

**Influence of a multidimensional music-based exercise program on selected  
cognitive and motor skills in dementia patients - A Pilot-Study.**

German Journal of Exercise and Sport Research

Prinz A.<sup>1</sup>, Schumacher A.<sup>1</sup>, Witte K.<sup>1</sup>

<sup>1</sup> Department of Sport Science, Otto-von-Guericke University Magdeburg, Magdeburg, Germany

---

Corresponding author

---

Alexander Prinz M.Sc.

Zschokkestr. 32

39104 Magdeburg

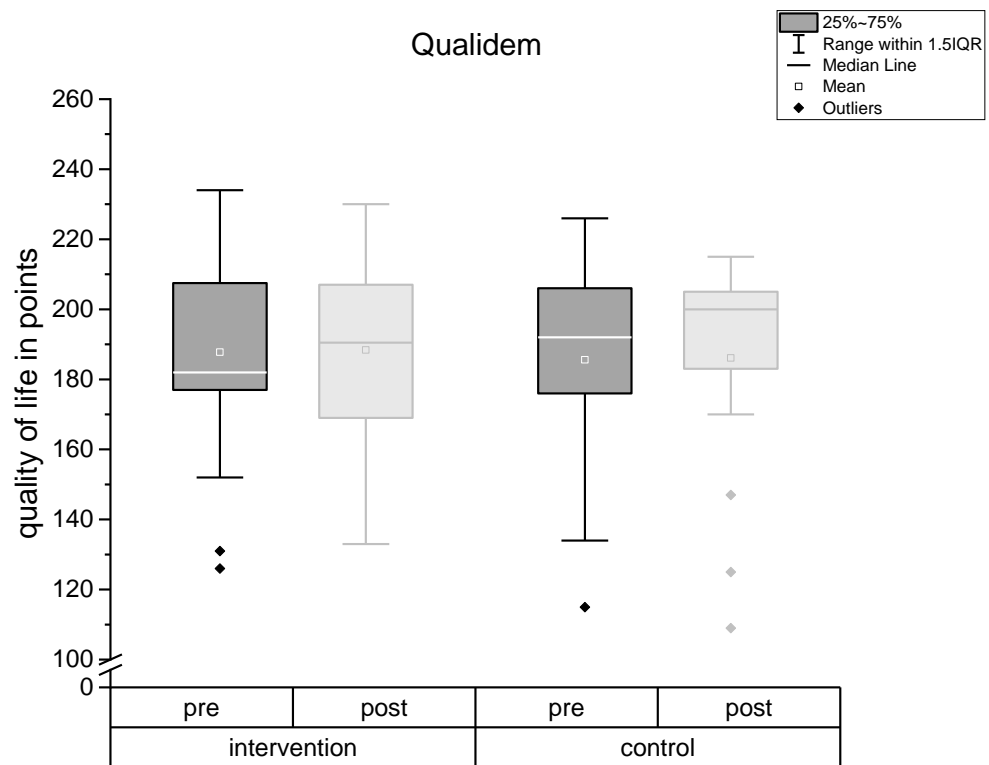
0391/67-54862

[alexander.prinz@ovgu.de](mailto:alexander.prinz@ovgu.de)

