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The Effectiveness of Community Music Therapy: An Annotated Bibliography

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The Effectiveness of Community Music Therapy An Annotated Bibliography

Music Therapy has been a contribution to the aid of mental health professionals who believe that alternative types of therapy, usually in hand with other traditional forms or medications, can be a benefit to those who suffer with mental disorders like depression. It has been an accepted fact for several decades that music therapy is in fact a useful practice. However, over the last two decades, a sub-section of music therapy, known as Community music therapy, has been introduced to mental health professionals and has been subject to data collection and evaluation. I decided to look into Community music therapy to determine whether it was a truly effective method of treatment for depression. I decided to focus on several different groups of people, varying from mothers suffering from post-natal depression to migrant workers and even people who suffer with aphasia. I believe that focusing on the data results of these contrasting groups will aid in determining the validity of the therapy type.

1. Bugos, Jennifer A. "Adult Learner Perceptions: Perspectives from Beginning Musicians (Ages 60-86 Years)," *Update: Applications of Research in Music Education* 32 no. 2 (2014) 26-34; <https://doi.org/10.1177/8755123314521034>.

This study inquiries about whether music training can contribute to successful aging. It also looks particularly into whether music training is structured as an "intensive cognitive training program." The article included several music programs that exemplified the important elements involved in programs that are defined as intensive cognitive training. The study surveyed participants in training programs to examine which factors maintained their interest and kept the participants engaged in the music program. The article exclaimed that their purpose was to observe adult learning perceptions in this type of setting. Their results indicated that the strengths of the program included developing social networks, increased knowledge, and continued engagement in the participants. They cited several articles that backed up the claim that older adults ages 65 and up represent a large population for targeted music education opportunities. I did not see a section in the article that spoke on the authority of Dr. Jennifer Bugos, however when I did some research about her, I determined that she received a Ph.D. in music education with a minor in gerontology from the University of Florida. She also wrote and facilitated a Research Grant to observe the effects of piano instructions could have on the cognitive abilities of older adults when personalized. She also directs a research lab on the USF campus.

2. Clements-Cortes, Amy and Hope Pascoe. "Community Music for Promoting Youth Mental Health". *Canadian Music Educator* 61 no. 4. (Summer 2020); 36-40.

This article looked to examine the importance of promoting mental health among teen students, as well as some commonly used strategies to improve mental health. This was conducted in Canada and the authors cite the Mental Health Commission of Canada to inform the reader that one in four Canadian youth between the ages of 9 and 19 years are currently living with mental illness. They also outlined how community music can help meet the needs of those struggling with mental health and provided instances such as participating in group drumming and singing where mental health has improved in those

participants. and then providing examples of community music projects that have been effective in promoting youth mental health. They provided 40 sources that supported the information provided in the article. Author Hope Pascoe received her bachelor's degree of Music Therapy shortly after the publishing of this article. She also is a research assistant for Dr. Amy Clements-Cortes. Dr. Cortes was Past-President of the World Federation of Music Therapy and Managing Editor of the Music and Medicine journal. At the time of publication, she also "serve(d) on the editorial review boards for 9 International journals."

3. Dawn, Joseph and Jane Southcott. "The Show must go on': Older entertainers making music in the community in Melbourne, Australia." *Australian Journal of Music Education* 1 (2014); 66-76.

This article wanted to focus on the challenges of maintaining the well-being of the older generation of Australia. They claimed that there is "extensive research that confirms that engagement in music by older people is positively related to individual and community well-being." The belief is that music engagement in a group setting can have the potential to become a contribution towards the improvement of socialization for older people within their local communities. "This article focuses on three members of a mixed voluntary singing group formed by older residents of an outer suburban community in Melbourne, Australia," titled The Skylarkers. This study attempted to gather data in order to analyze whether the older members of the choir found that their participation increased their cognitive skills and mental health. Dr. Dawn Joseph is a Senior Lecturer in music and education studies for Deakin University in Melbourne, Australia. She teaches both undergraduate and graduate courses and is also a course coordinator. She was also Chair of the Australian Society for Music Education. Dr. Southcott is an Associate professor at Monash University, also located in Melbourne, Australia. She is National President of the Australian and New Zealand Association for Research in Music Education.

4. Dickie-Johnson, Amilcar and Rosie Meek. "A Qualitative Study of the Rehabilitative Potential of Music in Prisons and Immigration Removal Centers." *Journal of Creativity in Mental Health* 17 no. 2 (2022); 140-153. <https://doi.org/10.1080/15401383.2020.1848673>.

