



AALBORG UNIVERSITY  
DENMARK

# Book of abstracts and one page summaries

PHD COURSE IN MUSIC THERAPY RESEARCH

April 14-19, 2013

Doctoral Programme in Music Therapy

Institute for Communication and Psychology

Aalborg University, Denmark

## Contents

Lectures and workshops at the course.....	3
Martin Orrell: Outcome measures and psychometrics.....	3
Martin Orrell: Publishing music therapy studies in health research .....	3
Mats Uddholm: The <i>Musician</i> , the <i>Researcher</i> and the <i>Psychologist</i> .....	3
Lars Ole Bonde: Musical Identities of Danish Music Therapy Students – Studied through Musical Autobiographies and RepGrid Interviews.....	4
Niels Hannibal: What epistemological challenges does your study present?.....	5
Hanne Mette Ridder: Doctorateness and models of doctoral supervision .....	5
Hanne Mette Ridder: Literature reviews – types & aims.....	6
One page summaries .....	7
Aase Marie Ottesen: Enhancing quality of life and well-being for persons with dementia - Is it possible through development of the care providers interpersonal and musical competencies?.....	7
Britta Frederiksen: Literature review article - about the therapeutic relationship in music therapy with forensic psychiatric patients.....	8
Helen Leith: First steps in data analysis.....	10
Julian O’Kelly: A neurophysiological study of the responses of healthy adults and individuals with disorders of consciousness to receptive music therapy methods: preliminary analysis and insights .....	11
Monika Geretsegger: On using scaffoldings and making diamonds – writing articles collaboratively.....	12
Orie McDermott: 'Are we there yet?' Preliminary assessment of MiDAS psychometric properties, clinical meaningfulness and future challenges.....	13
Ruth Hertrampf: Guided Imagery and Music (GIM) in Curative and Non-curative Treatment for Patients with Breast Cancer and Gynecological Cancer .....	14
Vibeke Skov: Art therapy. A prevention for development of depression?.....	15
Xi Jing Chen: The current research progress of my PhD study: The completion of data collection and two articles .....	16

## Lectures and workshops at the course

### **Martin Orrell: Outcome measures and psychometrics**

This lecture will give an introduction to psychometric. Prof. Dr. Martin Orrell will discuss with you how to choose appropriate outcome measures for your study and how to check the validity and reliability of the measures.

### **Martin Orrell: Publishing music therapy studies in health research**

In this lecture Martin Orrell will give his perspective on how you choose the right journal for your article, and will discuss the peer review process, how to deal with feedback and what the editors look for.

### **Biography**

Professor Martin Orrell, FRCPsych PhD, is Professor of Ageing and Mental Health at University College London. Prof Orrell works as an Honorary Consultant Old Age Psychiatrist and is Director of Research and Development at North East London Foundation Trust. He is a Visiting Professor at City University.

He was Specialist Advisor to the Health Advisory Service and Clinical Advisor to the Audit Commission, and a member of the Healthcare Commission Expert Reference Group on Mental Health Services for Older People. He is Chair of the Memory Services National Accreditation Panel (MSNAP).

He is Editor of the journal *Ageing & Mental Health*. He is a Member of the Board of the European Association of Geriatric Psychiatry and the International Psychogeriatric Association.

### **Mats Uddholm: *The Musician, the Researcher and the Psychologist***

The aim of this presentation is to illuminate and discuss some connections between the therapeutic profession and development of music pedagogic theory. A topic that initially emerged as a result of a sub-study in my PhD -project about professional practitioners music-pedagogical Powers of Definition.

The purpose of this sub-study was to generate data about which concepts music-therapists use in their meta-reflections on musical situations in special-pedagogic related practices. The link between the sub-study's results and the research question was based on the thesis that language constitutes a structural coupling between social and psychological systems. The result showed among other things that respondents did not use the same concepts when expressing their thoughts. The findings also revealed significant differences in the respondents understanding and interpretation of the case presented.

A conclusion of the sub-study is that variations in music-education terminology are not essential for how music situations may be perceived. The variations in the respondents' perceptions seem rather to be based on the discursive stance they take in their respective social practice. In contrast, the results indicate that the force contained in music-theoretical concepts appears to have an impact on how music situations are interpreted. These diversities were expressed as three different types of music-therapists; the *Musician*, the *Researcher* and the *Psychologist*, which will be the pivot point in this presentation.