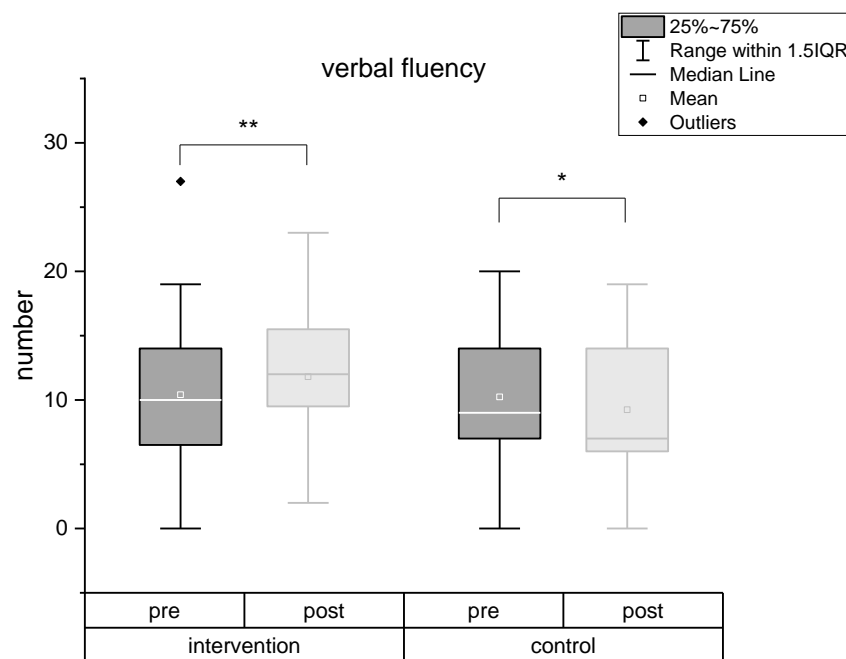
ORCID: 0000-0003-4416-7913

---

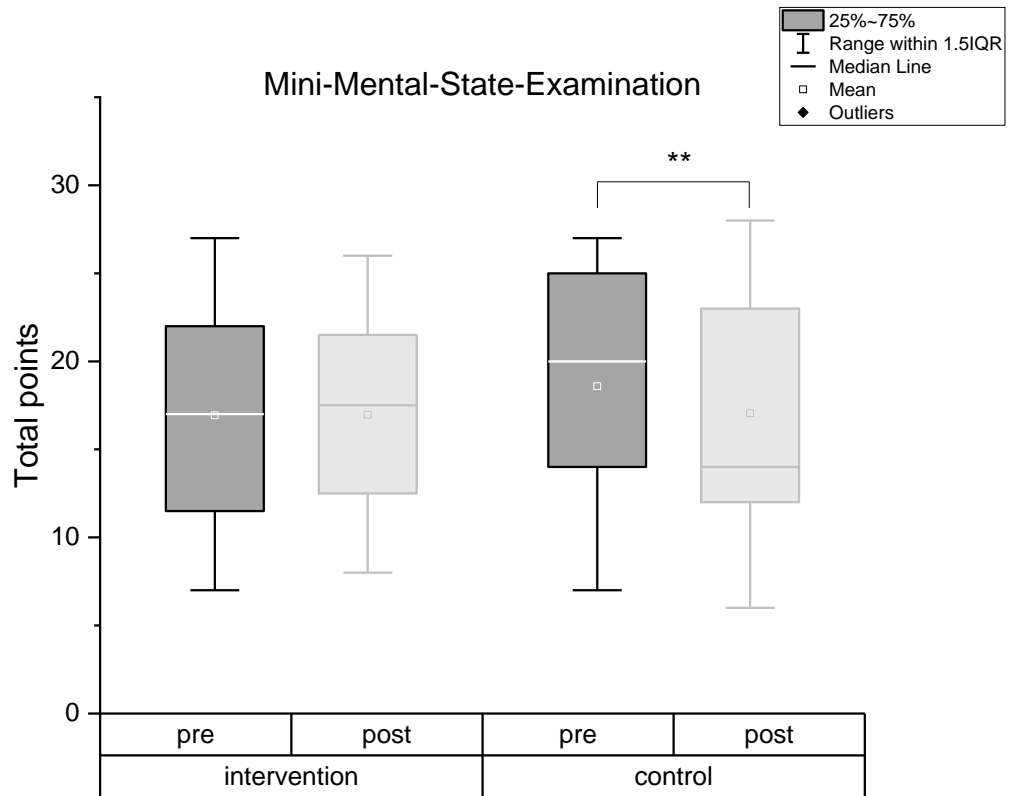
## Diagrams



