

Book of abstracts and one page summaries

PHD COURSE IN MUSIC THERAPY RESEARCH

April 27 – May 3, 2014

Doctoral Programme in Music Therapy

Department of Communication and Psychology

Aalborg University, Denmark



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Lectures and workshops at the course

Cathy McKinney: Brief review of statistical designs

The presentation will provide an overview of quantitative research designs that compare means, such as t-test, one-way ANOVA, factorial ANOVA, repeated measures ANOVA, and mixed design (repeated measures with between groups). Please have SPSS ready on your computer (Aalborg students can access SPSS with your mail ID from this link:

<http://www.intern.aau.dk/studerende/it/gratis-licenser/>)

Cathy McKinney, Ph.D., LCAT, MT-BC, is Professor and Director of Music Therapy at Appalachian State University in Boone, North Carolina, USA.. Professor McKinney's research has focused on effects of various music and music therapy interventions on psychological and physiological measures. Her primary direct research has investigated effects of the Bonny Method of Guided Imagery and Music (GIM) and associated interventions on mood, neuroendocrine levels, and immune markers in healthy adults and in women with breast cancer. Currently Editor-in-Chief of the *Journal of the Association for Music and Imagery* and a member of the editorial review board for the *Journal of Music Therapy*, Professor McKinney has served on the editorial review boards of seven professional journals.

Christian Gold: Pragmatic versus explanatory studies in music therapy: How well does this study apply to practice?

During the last years, outcome research in music therapy has focused on improving the internal validity of research designs – with some success. It is now important to turn our attention again to the equally important aspects of external validity. Studies designed to have high external validity are also known as pragmatic or effectiveness studies, and are contrasted with explanatory or efficacy studies. Ten dimensions have been identified that help researchers to design studies in line with the stated aims (Thorpe et al., 2009). We will discuss and apply some of these dimensions, using published examples of music therapy outcome studies and/or studies that PhD students bring.

Christian Gold is Principal Researcher, Grieg Academy Music Therapy Research Centre (GAMUT), Uni Health, Uni Research, Bergen, Norway. Professor, Grieg Academy Department of Music, University of Bergen, Norway. Adjunct professor, methodological adviser, and member of the PhD board at the International Music Therapy Research School, Aalborg University, Denmark. Editor-in-Chief of the *Nordic Journal of Music Therapy*. Associate Editor for the Cochrane Developmental, Psychosocial and Learning Problems Group (CDPLPG). Private music therapy practice in Vienna, Austria. His main research interests include outcome research (clinical trials and meta-analyses), their methodology and application in music therapy in mental health. He is also interested in research connecting process and outcome.

Reference to literature to be read before the presentation

Thorpe, K. E., Zwarenstein, M., Oxman, A. D., Treweek, S., Furberg, C. D., Altman, D. G., . . . Chalkidou, K. (2009). A pragmatic-explanatory continuum indicator summary



(PRECIS): a tool to help trial designers. *Journal of Clinical Epidemiology*, 62, 464-475.
doi:10.1016/j.jclinepi.2008.12.011

Additional reading:

Robb, S.L. (2013). Editorial: The Power of the Pilot. *Journal of Music Therapy*, 50(1), 3-5.

Dawn Brooker: Theory and research into the efficacy of Person Centred approaches to support for people living with dementia

Professor Brooker qualified as a clinical psychologist at Birmingham University in 1984. She has had a long and distinguished career both in clinical practice and in academia. In 2009 she took up her current post as the Director of the newly established University of Worcester Association for Dementia Studies where she now leads a team dedicated to working to deliver evidence based practical ways to enable those living with dementia to have the best possible quality of life. Professor Brooker enjoys working at the interface between the experience of those living with dementia, those developing care practice and those undertaking research to ensure that there is real knowledge transfer and translation between these different world-views. Professor Brooker has published across the spectrum of research papers, practice papers, chapters and books on dementia care. She has been invited to speak at many international conferences and has provided practitioner workshops world-wide. Recent and current research includes developing practice in person-centred approaches to care for people living with dementia across the life course. She recently completed work funded by an EU Joint Action on developing evidence based recommendations on timely diagnosis as part of the ALCOVE programme. She is just commencing as the UK lead on a JPND funded programme to implementation and evaluate the Dutch Meeting Centres for people with dementia and their carers across Europe.