### **Biography**

Mats Uddholm, Music Pedagogue, MA (Education), PhD. Since 1994, Mats Uddholm worked as a lecturer at the University College Nordjylland, Aalborg. He has worked as a freelance educator, cultural worker and adviser, and as lecturer and early childhood teacher at Gävle University, Sweden. From 1979-1990 he worked as a project manager and educator in music and drama at the Studieförbundet in Gävle. For two decades he has worked with IMPRO-produktion where he works with knowledge and organization development. In the period 1997-2008 he worked as a lecturer in music and music pedagogy at the Aalborg Music Therapy training course, Aalborg University.

### **Lars Ole Bonde: Musical Identities of Danish Music Therapy Students – Studied through Musical Autobiographies and RepGrid Interviews**

First I will present methods and the results from this study based on material from many courses in "Music and Identity" for Danish music therapy students in their 8th semester. Then I will present examples of how I have used the RepGrid method with PhD students, and this will lead into a workshop where the group of PhD students discuss if and how such an interview could be relevant for their study.

### **Biography**

Professor in music therapy, Aalborg University. Professor II at Center for Music and Health, The Norwegian Academy of Music, Oslo. MA in musicology and literature, Aarhus University, PhD in music therapy, Aalborg University. Associate editor of Nordic Journal of Music Therapy and co-editor of the e-journal Musikterapi psykiatrien/Music Therapy in Psychiatry. Numerous articles and books on music therapy, music psychology, music education and music theatre.

### **Reference to literature to be read before the presentation**

- Abrams, B. & Meadows, A. (2005). Personal Construct Theory. In Wheeler, B. (ed) *Music Therapy Research*. Gilsum NH: Barcelona Publishers.
- Bonde, L.O. (manuscript to be published in 2013). The Musical Identities of Danish Music Therapy Students: A Study Based on Musical Autobiographies (available: Mahara).

## Niels Hannibal: What epistemological challenges does your study present?

In this lecture the focus is on epistemology. It is the “how do we know” question. Where ontology addresses the issue of what *is*, this lecture will address the question of the kind of knowledge the research produces. Epistemological issues are important to consider, as the research question in a PhD, will require certain knowledge in order to be answered. And if your findings should produce knowledge that is either of low quality, or somewhat indicative, rather than high qualitative and directly linked to the research question, you need to address the influences this has on your findings research as a whole. Low quality knowledge may be better than not knowing at all, however, you should know this in advance and be explicit about advantages and dis-advantages as well as validity and reliability.

The workshop will consist of an introduction to the concept of epistemology where after the participants will work in groups discussing and identifying epistemological challenges in their research. In plenum we will focus on how to solve and handle these problems and issues in the thesis.

Preparation before the lecture:

Summarise the knowledge your design produces. Summarise the data collection process, data selection process, data analysis and findings. Not for presentation, just for you!!

Ask:

- Why did you choose these sources, methods, tools for this study?
- What is the quality of your data collection instruments in relation to validity and reliability?
- What research paradigm does your research belong to, according to Mertens' definition?

### Biography

Niels Hannibal. Associate professor, PhD, Clinical music therapist at Aalborg Psychiatric Hospital. Co-editor of MIPO. Research areas: Psychiatry, Personality Disorder, Mentalization.

### Reference to literature to be read before the presentation

Mertens, D. (2005) *Research and Evaluation in Education and Psychology – Integrating Diversity With Quantitative, Qualitative, and Mixed methods*. London: Sage.

## Hanne Mette Ridder: Doctorateness and models of doctoral supervision

Doctoral education is the third cycle of degrees following the BA and MA. The education of researchers is necessary for developing a professional field such as music therapy and calls for a certain research culture that not only brings knowledge on research, but involves collaboration with peers and opens the doors to an academic discipline. I will discuss what the standards for doctoral education are and what a learning community should include when it comes to the integration of science and clinical practice. I especially would like to discuss approaches to doctoral supervision and will present the model of Anne Lees with concepts of

research supervision. Finally, after an introduction to a social constructivist view knowledge and learning, we in a group discussion will relate the supervisor/supervisee roles to concepts of problem-based learning.