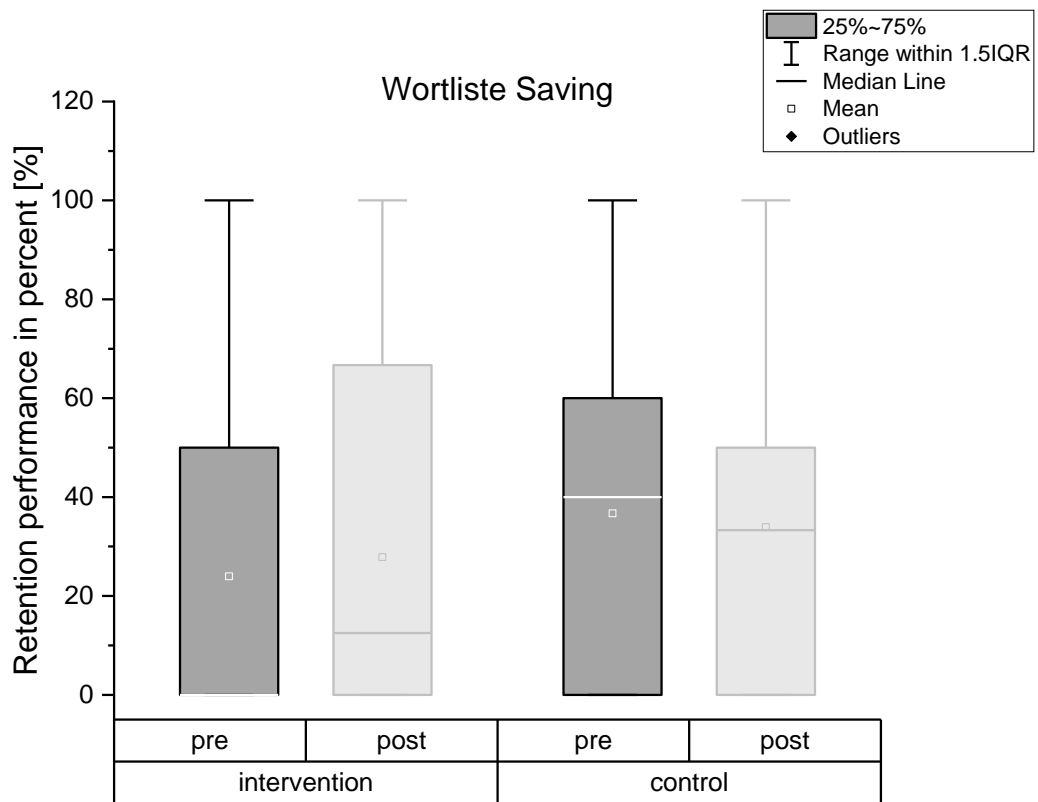
**Fig. 1** Results of the intervention group and control group in the pre- and post-test at the Qualidem