Eckart Altenmüller: Neurologic music therapy: The beneficial effects of music making on neurorehabilitation.

Eckart Altenmüller is a full university professor and medical doctor, and has an active clinical and academic research career. He holds a Masters degree in Classical flute, and a MD and PhD degree in Neurology and Neurophysiology. Between 1983 and 1985, he held a postdoctoral position in the department of Clinical Neurophysiology in Freiburg. In this position, he performed research into brain activation during auditory processing of music and learning of fine motor skills, an area in which he has published extensively. He received his clinical training in Neurology at the Department of Neurology at the University of Tübingen between 1985 and 1992, and was appointed Assistant Professor in Neurology in 1992. Since 1994 he is chair and director of the Institute of Music Physiology and Musicians' Medicine at the University of Music Drama and Media in Hannover. He continues research into movement disorders in musicians as well as motor, auditory and sensory learning. He has published more than 120 peer reviewed papers on this topic and received 18 grants from the German Research Foundation (DFG). Since 2005 he is Member of the Göttingen Academy of Sciences. In 2013 he received the prestigious Science Award of the country of lower Saxony.

Reference to literature to be read before the presentation



- Altenmüller, E., & Schlaug, G. (2013). Neurobiological Aspects of Neurologic Music Therapy. *Music and Medicine*, 5(4), 210-216.
- Altenmüller, E., Marco-Pallares, J., Münte, T. F., & Schneider, S. (2009). Neural Reorganization Underlies Improvement in Stroke-induced Motor Dysfunction by Music-supported Therapy. *Annals of the New York Academy of Sciences*, 1169(1), 395-405.
- Van Vugt, F.T., Ritter, J., Rollnik, J., Altenmüller, E. (in press). Music-supported motor training after stroke reveals no superiority of synchronisation in group therapy.
- Van Vugt, F.T. Kafezyk, T., Kuhn, W., Rollnik, J.D., Tillmann, B., Altenmüller, E. (in press). Random delay boosts music-supported fine motor rehabilitation after stroke.

Leonardas Rinkevicius: Development of the Music Therapy Laboratory at Lithuanian University of Health Sciences: Inter-disciplinary Challenges and Approaches

This presentation explores methodological and empirical dimensions of development of the Music Therapy Laboratory (MTL) under the auspices of the Lithuanian University of Health Sciences. Being an inter-disciplinary subject in itself, deeply rooted in, and inter-twined among, the different disciplines in humanities, social and bio-medical sciences, the music therapy and its institutionalization continuously provokes methodological as well as practical challenges. Based on the typology of music therapy by K.Bruscia (*Defining Music Therapy*, 1998) into main four categories (educational music therapy; medical music therapy; psycho-therapeutic music therapy, and socially-oriented music therapy) an approach is taken by MTL to focus upon issues of deployment of music therapy for medical rehabilitation and social inclusion, empowerment. The latter is therefore conceived as application of music therapy in a socio-cultural domain, including recreation (Spiers, 2003) – activities encompassing health re-attainment and social engagement (be it leisure time at an elderly house or relaxation of various psychological, cardio-vascular and other tensions arising among those attending ill relatives at the hospital). Therefore, the development of Music Therapy Laboratory is intended to pursue multiple objectives. On the one hand, the combination of bio-medical as well as social research and the practical application of music therapy are focussed at three levels: individual, social group and community. Institutionally, the allocation of Music Therapy laboratory spaces is intended to cover at least three realms:

- a) hospitals, - focusing not only on the patients, but also those attending ill relatives as well as medical and nursing personnel that needs recreation or rehabilitation assistance in their intense and sensitive jobs;
- b) special elderly homes inhabiting elderly people – focussing on at least two dimensions of music therapy – medical therapy and therapy through music-based social-cultural engagement;
- c) diffusion of music therapy among social work professionals and institutional settings, also promoting the latter dimension of therapy through music-based social-cultural engagement.

