



**Service Priorities and Programmes**  
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**Use of Montessori-based activity for people with dementia: Effects on behavioral and psychological symptoms of dementia (BPSD) and engagement**

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**Introduction**

There is increasing psychiatric admission of patients with dementia, presented with different prevalence and severity of behavioral and psychological symptoms of dementia (BPSD) such as agitation and aggression. Use of Montessori-based activity is one of a non-pharmacological intervention to manage BPSD. This is designed to engage people with dementia with activities that are tailored to their current level of functioning. If they are engaged in appropriate activities, they cannot simultaneously be engaging in behavioral symptoms. Several studies have also shown that use of Montessori-based activity is effective in reducing agitated behaviors.

**Objectives**

1. To reduce BPSD of people with dementia
2. To enhance engagement in activity

**Methodology**

Subjects were (1) in-patients in psychogeriatric wards, (2) with diagnosis of dementia, (3) with BPSD, (4) stable mental state. Outcome measures were (1) each patient was observed if BPSD had been present in each of 6 sessions at baseline and during Montessori-based activity, (2) Myers Research Institute Engagement Scale (MPES).

**Result**

There were 5 patients, each attended 6 sessions of Montessori-based activities. There were significant improvement in reducing BPSD ( $Z = -2.070$ ,  $p = 0.038$ ) and increasing constructive engagement ( $Z = -2.023$ ,  $p = 0.043$ ). Meanwhile, there was a trend of reducing non-engagement ( $Z = -1.841$ ,  $p = 0.066$ ). Passive engagement ( $Z = -1.518$ ,  $p = 0.129$ ) and self-engagement ( $Z = -1.463$ ,  $p = 0.143$ ) were remained similar. To conclude, this study implies the use of Montessori approach was effective in reducing BPSD and increasing constructive engagement of people with dementia.