

Table 5: Comparison of motor and emotion outcomes between the time of randomization (Baseline) and the initiation of the guitar lessons (Week 6) for the delayed start group

| Motor and emotion outcomes,<br>mean (SD)    | Delayed start group         |                        |                                |   |
|---|-----------------------------|------------------------|--------------------------------|---|
|   | Baseline<br>visit<br>(n=13) | Week 6 visit<br>(n=13) | Uncorrected<br><i>P</i> -value | Corrected<br><i>P</i> -value <sup>1</sup> |
| MDS-UPDRS Motor Total                       | 36.8 (14.3)                 | 23.8 (13.8)            | <.001***                       | .003**                                    |
| Typing test accuracy with dominant hand     | 114.4 (53.2)                | 111.7 (46.4)           | .579                           | .731                                      |
| Typing test accuracy with non-dominant hand | 106.5 (42.6)                | 106.6 (42.2)           | .982                           | .996                                      |
| PDQ39 total score                           | 31.8 (23.0)                 | 30.2 (19.7)            | .627                           | .778                                      |
| Beck Depression Inventory total score       | 10.1 (6.2)                  | 9.9 (7.3)              | .914                           | .953                                      |
| Apathy Evaluation Scale total score         | 55.2 (10.0)                 | 53.7 (11.8)            | .413                           | .561                                      |
| NeuroQoL Depression raw score               | 11.2 (2.9)                  | 12.5 (6.0)             | .308                           | .481                                      |
| NeuroQoL Anxiety raw score                  | 15.4 (4.4)                  | 15.6 (6.7)             | .813                           | .868                                      |

<sup>1</sup>*P* values are adjusted for multiple comparisons using the Simes meth\*\**p* < .01\*\*\**p* < .001

Table 6: Compiled results of participant exit questionnaires

|  | <b>Strongly Agree</b>       | <b>Agree</b>              | <b>Disagree</b>             | <b>Strongly Disagree</b>   |
|--|-----------------------------|---------------------------|-----------------------------|----------------------------|
| I enjoyed playing the guitar   | 75%<br>18/24                | 20.83%<br>5/24            | 0%<br>0/24                  | 4.17%<br>1/24 <sup>a</sup> |
| I was able to follow instructions  | 62.5%<br>15/24              | 25%<br>6/24               | 12.5%<br>3/24 <sup>b</sup>  | 0%<br>0/24                 |
| I enjoyed the social atmosphere of the class   | 66.67%<br>16/24             | 29.17%<br>7/24            | 4.17%<br>1/24 <sup>c</sup>  | 0%<br>0/24                 |
| It was convenient to attend these classes  | 45.83%<br>11/24             | 33.33%<br>8/24            | 16.67%<br>4/24 <sup>d</sup> | 4.17%<br>1/24 <sup>d</sup> |
| This class helped my arms & hands move better  | 27.27%<br>6/22 <sup>*</sup> | 50%<br>11/22 <sup>*</sup> | 22.73%<br>5/22 <sup>*</sup> | 0%<br>0/22 <sup>*</sup>    |
| I would recommend this class to my friends   | 79.17%<br>19/24             | 16.67%<br>4/24            | 4.17%<br>1/24 <sup>e</sup>  | 0%<br>0/24                 |
| I would attend a class like this in the future   | 75%<br>18/24                | 12.5%<br>3/24             | 8.33%<br>2/24 <sup>f</sup>  | 4.17%<br>1/24 <sup>f</sup> |
|  | <b>Yes</b>                  | <b>No</b>                 | <b>Maybe</b>                |                            |
| Was the frequency of classes (2x/wk) appropriate?  | 100%<br>24/24               | 0%<br>0/24                | 0%<br>0/24                  |                            |
| Are you planning to seek music instruction as a recreational activity?                     | 79.17%<br>19/24             | 16.67%<br>4/24            | 4.17%<br>1/24               |                            |
| Would you like to be notified of similar research projects that involve music instruction? | 87.5%<br>21/24              | 8.33%<br>2/24             | 0%<br>0/24                  |                            |

\*one participant responded “I don’t know” and another left it blank