This presentation explores conceptual dimensions and practical challenges on the way of development of such a Music Therapy Laboratory (MTL) under the auspices of the Lithuanian University of Health Sciences. The latter being the largest educational and research institution in The Baltic States, combining knowledge of public health and bio-medical sciences with that in social sciences and humanities, sustains long-lasting traditions of advanced academic



research since the time Lithuanian University has been inaugurated in Kaunas in 1922 since the re-established statehood of Lithuania, through the Soviet period and more than twenty years of advanced research during the last decades.

Leonardas Rinkevicius, Professor and chair, Department of Social Sciences and Humanities. Lithuanian University of Health Sciences. leonardas.rinkevicius@lsmuni.lt

Søren Vester Hald: Video analysis tool – combining physiological data and qualitative analysis using Noldus Observer XT

This presentation is an introduction to the video analysis software Noldus Observer XT. The Noldus software enables a simultaneous analysis of video and other types of data (Heart rate, Galvanic Skin Response, EEG, etc). Further, Nodlus enables an "emotional analysis" via additional software (Facereader). Noldus is providing a professional solution for video recording using up to four cameras.

Søren Vester Hald, Ph.D., is Post Doc at the music therapy program at Aalborg University, DK. Hald's PhD research focused on the effects of music therapy on communicative competencies in people with acquired brain injury. Prior to his research he worked as a clinical music therapist in neurological rehabilitation. In his resent research he is investigating how the Noldus software can be implemented in clinical research.

PhD defences

Orii McDermott: The Development and Evaluation of Music in Dementia Assessment Scales (MiDAS)

Presentation of doctoral research followed by a public viva with the examining committee; Cathy McKinney, Dawn Brooker, and Christian Gold. The doctoral thesis and a summary is available at: <http://www.mt-phd.aau.dk/eventlist/event/phd-defence-by-orii-mcdermott--the-development-and-evaluation...cid105443>

Julian O'Kelly: The Development of Evidence Based Music Therapy with Disorders of Consciousness

Presentation of doctoral research followed by a public viva with the examining committee; Niels Hannibal, Mari Tervaniemi, and Eckart Altenmüller. The doctoral thesis and a summary is available at: <http://www.mt-phd.aau.dk/eventlist/event/phd-defence-by-julian-o-kelly--the-development-of-evidence-based...cid105445>

One page summaries

Esperanza Torres Serna: Description of the final sample: socio-demographic characteristics, comorbidity and medication

Supervisors: Inge Nygaard Pedersen & José Ignacio Pérez Fernández

Title of study:

“Usefulness of group Music and Imagery (Grp MI) 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 pre-test, post-test, and follow-up after three months with a control group.

A quantitative methodology is used.

Current state of the study:

- Part- time study: Start in 1st August of 2010 until 30th October of 2015.
- Ongoing data analysis, writing process initiated

Abstract of Presentation:

In this presentation, after showing in detail how the sample is finally made up (describing the different reasons for attrition), I am going to focus on the description/comparison of the experimental and control participants on the basis of some socio-demographic characteristics (such as age, marital status, number of children, studies, or employment), associated diagnosis with FM (i.e., comorbidity), and medication.

Currently I am still carrying out the statistical analyses for hypotheses verification using the pre-test, post-test and follow-up data.

Helen Leith: Drawing it all together – completing the qualitative 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: I have analysed the quantitative data and am now completing the qualitative data analysis for 6 participants. This presentation will give an overview of the cross-participant analysis of 15 semi-structured interviews. It will look at participant's self-perceptions and their use of music in everyday life and in music therapy sessions.