### **Biography**

Hanne Mette Ridder is Professor and Head of the Doctoral Programme in Music Therapy at Aalborg University, and president of the European Music Therapy Confederation (EMTC). Her research focuses on music therapy in gerontology and dementia care, as well as the integration of qualitative and quantitative research in mixed methods research designs. She is a certified clinical music therapy supervisor.

### **Reference to literature to be read before the presentation**

Frambach, J.M., Driessen, E.W., Chan, L.-C., & van der Vleuten, C.P.M. (2012). Rethinking the globalisation of problem-based learning: how culture challenges self-directed learning. *Medical Education*, 46, 738–747. doi:10.1111/j.1365-2923.2012.04290.x

Lee, A. (2008). How are doctoral students supervised? Concepts of doctoral research supervision. *Studies in Higher Education*, 33(3), 267–281.

### **Hanne Mette Ridder: Literature reviews – types & aims**

Research is building on and informed by past research, and therefore the literature review is an important part of your research project. We will go through different types of reviews and distinguish from the terms theoretical and conceptual frameworks.

### **Reference to literature to be read before the presentation**

Rocco, T.S. & Plakhotnik, M.S. (2009). Literature Reviews, Conceptual Frameworks, and Theoretical Frameworks: Terms, Functions, and Distinctions. *Human Resource Development Review*, 8(120). Originally published online 22. DOI: 10.1177/1534484309332617

### **Literature to download through AUB before the course**

Gilbertson, S. (2009). A Reference Standard Bibliography: Music Therapy With Children Who Have Experienced Traumatic Brain Injury. *Music and Medicine* 2009(1), 129.

Haslbeck, F.B. (2012). Music therapy for premature infants and their parents: an integrative review. *NJMT*, 12(3), 203-226).

McDermott, O., Crellin, N., Ridder, H.M.O., & Orrell, M. (2012). Music therapy in dementia: a narrative synthesis systematic review. *International Journal of Geriatric Psychiatry*, doi: 10.1002/gps.3895.

O'Kelly, J. & Magee, W.L. (2012): Music therapy with disorders of consciousness and neuroscience: the need for dialogue, *NJMT*, *iFirst* article.



## One page summaries

### **Aase Marie Ottesen: Enhancing quality of life and well-being for persons with dementia - Is it possible through development of the care providers interpersonal and musical competencies?**

Supervisor: Hanne Mette Ridder

**Title of study:** Development of the musical and interpersonal competencies of staff: quality of life and well-being in persons suffering from dementia.

**Purpose and statement of problem:** The project aims to develop a model of learning for practitioners in dementia care, which can help increase quality of life and wellbeing of persons with dementia, through further development of therapeutic communication and caring practices. The learning model includes using the Dementia Care Mapping Method and development of a cross-disciplinary cooperation between the music therapist and the care providers in connection with a course of music therapy. The questions in the research project:

- How can the musical and interpersonal competencies of the individual care provider be developed with the purpose to effect the relational meeting with persons suffering from dementia, in a way that the care provider is able to develop and transfer new knowledge and acquired skills to the daily nursing and care through the application of tangible tools from the musical activities?
- What impact does the emphasis on development of the care providers musical and interpersonal competencies have on quality of life and well-being among persons suffering from dementia?

**Research methods and approach:** The emphasis of the project is the relational meeting between the person suffering from dementia and the care provider in which music therapy is the joint focal point of construction and development of the relation. Methodically the project is organized as a case study of a music therapy course and it is based on active and cross-functional cooperation between the care providers, the music therapist and the researcher. Dementia Care Mapping is the applied method. Research questions will be answered based on a flexible mixed-method design in which the case study method and the ethnographic approach, will be included.

**State of the study:** The research project started on 1.november, 2010. Currently I am working on the analysis of the project.

**Presentation:** The analysis of the project is carried out at several different levels with different methods and from different perspectives. The starting point in the analysis is following main themes: quality of life and wellbeing of persons with dementia, learning and development of the care providers musical and interpersonal skills as well as implementation of the new knowledge and acquired skills. In my presentation I will focus on the theme: quality of life and wellbeing of persons with dementia. I would like to present and discuss my preliminary findings in relation to be able to answer following research question: What impact does the emphasis on development of the care providers musical and interpersonal competencies have on quality of life and well-being among persons suffering from dementia?

