



L'ASSOCIATION CANADIENNE DES  
**Sciences Humaines en Santé**  
CANADIAN ASSOCIATION FOR  
**Health Humanities**

## Canada's Annual National Health Humanities Conference

### Workshop Theme

Music in Health Humanities

### Date

Thursday April 21, 2022

### Conference Website

<https://www.cahh.ca/upcoming-conference>

### Contact Us

Email: [splamond@ucalgary.ca](mailto:splamond@ucalgary.ca) |  
[michaelf@ualberta.ca](mailto:michaelf@ualberta.ca)



### Music is a powerful force.

Since ancient times, music has been recognized for its therapeutic value. The notion that music can have a healing effect on mind and body transcends time and culture.

Research on the role of music and creative arts in health is ever expanding. This pamphlet serves to highlight the diverse academic literature on this topic published by researchers around the world.

# Music and Creative Arts in Health

*Global Research Highlights*



## Australia

### Artistic Creative Arts and COVID-19

A survey of 653 Australians explored the role of artistic creative arts in managing mental health and wellbeing during the pandemic.

Kiernan. et al. (2021) *Frontiers in Psychology*. 12: 696202.

## Austria

### Group Singing versus Music Listening in Hospitalized Adolescents

The impact of group singing versus music listening on mood and quality of life was assessed in children and adolescents admitted to the Department for Child and Adolescent Psychiatry in Salzburg.

Grebosz-Haring et al. (2018) *Heliyon*. 4(12): e01014.

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*“I joined because I wanted something to do, to get out of the house and participate” – Tłı̨ch̨ youth*

*regarding decision to take part in*

*creative arts programming (Canada)*

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## Bosnia and Herzegovina

### Childbirth Education and Classical Music for Pregnant Women

In Livno, pregnant women were educated on childbirth by midwives and asked to dedicate specific periods of time to listen to classical music. The intervention was designed to help manage fear and reduce pain during childbirth.

Perković et al. (2021). *Psychiatria Danubina*. 33(Suppl 13): S260-270.



## Brazil

### MoveMama: Pilates and Dance for Mental Health in Breast Cancer

A new study has been designed to evaluate the efficacy of Pilates and belly dancing interventions for pain, depressive symptoms and self-esteem in women undergoing breast cancer treatment in Florianópolis.

Boing et al. (2020). *Trials*. 21(1): 35.

## Canada

### Building Resiliency through Creative Arts Programming for Indigenous Youth

A creative arts workshop for Tłı̨ch̨ youth was created for youth to explore critical community issues and find solutions together using the arts.

Fanian et al. (2015). *International Journal of Circumpolar Health*. 74: 27672.



## China

### Traditional Chinese Music for Ankylosing Spondylitis

Recently, researchers studied the influence of traditional Chinese music on physical and psychological functions of hospitalized patients with ankylosing spondylitis.

*Qin (2020). Psychiatria Danubina. 32(3-4): 403-410.*

## Colombia

### Music Therapy for Burn Patients

In Bogotá, a clinical trial has been designed to evaluate the effect of music therapy on perceived pain in adult burn victims.

*Ettenberger et al. (2021). Frontiers in Psychiatry. 12: 714209.*

## Denmark

### Music and Imagery for Trauma Symptoms in Refugees

Trauma-focused music and imagery was compared to standard psychological talk therapies for ameliorating trauma symptoms in Danish refugees.

*Beck et al. (2021). European Journal of Psychotraumatology. 12(1): 1930960.*

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*“[Ancient Greeks] believed that healing the soul through music also healed the body” – excerpt from “Health*

*Care Practices in Ancient Greece” (Greece)*

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## Finland

### Exploring Benefits of Regular Musical Activities in Early Dementia

A research group in Helsinki coached caregivers of persons with dementia to use singing or music listening as a part of everyday care to improve mood and memory.

*Särkämö et al. (2014). The Gerontologist. 54(4): 634-650.*



## Germany

### Music Therapy for Multiple Sclerosis

A cohort of German men and women with Multiple Sclerosis took part in a music therapy intervention to bring about improvements in mood, fatigue and self-acceptance.