Juanita Eslava-Mejía: The process of designing a Music Therapy Attention Profile for children. The move from literature review to Music Therapy practice

Supervisors: Cheryl Dileo & Ulla Holck

Title of study: Development and pilot study of a music therapy assessment of the neuropsychologic development in children

The main aim of this study is to design a music therapy profile that measures children's attention in music therapy. A second aim is to pilot test the assessment and compare it with a traditional neuropsychological assessment of attention, in order to establish inter-rater reliability; construct/convergent, content and criterion/concurrent validity.

Current research questions

Main question: Can a music therapy assessment designed to measure the function of attention of a child, do so in a valid and reliable manner?

Sub-question 1. Will there be correlations between results from standardized neuropsychological assessment of attention and the proposed music therapy assessment?

Sub-question 2. If so, can these correlations be used to support construct/convergent, content, and criterion/concurrent validity of the music therapy assessment?

Phases of the study: Phase 1: literature review, survey of neuropsychological assessment practices in Latin America, Music Therapy assessment design. HREB application. Phase 2: small pilot of the assessment (5 subjects) and inter-rater reliability procedure to make adjustments to the tool. Phase 3: Pilot study involving several Latin American countries and 60-80 subjects. Phase 4: Statistical analysis to establish reliability, construct/convergent, content and criterion/concurrent validity of the MT assessment and correlations with the NP assessment. Phase 5: Final report. Currently researcher is finishing Phase 1. Phase 2 will begin as soon as approval from HREB is granted.

Current State of the study: It is important to note that following the last course in Aalborg (November, 2013), and as a result of feedback and supervision, the researcher decided to narrow the scope of the study by evaluating only one neuropsychological function. Attention was the chosen function. Criteria for such decision, included evidence from research literature (lack of attention assessments tools for children in music therapy, and impact of music therapy on attention), and clinical practice experience (reviewing reasons for referral and goals of therapy). Attention is a function of the first Neuropsychological Block, and is regarded as one of the basic learning devices.

The first phase of the study is close to be finished. A new section on Attention was added to the literature review, but the main focus has been the design of the assessment tool. The design of the tasks took into account the structure and rating scales of the neuropsychological tests that will be used for establishing comparisons. The final Music therapy assessment will be ready by the beginning of May, so that applications for HREB can be completed.

Presentation: Presentation will focus on an overview of the music therapy assessment (in its current form), and the neuropsychological tools that will be used for comparisons. Similarities and differences among the tools will be explored. I would like to discuss with the group the use and feasibility of the assessment, according to their own clinical experiences. Questions for the group will include: Is the assessment clear?, Is it possible to use the assessment as a part of clinical practice?, Do you have suggestions to improve tasks or include new tasks?, Are there any tasks that should be excluded?



Lena Ugglå: A Presentation of the study: "Can music therapy improve quality of life and support somatic recovery after hematopoietic stem cell transplantation in children and adolescents?"

Supervisors:

Britt Gustafsson, main supervisor, MD, PhD, professor in pediatric hematology

Björn Wrangsjö, co-supervisor, MD PhD, associate professor, child psychiatrist, GIM-therapist

Britt-Marie Svahn, co-supervisor, PhD, registered nurse.

Title of the study

Can music therapy improve quality of life and support the somatic recovery after hematopoietic stem cell transplantation in children and adolescents?

The aim of the doctoral studies is to explore whether music therapy is a suitable therapy form for children and adolescents after allogeneic hematopoietic stem cell transplantation (HSCT) or autologous stem cell transplantation (auto-HSCT) and if it improves the psychological and overall well being of the patients. The studies will explore whether music therapy can contribute to the rehabilitation after HSCT as well as its significance to the patient, their family but also the staff of the hospital.

Research questions

- Can music therapy support the psychological recovery after:
Autologous stem cell transplantation in children and adolescents?
Allogeneic stem cell transplantation in children and adolescents?
- Can music therapy affect the physical recovery after completion of HSCT in children?
- Can music therapy affect the staffs' awareness of the child's needs in the hospital ward?
- In what respects it is possible to describe the interaction between patient and music therapist?