This article established in their abstract that music-based wellness programs have already been proven to improve the well-being and/or rehabilitation for people in prison. The study explains a bias due to a limited understanding of the mechanisms of the system's success. This paper seeks to contribute to the process of identity transformation. The study observed three different music sessions which were followed by two interviews. Results reported improvements in self-esteem and self-efficacy in participants. This article did not reference any of my other citations, but I was anticipating that with this article due to its specifications towards prisoners. Rosie Meek is a Professor of Psychology in the School of Law, University of London, England. She does research in "Criminal Justice, prisons, and Forensic Psychology." I could not find much about Amilcar other than she is currently doing research at Royal Holloway University of London.

5. Fancourt, Daisy and Rosie Perkins. "Does attending community music interventions lead to changes in wider musical behaviours? The effect of mother-infant singing classes on

musical behaviours amongst mothers with symptoms of postnatal depression.”
Psychology of Music 47 no. 1 (Fall 2017); 132-143.
<https://doi.org/10.1177/0305735617742197>.

This study explored the benefits of community music therapy in the form of group singing in relation to women with symptoms of postnatal depression. "Ninety-three women up to 40 weeks post-birth with symptoms of PND" were part of 10 weeks of group singing classes. Fancourt does reference several of her own articles, including the group drumming as well as other forms of community musical engagement. Daisy Fancourt is an Associate Professor of Behavioral Science and Health at the Institute of Epidemiology and Health. She also had a Doctorate in Philosophy. Rosie Perkins is a Professor of Music, Health, and Social Science at the Royal College of Music.

6. ____, Rosie Perkins, Sara Ascenso, and Livia A. Carvalho. “Effects of Group Drumming Interventions on Anxiety, Depression, Social Resilience and Inflammatory Immune Response among Mental Health Service Users: e0151136.” *PloS one* 11 no. 3 (Spring 2016); <https://doi.org/10.1371/journal.pone.0151136>.

"The potential of music within mental health has been recognized for nearly a century, and there is now a large body of literature that has demonstrated improved symptoms and reduced severity of conditions, from depression to schizophrenia, in response to music." I decided to input this whole sentence from the abstract of the article because I think it perfectly describes the goal of this article which is to focus on the innovation of community music therapy as individual music therapy has already been determined as a legitimate form of improving mental health. The article expresses that majority of previous studies have taken place with a specific music therapy model and tend to be led by a professional music therapist with their own personal goals. The article also acknowledges that community settings of music therapy are a much less researched area as they are typically not led by therapists. However, they can still enhance the mental health and wellbeing of participants. The article provides tables of their experimental data and psychological results. They referenced the other paper's drumming circles and how that it was their conduction, and their results supported the idea that communitive settings of music can enhance "indicators of mental health" (p.2)

7. Foulkes, Emily. “An Exploration into Online Singing and Mindfulness during the COVID-19 Pandemic for People with Anxiety and/or Depression.” *International journal of Community Music* 14 no. 2-3 (Spring 2021); 295-310.
https://doi.org/10.1386/ijcm_00049_1.

This study took place through an online format following the outbreak of COVID-19. This article aimed to explore the potential of delivering a (now) online singing and mindfulness program for people with anxiety and/or depression. It was approved by the University of Wales Ethics Board. Practitioner bias was also considered when the study took place. The article focused on the impact that the COVID-19 pandemic has in exacerbating existing mental health conditions including depression and anxiety. The article also provided evidence that suggests that singing can support mental wellbeing.

8. Gold, Christian. “Outside the black box.” *Nordic Journal of Music Therapy* 27 no. 2 (Winter 2018); 95-96. <https://doi.org/10.1080/08098131.2018.1432118>.

This article is a reflection about topics not covered in a previous article written by him as well, titled "Inside the black box." Their basic research is not directly connected to clinical music therapy work, although a clinical population is examined. Christian Gold is a professor at the Grieg Academy Department of Music, University of Bergen, Norway. He is also an Editor of the Cochrane Developmental, Psychosocial and Learning Problems Group.

9. Hense, Cherry. "Forming the Youth Music Action Group." *Voices: A World Forum for Music Therapy* 15 no. 1 (2015) <https://doi.org/10.15845/voices.v1i1.810>.