## Britta Frederiksen: Literature review article - about the therapeutic relationship in music therapy with forensic psychiatric patients

Supervisors: Lise Lotte Pedersen & Hanne Mette Ridder

**Titel:** The development of the therapeutic relationship in music therapy with forensic psychiatric inpatients with schizophrenia – a multi-strategy case study

**Purpose and research questions:** The overall aim of this study is to examine how music therapy can contribute to the establishment and development of a therapeutic relationship with forensic psychiatric inpatients with schizophrenia. In addition, this study aims to integrate both patient and therapist experiences of how music therapy contributes to the development of the therapeutic relationship. This will include both verbal and non-verbal experiences.

**Research questions:**

How can music therapy contribute to the development of a therapeutic relationship with forensic psychiatric inpatients with schizophrenia during the first 6 month of a course of music therapy?

**Sub questions:**

1: Is it possible to develop a therapeutic relationship with forensic psychiatric inpatients with schizophrenia during the first 6 month of a course of music therapy?

2: Which elements in music therapy contribute to the development of the therapeutic relationship?

2a: Can the measurement of arousal in forensic psychiatric inpatients with schizophrenia during music therapy sessions serve as an indicator for relation fostering events?

3. How can the development of the therapeutic relationship with forensic psychiatric inpatients with schizophrenia during the first 6 month of a course of music therapy be described from the patient's and the therapist's perspective ?

3a: Is it possible to use the Session Rating Scale in order to investigate the patient's perspective?

**Research Methods:**

The study employs a multi-strategy case study design including a small sample of cases. The study is a concurrent nested design with quantitative data embedded within qualitative data.

**Current state of the study:** The elaborate proposal has been submitted 1.2.2013 and is in the peer review process. A pilot study to test the design has been carried out and evaluated, and the results will be used to adjust the design. Data collection will start august 2013

**Presentation:** I am working towards an article based PhD thesis. The first article will be a literature review on the topic. In the presentation I will present my considerations for defining the focus for this review article, which will be a qualitative literature review. I would like to discuss the method, search strategy, inclusion/exclusion criteria and structure for the article, as well as some pragmatic and technical considerations for improving the chances that the review article will be published.

## Esperanza Torres: Find the meaning of data collection

Supervisors: Inge Nygaard Pedersen & José Ignacio Pérez Fernández

### **Title of study**

Usefulness of Guided Imagery and Music with Fibromyalgia patients

### **Research questions**

1) To analyze the effects of group treatment combining relaxation, image visualization and music (GIM) on the perception of psychological welfare, pain perception, self perception of energy potential and functional capacity of FM patients, as well as on other variables related to psychological malaise (such as feelings, anger expression, anxiety and depression)

2) To determine if the effects of this kind of treatment last over time.

### **Method**

This study uses an experimental design of repeated measures pretest, posttest, and follow-up after three months with a control group. This is given a battery of seven assessment instruments, with the purpose of measure the dependent variables.

### **Presentation**

It will present the current state of research (data collection). I would like to start with a description of the protocol followed and then, share with all group some experiences and reflections in this process. Especially I would like to share my inquisitiveness about: *How the quantitative results can reflect all that has actually happened? How can I find the meaning of the data?*

## Helen Leith: First steps in data analysis

Supervisors: Helen Odell-Miller & Niels Hannibal

**PhD project:** A mixed methods exploration of music therapy and the resettlement of women prisoners with non-psychotic mental health problems

**Research questions:**

1. Is there a process of change in the self-perception of women prisoners with non-psychotic mental health problems attending music therapy?
2. What is the nature of the experience of women prisoners with non-psychotic mental health problems attending music therapy, with particular reference to self-perception?
3. If there is a process of change in the self-perception of this population, how does this affect a prisoner's ability to engage in resettlement pathways interventions?
4. What is the effect of different treatment lengths on a prisoner's ability to engage in resettlement pathways interventions?