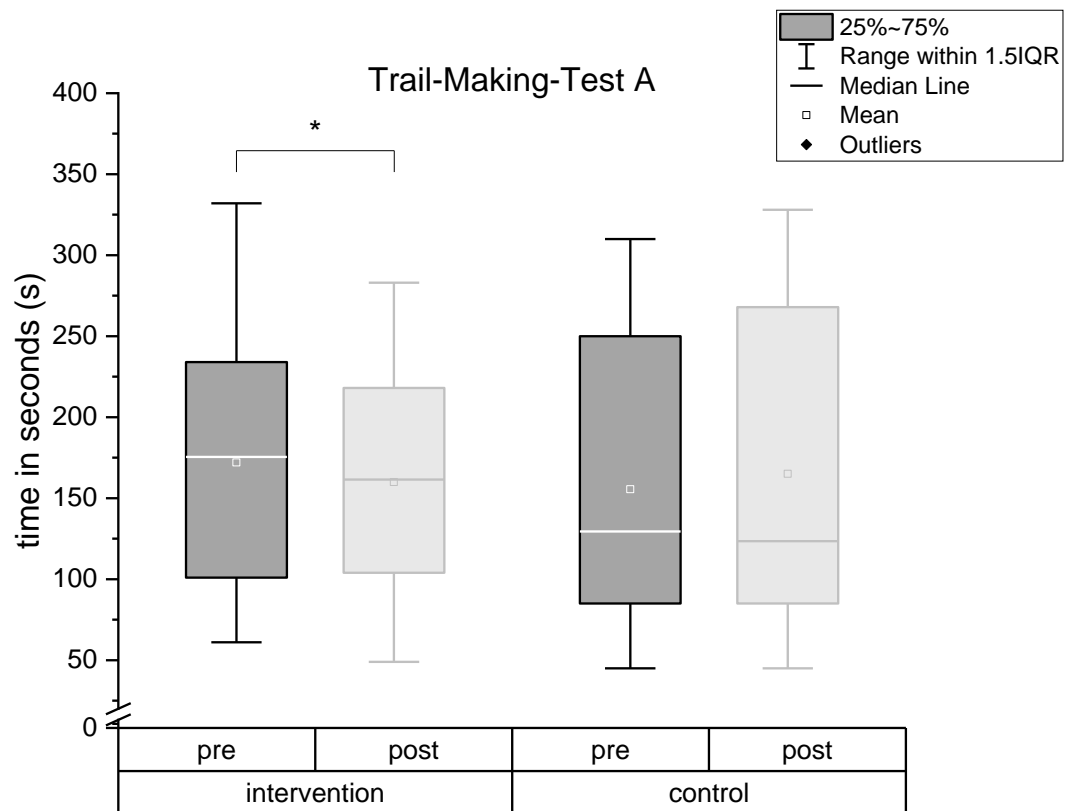
**Fig. 2** Results of the intervention group and control group in the pre- and post-test in verbal fluency.



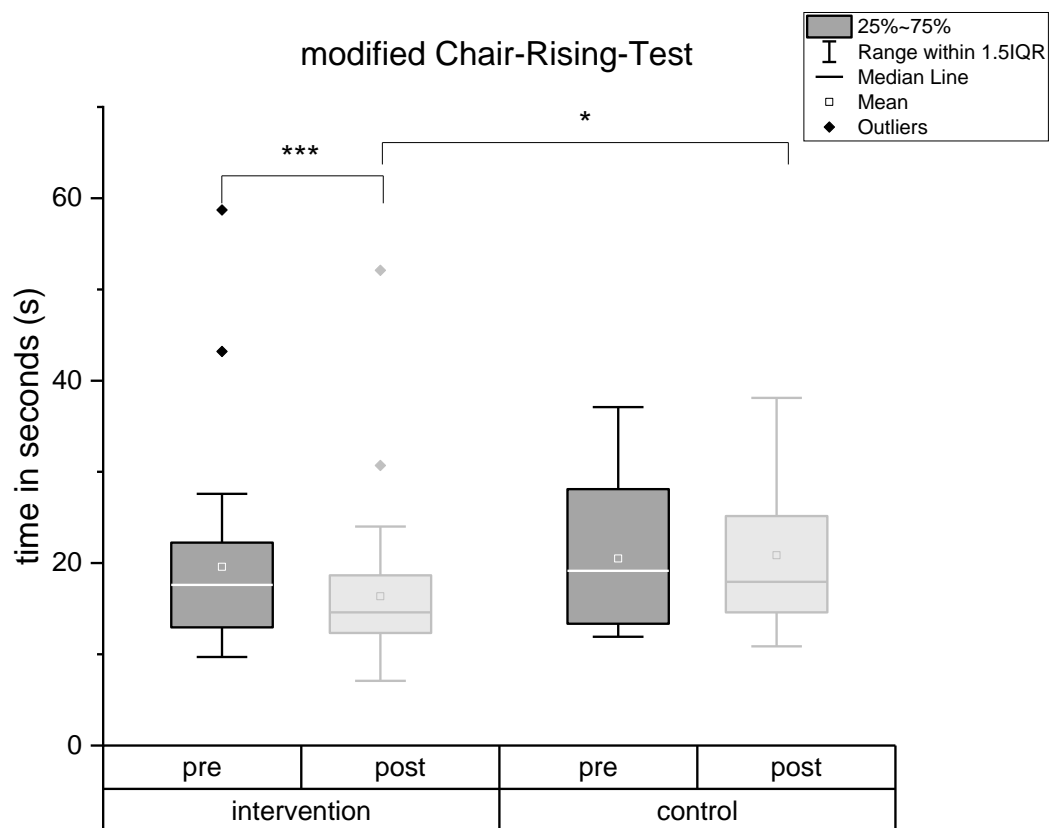
**Fig. 3** Results of the intervention group and control group in the pre- and post-test in the Mini-Mental Status Examination



