Music Therapy: Digital therapy Application for Depression & Anxiety

DJK Pathirana, GIF De Silva

Department of Computer Science, Faculty of Computing, General Sir John Kotelawala Defence University, Ratmalana, Sri Lanka

Abstract. Depression and anxiety are very common mood disorders. Resulting in a loss of social functions reduces the quality of life and increases mortality. There are more than 7000 languages spoken across the world. Among those languages, music become a universal language. Music is a universal sound, and it has a vast influence over the nations on this planet. Listening to music can reduce stress levels. With the hard-working lifestyle, people are becoming robots. Nowadays conflicts, negative revolution, suicide, and other crimes become a more common thing in the world. With lots of research, doctors, and professors were able to find that music therapy can improve the symptoms of depression and anxiety. According to the WHO (world health organization), 280 million people are suffering from depression and 275 million people suffer from anxiety disorders. This research is to study the development of mobile music therapy applications for people who are suffering from depression or anxiety. Using an analysis of 50 respondents, Also, it was identified that there were common mood disorders that they follow when victims suffer from depression. In this research, few questions were formed for the users using that, depression levels of all users were cleared identified. In addition to that using the analysis part, it was clearly recognized that music therapy is more effective than other medications.

Keywords: Music, Music therapy, Mobile application, Depression, Stress, Mood, Anxiety, Medications, Mood disorders,