**Methodology:** Mixed methods embedded QUAL/quan (Creswell, Plano & Clark 2007)

**Current status:** Begin of data analysis April 2013

I finished the data collection phase of my project at the end of March 2013. I will give an overview of the data collection process and data collected followed by a preliminary graphic presentation some of the quantitative data. I would like to discuss the analysis of incomplete data sets where some items were missing in the first two measurements.



## Julian O'Kelly: A neurophysiological study of the responses of healthy adults and individuals with disorders of consciousness to receptive music therapy methods: preliminary analysis and insights

Supervisors: Wendy Magee & Hanne Mette Ridder

**Background:** Music therapy assessment holds the potential to elicit responses despite damage to verbal or visual processing faculties with individuals in disorders of consciousness (DOC). Behavioural evidence indicates an important role for music therapy assessment in complimenting other assessment data (O'Kelly & Magee 2013). This study has been designed to underpin music therapy assessment and rehabilitation methods with objective scientific evidence.

**Methods:** A multiple baseline within subjects study comparing electroencephalogram (EEG), heart rate variability, respiration and behavioural responses of 20 healthy controls with 10 patients diagnosed as VS and 10 as MCS is near completion. Controls and patients were presented with music therapy conditions: live liked music (LM) & improvised music entrained to respiration (EI), and recordings of disliked music (DM), white noise (WN) and base line silence (BLS). Neurophysiological and behavioural measures were recorded using a 32 channel XLTEK© video EEG system, and analysed using MATLAB, EEGLAB and BrainVision 2 software. Further to artifact rejection using independent component analysis and segmentation into two second epochs for averaging, Fast Fourier Transformation was performed on EEG data with sets of electrodes pooled to represent each area of the brain.

**Analysis:** Whilst analysis of ECG and heart rate variability data produced heterogeneous results for both patient and healthy cohorts, preliminary analysis of respiration data provides interesting findings which will be presented. In summary, these are: (i) significant differences for respiration rate for the healthy cohort in relation to stimuli, and significant differences between cohorts for overall respiration measures across stimuli (e.g. respiration rate and amplitude variance).

As the literature suggests females exhibit greater valence related EEG responses to musical stimuli than males (Altenmüller et al 2002), the EEG analysis has been initially undertaken on 11 right handed healthy females, and compared to 3 VS and 3 MCS female patients' data. After applying one way repeated measures ANOVA's across 20 pooled electrode groupings, the right temporal region (electrodes T4 & T6) produced consistent power increases within Alpha and Beta bandwidths for Healthy, MCS and 1 VS patient.

An abridged grading system for 10 second time sampling from Wilson et al '96 was used to count behavioural measures ranging from 'eyes shut and no body movement' to 'engaged in activity', with additional data gathered i.e 'blinks' and 'eye movements'. One way repeated measures ANOVA's were applied to data recorded by an independent blinded observer, revealing significant differences in a range of measures indicating a behavioral arousal function of LM and EI for VS, but not MCS patients.

**Conclusion:** Whilst this presents only a preliminary analysis of data, certain patterns of behaviour are emerging which support the use of music therapy to promote arousal and cortical activation for DOC patients, in particular increased cortical activation of the right temporal region and increased behavioural activity in relation to LM and EI for VS patients. Whilst neurophysiological data is inconclusive in relation to patient responses across auditory stimuli, interesting findings have emerged regarding characteristic breathing patterns of VS and MCS patients. These findings will be discussed in relation to their significance for music therapy practice with this population

O'Kelly, J, Magee, W.L. (2013) The complementary role of music therapy in the detection of awareness in disorders of consciousness: An audit of concurrent SMART and MATADOC assessments. *Neuropsychological Rehabilitation*. 23(2),287-298.



## Monika Geretsegger: On using scaffoldings and making diamonds – writing articles collaboratively

Supervisors: Christian Gold & Ulla Holck

**Title of study:** Effects of Improvisational Music Therapy on Social Communication Skills in Pre-school Children with Autism – a Randomised Controlled Trial

### Research questions:

*Primary outcome:*

Is music therapy superior to standard care in improving social communicative skills in children with ASD as assessed by independent clinicians at the end of the treatment period?

*Secondary outcomes:*

- (a) Is music therapy superior to standard care in improving social responsiveness in children with ASD as assessed by parents/guardians at the end of the treatment period?
- (b) Does the response to music therapy vary with variation of treatment intensity?
- (c) Are any differences in social communicative skills between the music therapy and standard care groups retained at follow-up twelve months after randomisation?

