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### Non-Pharmacological Interventions for Alzheimer's Disease Patients

Mariam Hanna  
mahanna@students.llu.edu

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LOMA LINDA UNIVERSITY  
School of Behavioral Health  
in conjunction with the  
Faculty of Graduate Studies

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Non-Pharmacological Interventions for Alzheimer's Disease Patients

by

Mariam Hanna

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A Project submitted in partial satisfaction of  
the requirements for the degree  
Doctor of Psychology

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September 2023

ABSTRACT OF THE DOCTORAL PROJECT

Non-Pharmacological Interventions for Alzheimer's Disease Patients

by

Mariam Hanna

Doctor of Psychology, Department of Psychology  
Loma Linda University, September 2023  
Dr. Grace Lee, Chairperson

Alzheimer's Disease (AD) research often focuses on the pharmacological treatment and neurological basis of the disease. However, in the absence of disease-modifying treatments, interventions that target symptom reduction may improve quality of life and delay institutionalization. Given the limitations and risks associated with pharmacological AD treatments, this paper reviews non-pharmacological interventions to improve memory function and reduce symptoms of depression in patients with AD including music therapies, Cognitive Rehabilitation, and Bright Light Therapy.