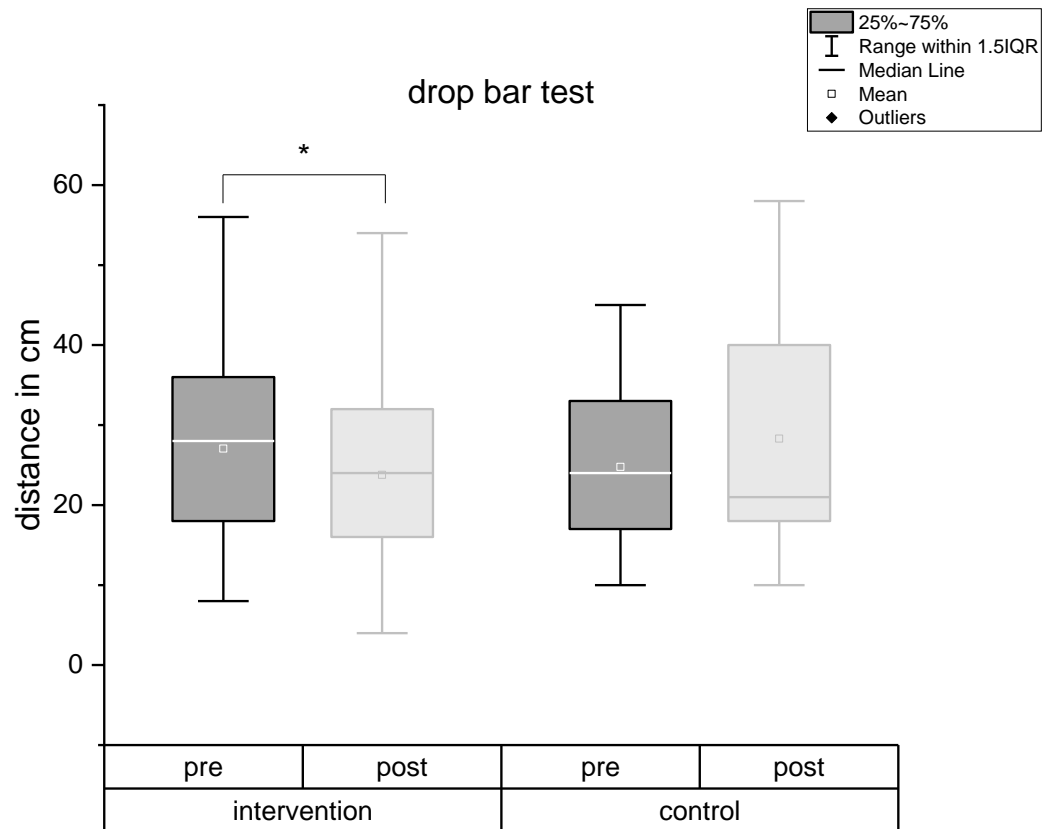
**Fig. 4** Results of the Intervention Group and Control Group in the Pre- and Post-Test in Word List Saving