**Research design:** three arm single (rater) blind randomised controlled trial of intervention

### Interventions:

- Individual improvisational music therapy following a treatment guide over a period of five months: one session (low-intensity) or three sessions (high-intensity) per week
- Standard care in all treatment arms: three sessions of parent counselling at 0, 2, and 5 months

**Participants** are recruited in Vienna/Austria from several institutions.

*Inclusion criteria:* aged 4 to 6;11 years; diagnosis of ASD.

*Exclusion criteria:* serious sensory disorders (blind/deaf); music therapy within past year.

**Baseline measures:** *Autism Diagnostic Observation Schedule (ADOS), Autism Diagnostic Interview-Revised (ADI-R), Kaufman Assessment Battery for Children (K-ABC).*

### Primary outcome measure:

ADOS “Social Affect & Restricted and Repetitive Behavior Total” score at 5 months

### Secondary outcome measures:

1. ADOS “Social Affect & RRB Total” score at 2 and 12 months
2. ADOS subscales (Language and Communication, Reciprocal Social Interaction, Play, Stereotyped Behaviors and Restricted Interests), at 2, 5, and 12 months
3. *Social Responsiveness Scale (SRS)* as rated by parents at 2, 5, and 12 months
4. SRS subscales (Social Awareness, Social Cognition, Social Communication, Social Motivation, Autistic Mannerisms)
5. Quality of life in participants and their families

**Sample size:** target sample of N = 16

**Current state of the study:** now also part of the international multicentre trial TIME-A (PI Christian Gold, see [helse.uni.no/timea](http://helse.uni.no/timea)) · data collection underway (7 children randomised, 4 more in baseline assessments; thus somewhat behind schedule) · submission of the 2nd article: update of Cochrane review on music therapy for ASD (Geretsegger, Elefant, Mössler, & Gold) · ongoing work on the 3rd article: treatment guide for IMT for ASD (Geretsegger, Carpena, Holck, & Gold)

**Foci of presentation & discussion:** (1) Experiences and results from the Cochrane review update on MT for ASD, including presentation of forest plots showing “diamonds” of effects;

(2) Progress and challenges in developing the treatment guide, including discoveries of the “scaffolding” metaphor in the process of writing and in the intervention itself;

(3) What does an article-based thesis need besides articles?

## Orii McDermott: 'Are we there yet?' Preliminary assessment of MiDAS psychometric properties, clinical meaningfulness and future challenges.

Supervisors: Martin Orrell & Hanne Mette Ridder

**Title of study:** The development and evaluation of outcome measures for music therapy with care home residents with dementia.

The doctoral project 'The development and evaluation of MiDAS (Music in Dementia Assessment Scales)' began with two questions: 'What aspects of music therapy do people with dementia value most?' and 'What is meaningful to measure?'

MiDAS was developed based on the qualitative data from focus groups and interviews with people with dementia, their families, care home staff and music therapists. MiDAS uses five Visual Analogue Scales (VAS) to assess changes in care home residents with moderate to severe dementia following music therapy. Between October 2012 and April 2013, 19 residents in two care homes were offered nine or ten weekly group music therapy sessions: over 550 MiDAS forms have been completed by care home staff and music therapists.

Preliminary assessment of MiDAS psychometric properties began in March 2013. Therapists' interrater reliability was high (VAS Interest: Cronbach's Alpha .891, Intraclass Correlation Coefficient .791. VAS Response: Cronbach's .885, ICC .789. VAS Initiation: Cronbach's .874, ICC .768. VAS Involvement: Cronbach's .903, ICC .820. VAS Enjoyment: Cronbach's .891, ICC .787). On the other hand, discrepancies between Staff ratings and Therapists ratings revealed the challenge of using quantitative measures with this client group, and also highlighted the importance of consistent 'here and now' therapeutic input for people with moderate or severe dementia.

This presentation aims to provide an overview of MiDAS psychometric evaluation-in-progress with an emphasis on the challenge of finding clinical meaningfulness in the raw data. Brief discussion on recommendation for future scale development will also be provided.

