mental Health, supported the Ministry of Health.

The CAPS is characterized as a care device reference regarding the treatment of people suffering from psychological distress, which is scaled according to size / complexity of attended population of the municipality, and works as a gateway user services mental health. Therein, is provided daily care and continuous, in search of the reintegration of users through leisure activities, exercise of civil rights and promoting social relationships affective and family.

This device provides different types of therapeutic activities, with the aim of addressing the user in its comprehensive care, extending treatment beyond the use of psychotropic drugs. For this, is ideal to build various practices within the psychosocial care they are able to promote changes in the traditional ways of understanding and treating a variety of mental disorders.

Therapeutic activities offered can be accomplished at groups or individual, artistic activities, and monitoring guidelines regarding the use of drugs, home care and their families, in addition to performing therapeutic workshops, among them, in actuality, there is the practice of music therapy.

It was with this understanding that professionals and users who participated in music workshops CAPS II of Campina Grande / PB / Brazil, decided to form a band of forró, called by the users of "There's Something About Forró". This band is comprised of three users in hardship psychical, and a professional who conducts workshops and rehearsals with the same service.

The study conducted in 2010 in Cascavel-Parana revealed that music is an effective complementary modality in mental health and has facilitated the relationship with the user and society, providing, sense of well-being, sense of peace and acceptance. In turn, it was seen that the professional nursing based on humanization of care, has contributed to these therapies receive greater attention and that these users have a better quality of life.

So, you see that the use of music as a therapeutic resource it is a light technology for care, used in recent years by professionals working in mental health in a positive and innovative. This is because such a practice leads to minimization of seizures of patients with mental disorders, can include users in society, enabling them to enjoy life and pursue a stabilization of their disease.

Thus, music therapy is a therapy that not only offers in certain humanizing health care, but, at the same time, contributes to pain relief, treatment of psychosomatic disorders, physical and spiritual. For fans of music therapy, it is evident a sense of peace, joy, relief, relaxation and wellness.

In this perspective, the music helps in the treatment of patients, making the limitations of illness milder and easier to overcome, in addition to working the stimulation of autonomy, self-esteem and confession of desires and emotions.

So we started with the following question: music therapy has been a modality therapy to users in psychological distress? Thus, this study aimed to identify the effectiveness of music therapy as a complementary treatment modality for users in psychological distress.

METHOD

Exploratory, descriptive qualitative approach, performed in a CAPS in Campina Grande / PB / Brazil, from October 2011, with the band called "There's Something About Forró" having their sample was composed of two participating users band and three of these families. The sample size is justified, since the number of participants of the band is only three users, and in this case, one of
the participants was not found by the researcher during the research period.

Inclusion criteria for the users were used: 1) be a registered participant in CAPS and being the “forró band freaks” for at least 6 months, 2) be 18 years of age, 3) be able to psychic responding to the interview, 4) accepting participate in the survey voluntarily.

In the case of family members, the criteria were: 1) Be familiar participant in the band and that they had contact with the user before and during their participation in the band “There's Something About forró”, 2) be 18 years old; 3) accepted participate in the study voluntarily.

As a tool for collecting empirical material, we used semi-structured interviews, collected through the use of a device Media Player (MP3).

After the presentation of the research objectives, the production method of the empirical material of ethical and accepted before the verbal subjects, they were delivered the Statement of Consent for reading and signing. Was initiated, then the collection of empirical material from the interviews semi-structured individual character. These were recorded and transcribed verbatim.

The interviews were given a number so they could be identified and that could work in a more organized and systematic. The users were identified by the letter U and the family by the letter F followed by the number of interviews.

The empirical material was analyzed through content analysis of the type proposed by categorical thematic Bardin. The same was presented in the form of thematic categories and subcategories, and collected after obtaining the assent of the Ethics in Human Research of the Center for Higher Education and Development (CEP / CESED); obeying the Resolution of the National Council of Health n. 196/96 was approved on 30/09/2011 under the Protocol 0085.0.405.000-11.

**RESULTS AND DISCUSSION**

Face of changes in the way care to patients with psychological distress due to the Psychiatric Reform, CAPS use coping strategies and social reintegration through the creation and execution of therapeutic workshops, this is the main form of treatment offered by substitute service, which makes become an important medical device to aid in the implementation of multidisciplinary team treatment.

Given the importance of this therapeutic modality and aim to meet the proposed objectives, it was revealed that music therapy is a new model of care to users who have some kind of psychic suffering. This practice has helped with regard to interaction, social reintegration, rescuing autonomy, self-esteem and improved physical well-being and mental health. Thus, it was necessary to construct categories to better work the theme.

- **Music therapy as a tool for care and recovery of self-esteem and autonomy**

Music has power to provide emotional reactions in individuals who reflect the improvement in organic affections strong reflected in psychological reactions, providing significant increase in quality of life and promoting bonds of sociability.

This, has been inserted as a major aspect of art, decisively contributing to the caring process, since the mixture of rhythms and sounds provides the welfare, dignity, self-esteem, autonomy and social reintegration of the individual.