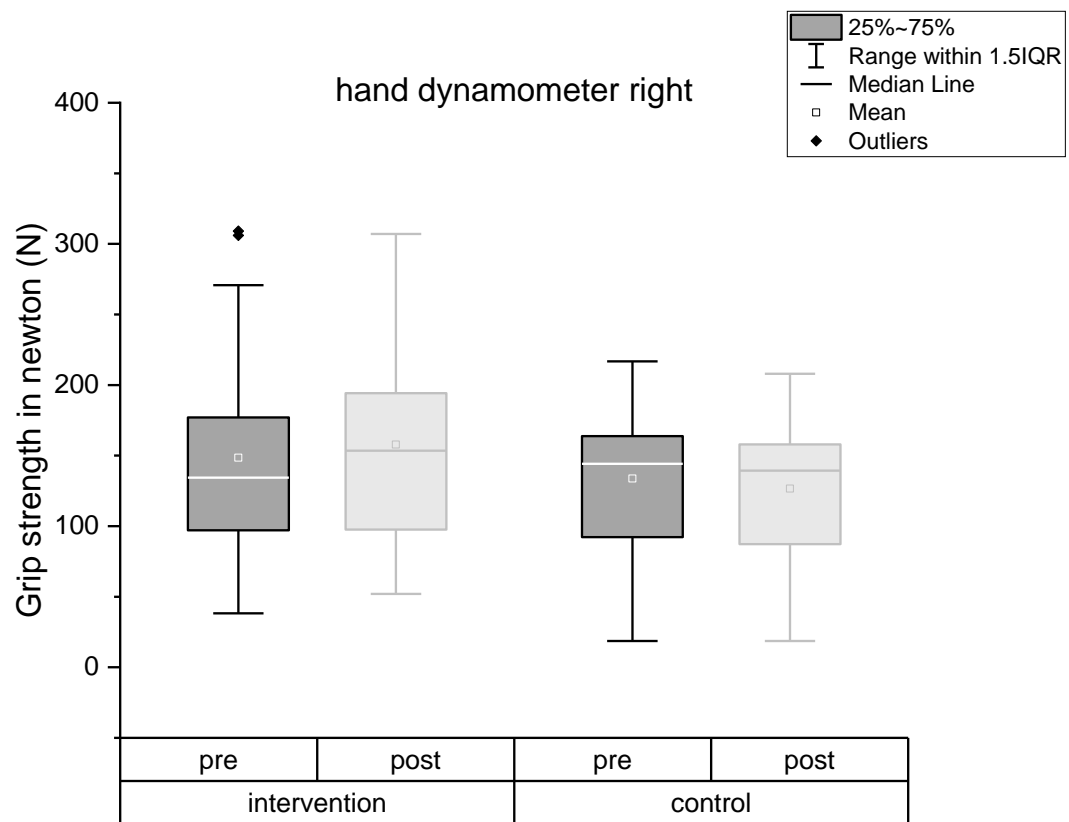
**Fig. 5** Results of the intervention group and control group in the pre- and post-test in the trail making test A