*Aldridge et al. (2005). Complementary Therapies in Medicine. 13(1): 25-33.*

## Greece

### Health Care Practices in Ancient Greece: A Focus on Holistic Health

Ancient Greeks understood the importance of wellbeing for physical health. Researchers from Crete and Thessaly outline a history of health practices in Greece with a role for the arts and music.

*Kleisiaris et al. (2014). The Journal of Medical Ethics and History of Medicine. 7:6.*



## India

### Yoga and Music Interventions for Healthcare Workers in COVID-19

A combined yoga and music intervention was found to improve anxiety and depressive symptoms for healthcare workers in Udaipur in the early stages of the pandemic.

## Indonesia

### Tele-Medicine: A Case Study of Music Therapy in COVID-19

A rapid single-session of music therapy delivered remotely was used to reduce fear and acute stress in a 33-year-old Indonesian widow with asymptomatic COVID-19.

*Situmorang et al. (2021). Palliative and Supportive Care. 1-6.*

## Iran

### Instrumental Music for State Depression and Anxiety during Hemodialysis

A clinical trial in Hamedan explored the effect of listening to Mozart on anxiety and depression in patients undergoing hemodialysis.

*Imani et al. (2021). Journal of Education and Health Promotion. 10: p. 305.*

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*“Music therapy helped me get back doing.” – Mental health*

*service user on their experience with music therapy (Ireland)*

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## Ireland

### "Music Therapy Helped Me Get Back Doing"

A study from the University of Limerick details interviews of mental health service users on their unique and nuanced experiences with music therapy.

*McCaffrey et al. (2016). Journal of Music Therapy. 53(2): 121-148.*



## Israel

### Arts-Based Psychiatric Rehabilitation: Perceptions of Healthcare Professionals

Senior professionals with key positions in the public health system were interviewed on how they perceive the integration of the arts in community-based psychiatric rehabilitation services in Israel.

*Oren et al. (2019). Psychiatric Rehabilitation Journal. 42(1): p. 41-47.*

## Italy

### Music Therapy for Italian Clinical Staff in COVID-19 Pandemic

In the early months of the pandemic, clinical staff recruited to assist COVID-19 patients in Bari participated in a remote music therapy intervention to reduce stress and improve wellbeing.

*Giordano et al. (2020). The Arts in Psychotherapy. 70: 101688.*



## Japan

### Art and Cultural Activity Engagement and Depressive Symptom Onset in Older Adults

Higher engagement in creative arts (musical performance, singing, dancing, handicrafts, painting, photography, poetry composition, calligraphy, and tea ceremony/flower arrangement) was linked to reduced onset of depressive symptoms in Japanese seniors.

*Noguchi et al. (2022). International Journal of Geriatric Psychiatry. 37(3).*

## Netherlands

### Music Therapy in Huntington's Disease

In the Netherlands, researchers sought to determine whether music therapy could improve quality of life of individuals diagnosed with Huntington's disease by stimulating expressive and communicative skills.

*van Bruggen-Rufi et al. (2017). Journal of Huntington's disease. 6(1):63-72.*

## Northern Ireland

### Music Therapy and Quality of Life in Hospice Patients

Individual music therapy was introduced as an intervention for a palliative care unit in a hospice in Northern Ireland.

*Porter et al. (2018). BMC Palliative Care. 17(1): 125.*

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*“On stage, no one interrupts me. No one says ‘You can’t say that!’ . . . I actually have a voice. I actually get to speak up. That has actually been more important than I thought.*

*– Participant in a music and theatre*

*workshop for individuals with long-term mental health struggles (Norway)*

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## Norway

### A Music and Theatre Workshop for Individuals with Long-Term Mental Health Struggles

A music and theatre workshop for patients in a Norwegian mental health hospital served as a creative arena and space of acceptance.

*Ørjasæter et al. (2017). Mental Health Perspectives. 27(11): 1600-1613.*

## Poland

### Music to Complement Pulmonary Rehabilitation for Asthma

Researchers in Kraków investigated whether music therapy, as a complementary modality to pulmonary rehabilitation, could help to improve respiratory drive, asthma control and quality of life in patients with asthma.

*Śliwka et al. (2021). Journal of Asthma. 58(10): 1367-1376.*

## Portugal

### Music-Based Interventions for People Living with Dementia

Portuguese researchers performed a scoping review to map the landscape of music-based interventions in dementia care.