This article expressed that young people that are recovering from mental illness would more than likely benefit from ongoing musical opportunities in a community setting. This determination was based on any previous music therapy engagement in mental health services that the youths participated in. In this paper Cherry discusses a participatory research project in which she observes young people's musical identities during their recovery from mental illness. Her results revealed that these youths did in fact need a body to facilitate progress, specifically in the area of establishing new connections whilst recovering. Cherry Hense is a PhD candidate at the University of Melbourne and a registered music therapist at Orygen Youth Health in Australia.

10. Jenkins, Louise, and Jane Southcott. "When I see a note I like, I play it: Music identity Enacted in a Community Orchestra." *International Journal of Community Music* 9 no. 3 (2016); 273-289. https://doi.org/10.1386/ijcm.9.3.273_1.

This article aimed to determine the benefits of participation in musical activities specifically in an "elderly" age group. They determined that playing an instrument at an older age (55+) has both physical and mental health benefits. It also "provides positive socializing opportunities." This study considers the experience of participating in a community orchestra as either a complete beginner or a 'returning' player at an older age. The study chose participants that were all members of a community orchestra, named Squawkestra, in Melbourne, Australia. "All the participants were over the age of 55 and retired or near retirement." The article provided several pages of references. The article also recognized in their conclusion that the aim of the research was to understand this unique experience and then determine whether that had the possibility of replication with other groups. Dr. Louise Jenkins has a background in lecturing in the Faculty of Education, Monash University, Australia. She teaches music education at both an undergraduate and postgraduate level. Dr. Jenkins is also a performing arts specialist and a sociologist. Dr. Jane Southcott is an associate professor at the same university as Dr. Jenkins. Dr. Southcott is a hermeneutic phenomenologist. She is also a member of the international executive of the Australian and New Zealand Association for Research in Music Education.

11. Kruger, Viggo, Dag O. Noodanger. and Stige Brynjulf. "Music Therapy: Building Bridges Between a Participatory Approach and Trauma-informed Care in a Child Welfare Setting" *Voices: A World Forum for Music Therapy* 18 no. 1 (2018); 1.

This article expressed that even with growing interest in music therapy within child welfare practice in Norway, music therapy practices within the context of a community setting are still incredibly under-researched. This study took a collaborative

community music therapy practice as its beginning. They interviewed nine social workers between the ages of 30 and 55, all of which were from four different child welfare institutions and asked each of them about their ideas on the advantages and disadvantages of music therapy as an approach. The interviews revealed that four main themes were considered to be the main benefits of music therapy: "a) safety and well-being, b) relationships and mastery, c) dealing with complex emotions, and d) continuity and stability, across situations." Results of the study determined that the social workers' reflections around music therapy corresponded with the child welfare issues they faced with their patients. This article did not reference any of the other articles that I chose for my own references, however it did cite several of its own sources, all of which grazed the topics of social workers and their ideas of the effectiveness of music therapy and other studies they referenced.

12. Lamont, Alexandra, Michael Murray, Rebecca Hale, and Katie Wright-Bevans. "Singing in Later Life: The Anatomy of a Community Choir." *Psychology of Music* 46 no. 3 (2018); 424-439. <https://doi.org/10.1177/0305735617715514>.

This article studies a choir for older people and monitors the participants over a 4-year period. The choir members noted benefits of being part of the choir with developing social relationships in a community. Alexandra Lamont and Michael Murray work at the School of Psychology, Keele University, Staffordshire, UK. Katie Wright-Bevans works at the Institute of Psychology, Health and Society, University of Liverpool, Liverpool, UK.

13. Mitchell, Elizabeth. "Community Music Therapy and Participatory Performance: Case Study of a Coffee House." *Voices: a world forum for music therapy* 19 no. 1 (Winter 2019); 1. <https://doi.org/10.15845/voices.v19i1.2701>.

The study for this article took place at a treatment facility in Southwestern Ontario, Canada. The participants were youths aged 12–18 with concerns for their mental health. The participants of the study attended school at the facility "within a modified classroom environment, and access resources such as individual and family counselling, nursing, psychiatry, psychological assessment, recreation, and music therapy." The current music therapist initiated weekly rehearsals for community style/group drumming or rock music making. The facility held a bi-annual musical performance event titled "the Coffee House". The article recognizes that their success would be marked with involvement and participation. Elizabeth Mitchell is a registered psychotherapist and music therapist. She works for Wilfrid Laurier University as their 'Music Therapist-in-Residence'. She holds a master's degree in music therapy and an Associate of the Royal Conservatory of Toronto in piano performance. She also has extensive experiences with aiding individuals of all ages with mental health.