From this thematic category, two subcategories emerged, which are described:

- **Improving Self-Esteem**

One cannot deny that self-esteem is essential relevance to the quality of life, considering she is one of the main builders of the human personality, as it serves as a stimulant for people to carry out their activities, both personal and social.

Self-esteem is considered as the way the individual sees himself face to himself or others, and consequently interfere positively or negatively in the way a person deals with the environment and the difficulties that this environment can provide, thereby has close relationship with the state of mental health and psychological well-being and social.

Thus, the statements of the family members and revealed that exposure to music was evaluated as a tool for care and as a facilitator of the relationship between therapist-user. It was felt that this enabled encourage users to express themselves, communicate, as can be seen in the statements below:

*The band is good, very good. I play everywhere call me. The importance of the band is, is ... I like to play. [...] Helps me a lot, I sing also, from time to time at home, at school, so I turn on the transistor radio, [...] button [music] walk into the room saw my father, I like forró, boy ! (U.01). My life has changed, I just like me forró, forró play, those songs in it? (U.01).*
I was glad that everyone got there playing those guys dancing […] excited and excited playing it. (F.02).

I loved me, he was more cheerful, thought he interested, he came back home, went away wearing those clothes that they gave, they were the uniforms, and he said he was going to go on television. He was full of pride […] (F.03).

Changed for the better, I think the work [CAPS occurs] with joy […], because I think the way he is. Before he was stopped, and then later found that joy (F.03).

[…] Is wonderful for him, is something he loves, he loves to be there, if he could, he left in the morning. It’s just that I do not leave, say “no, there is only the afternoon; you only get to make their workshops two hours.” (F.01).

According to the statements above, we identified that user engagement with music has helped in the development of their autonomy and sense of social belonging, because through this activity users feel useful and it has enabled and increased self-esteem.

This has been raised through musical expression, and also has helped to balance the individual’s emotional, while allowing the experience of pleasant and relaxed, which helps to minimize the deleterious effects of the disease.\(^1\)

However, Bergold and Alvim\(^2\) believe that listening to songs that relate to everyday life brings users a positive memory, making them forget the negative thoughts, avoiding situations that relate to anxiety.

With this, it was realized that the inclusion of music while therapeutic modality of CAPS, and how artistic expression has become a safe care, demonstrating its great potential to promote relaxation and balance of body and mind, to act as a light technology for effective care.

**Improvement of autonomy**

Alternative therapies achieved prominence nationally, around the year 1970, and since then, it has been observed in Brazil, a growing number of adherents to the process of natural treatment methods offered by alternative therapies.\(^3\)

Therefore, new therapeutic alternatives for projects regarding mental health directly involve music and believe in its power as transmitter feelings and facilitator of expression by promoting autonomy and freedom.\(^4\)

In this context, we emphasize the benefits that music provides front needs full human being, in the physical, psycho-emotional, cognitive and socials\(^5\), which shows the following quote:

*Always […] when there debut band, we play in such a place, he gets so excited. Look, he wakes up early, he showers, settles, is all the time: now it’s time? I can already go? Look, you have to be careful if I will not lose, it is […] very anxious, […] he cares a lot about not losing your participation, this is what I see.* (F.01).

Corroborating this finding, Zimbarg\(^6\) reveals that music therapy has been used to recover the functions and develop the potential of the user, as well as improved integration personal, family and social, and therefore the quality of life and autonomy of those users.

The family interviewed revealed that user participation in the band “There’s Something About Forró” strengthened the bond between them, with a view, this is a factor that provided an opportunity to express their feelings, talking, playing and being heard, awakening from somehow, their own autonomy.

During the interviews, the researcher realize that every moment becomes marked by their differences and affinities, whether in the activity of playing or the choices of their preferred instruments, choosing songs that the group would like to play and listen to, sing his favorite song, dancing. The fact that all users get together always makes music a powerful instrument of social interaction, an instrument valuation, thus enabling a better coexistence and mutual respect.

**Music Therapy as enabler of social inclusion of users**

The music has been used as a complementary therapy to numerous pathological affections, the examples of mental disorders. This type of alternative medication not is directly related to the form of an integral vision of the user, in order to promote care holistically, enabling meet all your needs, so that your desires and anxieties are expressed and this is fit to social life.\(^6\)

Thus, respondents indicate below how this social inclusion has occurred:

*It was the TV Paraiba who filmed us to spend on television (U.01)*

*When you call us, we will in time you mark the day, I’m already there, I touch any corner to call us, we play, the band is very good, interesting, very good. (U.01 )*

*The band! It was me and two, then I stopped. At the time of St. John played, […] but I think it’s good. I just played, who sang was the other. Dizzy, dizzy, but enjoyed playing. (U.02).*

*Sometimes went there to UCES [Campinense the Teams Social Union]. [He said:] Look, I’ll play there today! That place where you participate! And we felt that it was a happier person […] because he had that*
responsibility to go and he felt important (F.03).