*Sousa et al. (2021). International Journal of Geriatric Psychiatry. 36(11): 1664-1690.*



## Romania

### Alzheimer's Disease: Art and Music Therapy

Researchers in Bucharest have explored the literature on the benefits of non-pharmacological interventions such as music and art therapy in Alzheimer's disease. Their review also sheds light on the impact of the disease on caregivers.

*Popa et al. (2021). Healthcare (Basel). 9(6): 698.*

## Siberia

### Music as Knowledge in Shamanism and Other Healing Traditions of Siberia

Anthropologist Dr. Marilyn Walker shared her experiences studying Siberian Indigenous culture and the role of music in Shamanism and traditional healing practices.

*Walker. (2003). Artic Anthropology. 40(2): 40-48*

## Singapore

### Art, Music, Tai Chi and Mindfulness for Depression in Older Adults

Simple, inexpensive and culturally acceptable arts-based psychosocial interventions alleviated mild anxiety and depressive symptoms in Singaporean older adults.

*Rawtaer. (2015). Asia-Pacific Psychiatry. 7(3): p. 240-250.*

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*"Music links the past with the future, providing a sense of stability and continuity in rapidly changing times"* – Dr. Marilyn

*Walker on music and identity (Siberia)*

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## South Korea

### Rhythmic Exercises with Music for Cognition and Mental Health

A rhythmic exercise music intervention was implemented for cognition and life satisfaction in South Korean nursing home residents.

*Kim et al. (2021). Geriatric Nursing. 42(3): p. 650-656.*



## Spain

### Prevalence of Burnout Syndrome in Music Therapists

At the University of Extremadura, researchers surveyed professional music therapists to better understand job factors contributing to burnout.

*Sequera-Martin et al. (2021). International Journal of Environmental Research and Public Health. 18(17): 9108.*

## Sweden

### Musical Engagement and Incidence of Psychiatric Disorders

Drawing from a large registry of over 10,000 adult twins, Swedish researchers explored the relationship between playing a musical instrument and mental health outcomes.

*Wesseldijk et al. (2019). Scientific Reports. 9(1): 12606.*

## Switzerland

### Relaxing Music for Healthy Sleep

In Zurich, sleep scientists investigated whether listening to music before a nap could improve self-reported and polysomnography-measured quantitative measures of sleep.

*Cordi et al. (2019). Scientific Reports. 9(1): 9079.*

## Taiwan

### A Musical Fitness Program for Older Adults with Cognitive Impairment

Spirited local Mandarin, Taiwanese and Hakka songs were selected to accompany 50-minute strength, mobility and aerobic exercise sessions.

*Lin et al. (2022). Journal of Clinical Nursing. 31(7-8): 995-1004.*

## The Gambia

### Community Health Intervention through Musical Engagement (CHIME) for Perinatal Mental Health

CHIME is a collaborative project working to investigate how embedded musical practices might be developed to support perinatal mental health in West Africa.

*Stewart et al. (2022). Health Promotion International. daab210.*

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*“Mental health issues are a big challenge, especially in developing countries because not much has been done in this area in terms of research, [financing or investment]” - Buba Darboe from the Ministry of Health and Social Welfare speaking on the impact of the CHIME project (The Gambia)*

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## Turkey

### Traditional Music of Islamic Turkish Culture for Cancer Patients During Stem Cell Transplantation

Traditional music was explored as an intervention for anxiety and distress in Turkish cancer patients undergoing hematopoietic stem cell transplantation.

*Geyik et al. (2021). Perspectives in Psychiatric Care. 57(2): 558-564.*



## United Kingdom

### The Lullaby Project: Refugee and Incarcerated Communities

New parents who were socially vulnerable, having endured adversity either through incarceration or migration were paired with musicians from the Royal Philharmonic Orchestra to create lullabies for their babies.

*Ascenso. (2021). Frontiers in Psychology. 12: 588905.*

## United States

### Affirming and Empowering LGBTQ+ Identity Through Music

Researchers from the University of Tennessee-Knoxville collected music therapists' perspectives on the recently developed queer music therapy model.

*Boggan et al. (2018). Journal of Music Therapy. 54(4): 375-404.*