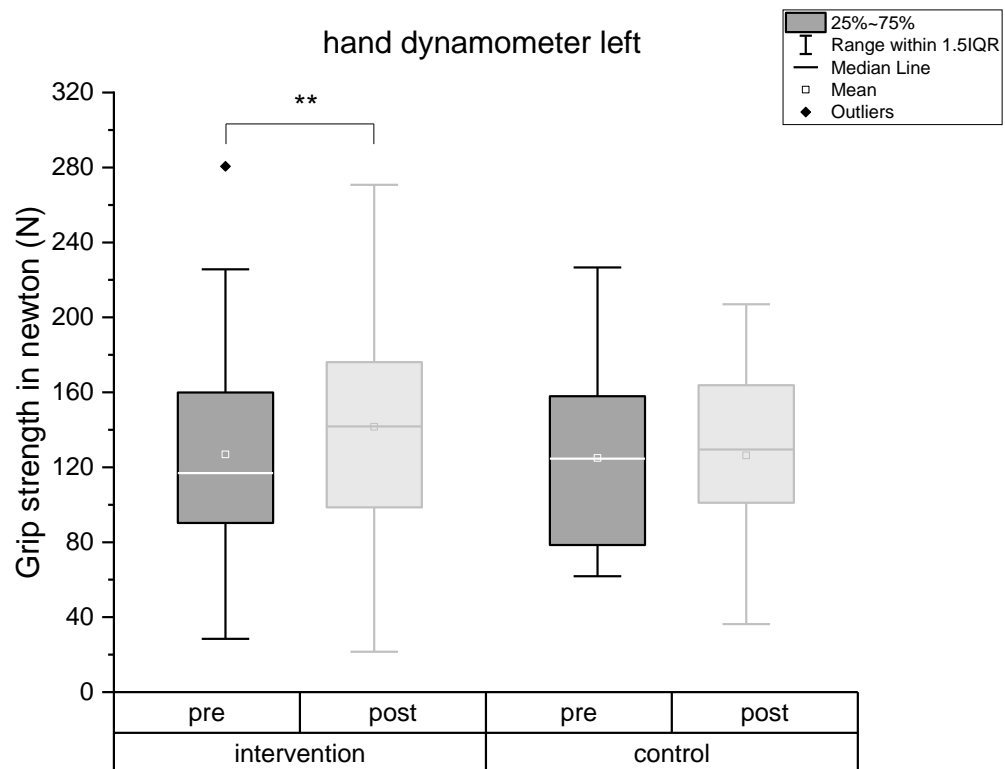
**Fig. 6** Results of the intervention group and control group in the pre- and post-test in the modified chair-rising test



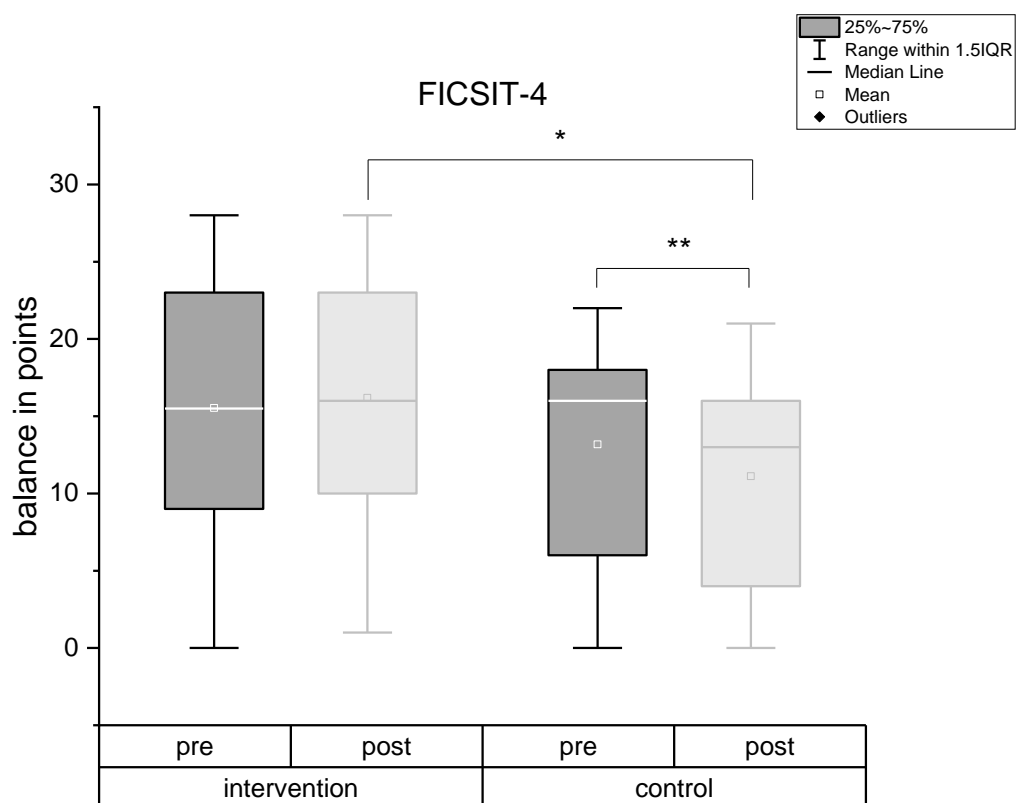
**Fig. 7** Results of the intervention group and control group in the pre- and post-test in the drop bar test



