

Preliminary Clinical Trial: Effectiveness of inTime

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SUMMARY:

The primary aim of this study was to examine the effects of Advanced Brain Technologies inTime on children and adults with a wide range of abilities. The study is investigating the immediate and short-term gains achieved listening to one percussion period of the recommended protocol. inTime is a rhythm-based music listening method developed to influence brain performance. It is an organic compilation of original compositions, based on a blend of world music with diverse percussion, string, and wind instrumentation, which accents the power of rhythm and sound frequencies.

STUDY DESCRIPTION:

The study involves listening to forty 9-minute sessions of percussion-based music through headphones, twice daily, five days per week over the course of four continuous weeks.

INCLUSION CRITERIA:

Ages 3-adult with normal binaural hearing using headphones approved for The Listening Program®. Since listening was done via internet audio streaming participants had to have daily access to a PC, MAC, iPad, iPhone, iTouch, Android phone or tablet, and reliable internet access of at least 1.5mb/second average download speed, as well as an email address.

DATA COLLECTION:

Participants or their parents (if a minor child) were asked to complete the Listening Checklist before and after the study. They were also asked to complete the Observations Checklist at the end of every fifth day of listening. At the end of each listening session they also selected how they or their child (if the listener) were feeling in terms of mood and arousal level based on the Circumplex Model of Affect.

DISCUSSION:

Participants from the United States, Canada, United Kingdom, Australia, and Mexico registered for the study. 58 children (3 + years) and adults (to age 90) have completed the study as of January 20, 2014.

Diagnosis include; mild cognitive impairment, dementia, alzheimer's disease, ADHD, SPD, APD, hyperacousis, autism, anxiety, depression, TBI, stroke, learning disabilities, dyslexia, coordination disorder, developmental delay, dyspraxia, receptive/expressive language disorder, aging issues, and neuro typical.

Data still needs to be analyzed so all reports thus far are subjective. Participants have commonly reported mood elevation, increased energy, reduced depression symptoms, improved speech and language, better sense of rhythm, improved timing, more focused and less stressed. Most have reported they want more daily listening and were disappointed when the trial ended, very much wanting to continue the daily listening practice. One young child on the autism spectrum reported being uncomfortable with the music and discontinued listening. Two older adults indicated this type of music was not their preference, and that they preferred the classical music of The Listening Program. These were the only unfavorable responses reported.

These results are encouraging given only 25% of the recommended protocol was completed, and without the activity component. This research is still in progress.