

# Muziektherapie voor kinderen en jongeren met ASS

Een overzicht van de relevante literatuur

Kind en adolescent

November 2017, Volume 38, Issue 4, pp 233–259 | Cite as

Artikelen

First Online: 24 October 2017

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## Samenvatting

Muziektherapie wordt met grote regelmaat toegepast bij kinderen en jongeren met een autismespectrumstoornis (ASS). De vraag is of dit effect heeft. Dit artikel geeft een overzicht van de recente literatuur op dit vlak. Over de periode 1990 tot en met 2016 zijn 33 studies gevonden naar de inzet en effecten van muziektherapeutische interventies: 6 reviews, 12 RCT/CCT's, en 15 studies waarbij bijvoorbeeld gebruikgemaakt werd van een voor- en nameting zonder een controlegroep of het ging om een casestudy.

In verschillende studies worden significante effecten gerapporteerd van muziektherapie op kinderen en jongeren met de diagnose ASS. Met name op het gebied van de sociale interactie wordt er een groot effect (SMD 1,06) gerapporteerd. Op de gebieden verbale en non-verbale vaardigheden wordt een matig effect (SMD 0,33 en SMD 0,73) gevonden.

De bewijskracht van deze resultaten is matig, doordat de studies vaak een relatief kleine steekproef omvatten of doordat het onderzoeksdesign niet goed is omschreven. Daarnaast wordt muziek op veel verschillende manieren aangeboden, waardoor de vraag rijst of er in de studies altijd van muziektherapie kan worden gesproken. Ook de rationale achter de therapie ontbreekt: waarom zou muziektherapie werken bij ASS? Muziektherapie lijkt effectief bij kinderen met ASS, maar om antwoord te kunnen geven op de vraag welke muziektherapeutische interventie het effectiefst is, blijkt meer onderzoek nodig.

## Trefwoorden

autismespectrumstoornis muziektherapie sociaal gedrag

## Music therapy for children and young people with ASD

## Abstract

Music therapy is used with great regularity as an intervention for children and young people with an autism spectrum disorder (ASD). The question is whether this is effective. This article provides an overview of recent literature in this area. Thirty-three studies have been found regarding the use and effects of music therapeutic interventions covering the period 1990 to 2016, namely 6 reviews, 12 RCT/CCT studies and 15 studies with a different research design.

Significant effects with regard to music therapy on children and young people with an ASD diagnosis are reported in various studies. The reported effect on social interaction is large. In the areas of verbal and nonverbal skills, a medium-sized effect has been reported.

However, the strength of the evidence of these studies is questionable since the samples are relatively small and the research design is not always properly defined. In addition, music is offered to the children in very different ways, which raises the question what can be defined as music therapy and what not. The rationale behind the therapy is also missing: why would music therapy work for ASD? It has been demonstrated that music therapy may be an effective intervention for children with ASD, but more research is necessary to answer the question of what kind of music therapeutic interventions are most effective.

## Keywords

autism spectrum disorder music therapy social behaviour

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Cite this article as:

Pater, M. & van Yperen, T. *Kind Adolesc* (2017) 38: 233. <https://doi.org/10.1007/s12453-017-0156-5>

- First Online 24 October 2017
- DOI <https://doi.org/10.1007/s12453-017-0156-5>
- Publisher Name Bohn Stafleu van Loghum
- Print ISSN 0167-2436
- Online ISSN 1876-5998
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