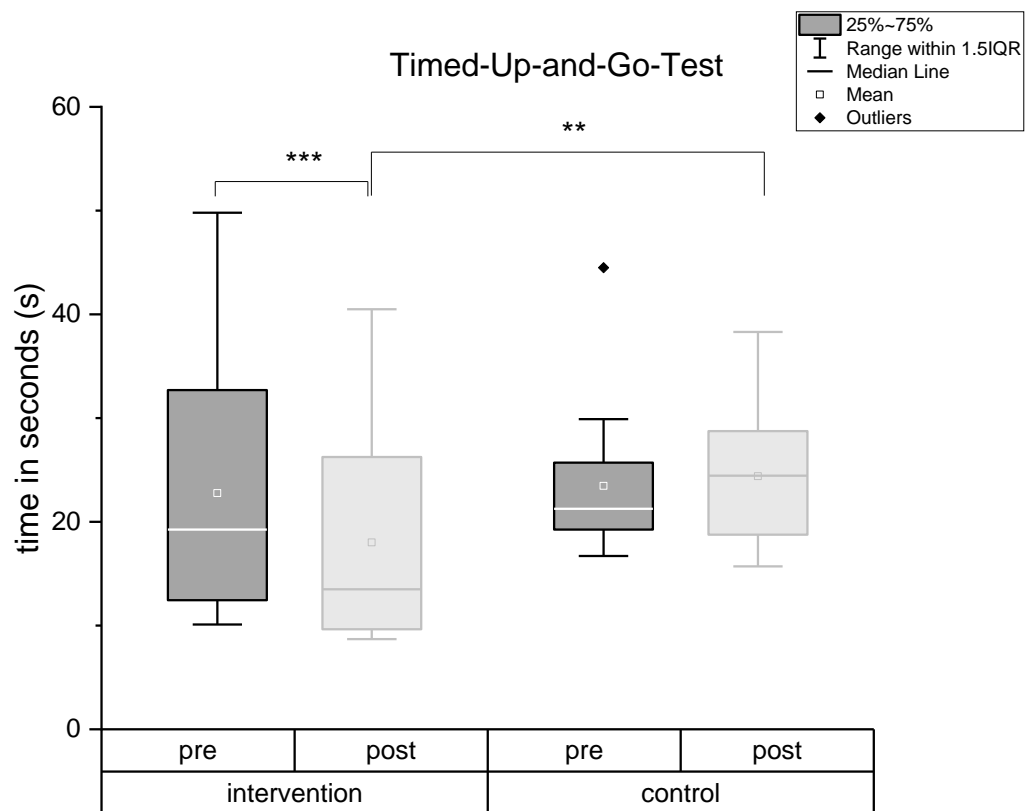
**Fig. 8** Results of the intervention group and control group in the pre- and post-test at the hand dynamometer right



**Fig. 9** Results of the intervention group and control group in the pre-test and post-test at the hand dynamometer left



**Fig. 10** Results of the intervention group and control group in the pre- and post-test at Ficsit 4



**Fig. 11** Results of the intervention group and control group in the pre- and post-test in the timed-up-and-go test