They liked to participate, like going out, to presentation, is not so much that they are ashamed to say are on television. He felt a pleasure (F.03).

It can be seen in the statements above, how users feel important for being part of "There's Something About Forró Band ", because through it they have been inserted in social spaces, due to the fact that at the moment your image is not linked to mental disorder, which has contributed to the social inclusion of these people as productive and thus allowing the construction of interpersonal relationships, improving their living in society and in the family setting.

These differentiated therapeutic practices have contributed to social inclusion and strengthening the network of mental health, due to its interdisciplinary character, which follows the proposed guidelines that psychiatric reform, making the bearer of psychic suffering protagonist of his treatment by the assistance quality of service provided by professionals that assists them in a comprehensive way by using simple features of the community as effective therapeutic strategies.17

The composition of the group had focused primarily establish a connection between users, family and community, seeking social reintegration. Thus, it was possible that users who are part of the band went through a reflection on their experience, increasing their autonomy and their citizenship to be recognized with a new identity, musicians, establishing thereby a new standard of living and exchanges on social networks, at home and in their environment.

We visualize that music therapy enabled the users to participate in these activities for the social network, regardless of color, race, ethnicity or limitation of each user, bringing the desire for life, enabling them to reintegrate into society dignified and humane.

- Music Therapy as a promoter of improving family interaction

The emphasis of the current model of mental health care and bearer of psychological distress is, in its essence, promoting treatment user making responsible the family and encouraging good relationships between them, which in turn prevents exclusion and isolation.18

In pursuit of rapprochement between the bearer of psychological distress and family, the music used as a therapeutic modality complementary facilitated interaction between users and their families, providing the beginning of the integration between them. This practice promotes a sense of well-being and has served also to act as an efficient and a protective of mental health of this giving rise to the feeling of peace and acceptance. The statements below reinforce this discussion:

Helped a lot, he would go there, did the workshop and exercise, said "today was fun", sometimes family members were invited to go, and then I would see them there. (F.02).

Look, he is so happy, [...], so he was excited about this band that makes me happy too. I'm happy for him to be happy, just talk it [the band] freaks forró. Look, he loves it! (F.01).

The statements above expose the sense of accomplishment arising from participation in the band's music, which has influenced the family interaction, since user progression is perceived by the family, which sees the potential of these passes and value them more, encouraging them and helping them, even if unconsciously, in rescuing their identity, and thus reintegrating them worthily to the environment in which they live.

The family is a social institution that has had its structure changed through history that, although there is possible conflict is unique and predominant with respect to the expansion of sociability providing people with a mental illness affectivity and physical well-being and mental health.19

So it cannot be detached from the individual who is living in the middle, since his own family to be able to safeguard, accept and correct his health problems, just as one should not separate the disease from the familiar condition. The family serves as a link to help with the healthcare team to promote the recovery and rehabilitation of those individuals that need special attention throughout.20

However, the interaction between family and user is still a little hard, being relevant to mental health services invest in new methods of care that facilitate this relationship, and at the same time, enhance the quality of life of individuals by providing emotional comfort, not only for users but also for family members, so that they learn to live with differences, with regard to mental illness.21

CONCLUSION

Assistance to people with psychological distress before the Psychiatric Reform took place through a practice exploitative and exclusionary, so the new approach to Mental Health has allowed, this being seen as new paradigms in search of psychosocial...
rehabilitation through consolidation of innovative practices, which allow the user access to alternative services for mental health and reintegration.

For this, music therapy was effective as an instrument of care in mental health by bringing out the rescue of self-esteem, autonomy and improves the social and family reintegration. Identifying so from that project therapeutic assistance better quality, as the benefits to the user, such as reducing anxiety, moments of happiness, positive emotions, and more will to live, thus contributing to social reintegration and rehabilitation these users, breaking rules and stigmas, even with all the advances in psychiatric reform.

The music therapy is offered to users of CAPS in this study, the chance of a decent life and quality in society, being a care strategy that interferes with the health of these individuals, but also in family relationships because the participate in “There’s Something About Forró Band” users felt useful and independent, able to make decisions and perform tasks, thus increasing their autonomy and self-esteem, a sense of social belonging, pain relief, and the relaxation of inclusion in the Community.

Thus, it is expected that freedom and personal autonomy to be able to serve as basics and ethics that once explained, may contribute to new changes in care practices, being preserved habitual patterns of psychiatric reform with more innovative practices, changes which are able to go beyond the "madhouse walls."

Thus, through the results of this study, it was possible to identify new avenues for social change on mental health, which may help in the training of professionals who work in CAPS, as it directs a look at the optimization of new practices, and serve as a database for future research, it is possible to highlight the music therapy as enabler of improving the quality of life of users.

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Corresponding Address
Lorena de Farias Pimentel Costa
Universidade Federal da Paraíba/UFPB
Bairro Cidade Universitária
CEP: 58051-900 – João Pessoa (PB), Brazil