The qualitative data used for the development of MiDAS was re-examined to identify key components of musical experience for people with dementia. Emerging themes were developed further using the biopsychosocial model (Spector and Orrell 2010). The new model: 'Experience of music and biopsychosocial model' and 'Role of care home staff and music therapists' will be discussed in relation to clinical meaningfulness of MiDAS.

Reference:

Spector A., Orrell M. (2010) Using a biopsychosocial model of dementia as a tool to guide clinical practice. *International Psychogeriatrics* 22(6), 957–965.



## Ruth Hertrampf: Guided Imagery and Music (GIM) in Curative and Non-curative Treatment for Patients with Breast Cancer and Gynecological Cancer

Supervisors: Lars Ole Bonde & Cathy McKinney

### Research Questions of the Study

1. What is the influence of Group Music and Imagery (GrpMI) on
  - a) anxiety and mood,
  - b) well-being, and
  - c) quality of lifefor patients with breast cancer or gynecological cancer diagnoses?
2. What are the differences in the influence of GrpMI on these three variables as related to the treatment status (curative vs. non-curative treatment)?
3. What differences can be identified in the imagery occurring related to the treatment status (curative vs. non-curative treatment)?
4. What differences can be identified in the imagery occurring related to the diagnosis (breast cancer vs. gynecological cancer)?
5. What differences can be identified in regard to the chosen pieces of music?

### Design

For this study, a mixed methods design is applied. The randomized clinical outcome study is comparing GrpMI and PMR.

### Current State of the Study

The data collection phase is about to start and the clinical implementation has been prepared.

### Presentation

This time, the protocol of the music therapy assessment session is presented. You will listen to a chosen piece of music and you will be asked some phenomenological aspects concerning your listening experience.

## Vibeke Skov: Art therapy. A prevention for development of depression?

Supervisors: Inge Nygaard Pedersen & Michele Forinash

**Title of study:** Art therapy. A prevention for development of depression? A mixed methods investigation of biopsychological and spiritual changes during participation in group art therapy for people who are vulnerable to depression.

### **Main question:**

1. Does art therapy develop the relationship between the conscious ego and the unconscious self for people who are vulnerable to depression?

If so, how is the relationship developed?

2. Can a development of the relationship between the conscious ego and the unconscious self improve quality of life for people who are vulnerable to depression?

If so, can these changes be identified on a holistic (biological, psychological, social and spiritual) level?

### **Current state of study:**

- Finished analysis of 6 cases, one comparison and one group process.
- Writing up presentation of findings.

### **Description of presentation:**

- The overall research process will be presented in relation to the first main question.
- There will be a focus on the current state of study. How do therapeutic process, theory and method come together in relation to psychotherapeutic change?

## Xi Jing Chen: The current research progress of my PhD study: The completion of data collection and two articles

Supervisors: Christian Gold & Niels Hannibal

### **Title of PhD research study**

The effect of group music therapy on non-psychotic prisoners-A randomised controlled trial

### **Research questions**

To explore the value and effectiveness of group music therapy for prisoners in Chinese prison.  
To explore how music therapy can be effectively implemented in Chinese prison system.

Main question

What is the value and effectiveness of music therapy to prisoners in Chinese prison?

Sub questions:

- 1) Does group music therapy reduce prisoners' anxiety?
- 2) Does group music therapy reduce prisoners' depression?
- 3) Does group music therapy improve prisoners' self-esteem?
- 4) Does group music therapy have impact on prisoners' social behaviour?

### **Description of presentation**

Based on my study plan, from April 2012 to April 2013, 200 eligible participants have been enrolled and participated in this randomised controlled study. The process of recruitment and allocation of participants was divided into 4 phases (every 3 months for a phase). In each phase, 50 to 60 participants were enrolled for randomisation. In my presentation, I will introduce the information about these participants and the whole process of data collection. During last year, two articles have been completed and they are now in review process: The study protocol (submitted to Nordic Music Therapy Journal) and the Cochrane review protocol (submitted to the Cochrane Review Collaboration). Both the contents and the process of submission of these articles will be presented.

Some thoughts relating to clinical and culture issues came up through the intervention process, and they inspired me to conceive the third article in my PhD study. In my presentation, I would like to discuss these ideas and hope to get some feedback and suggestions.