Research design

Study 1: A two-arm randomized controlled study

Study 2: A three-arm randomized controlled study,

Study 3: A qualitative study research as a collaborative research interview with children, parents and therapist from both study 1 and 2.

Study 4: Focus Group discussions with the staff from the two present departments of the hospital; Centre for Allogeneic Stem Cell Transplantation (CAST) and B 78 at Astrid Lindgren Children Hospital, both departments at Karolinska University Hospital-Huddinge.

Currents state of the study: Data collection phase, study 1 started in Feb. 2013.

Presentation: I will begin with a presentation of the two ongoing studies. I would also like to discuss some methodology issues with the group especially concerning study 3 and 4.

Financial support: the Swedish Childhood Cancer Society, The Ekhaga Foundation.

Maya Story: Beginning Steps: Choosing an Appropriate Research Design

Supervisors: Lars Ole Bonde, Bolette Daniels Beck, Lisa Summer

Title of Study: *Group Music and Imagery as a Treatment Modality for Female Veterans with Military Sexual Trauma Related Post Traumatic Stress Disorder*

Study Aims/ Research Questions

Aim 1: Determine the feasibility of group music and imagery (Group MI) as a treatment modality for female veterans with Military Sexual Trauma related Post Traumatic Stress Disorder

- To what degree do female veterans find Group MI beneficial?
- What themes do female veterans explore through the Group MI process?
- What is the feasibility (viability of Group MI sessions in terms of recruitment and attrition) of Group MI sessions?

Aim 2: Discover how female veterans are experiencing Group MI.

- What do female veterans find meaningful in Group MI?
- How do female veterans experience components of the Group MI sessions (music, imagery, creative processing)?
- How do female veterans experience community during Group MI sessions?

(note: I deleted the third aim and hypothesis in this version, as it was directly related to the RCT)

Research Design: Transformative Mixed Methods QUAL:QUAN

Current State of the study:

27, September 2013: accepted with request for revisions

1 March 2014: officially enrolled

PhD plan to be submitted by 1, May 2014, Elaborate Proposal will be submitted September 2014

Topic: The initial proposed research design for this project involved an RCT. Upon further inspection of resources and sample size needed, I am reflecting on other designs for addressing my overall aim and research questions. I will review how I came to the current research questions, my own philosophy of research and present a few options for moving forward. Specific questions will be asked of seminar participants in order to help inform my choice of a research design that best supports my research questions.

Monika Geretsegger: Things that numbers tell us (and things they don't reveal) - Results from the follow-up assessments of 15 children

Supervisors: Christian Gold & Ulla Holck

Revised title of the study:

Promoting social communication through music therapy in children with autism spectrum disorder

My PhD thesis will be an article-based one, containing the following papers:

- RCT of improvisational music therapy's effectiveness for children with autism spectrum disorders (TIME-A): Study protocol (Geretsegger, Holck, & Gold, 2012)
- Update of Cochrane Review: Music therapy for people with autism spectrum disorder (Geretsegger, Elefant, Mössler, & Gold, in press)
- Defining improvisational music therapy: Development of a treatment guide for children with ASD (Geretsegger, Holck, Carpenente, Elefant, Kim, & Gold, submitted)
- Results from the "pilot part" of the TIME-A study (= the first 15 participants recruited in Vienna, see below).

Through a collaboration between the University of Vienna and GAMUT/Uni Helse, Bergen, this PhD study is also part of the international multicentre trial TIME-A (PI Christian Gold, see helse.uni.no/timea) with an overall aimed-at sample size of $n = 300$ to be recruited in nine countries.

Research questions:

Primary outcome: Is MT superior to standard care (SC) in improving social communicative skills in children with ASD as assessed by independent clinicians at the end of the treatment period? (measured by the *Autism Diagnostic Observation Schedule/ADOS*)

Secondary outcomes: (a) Is MT superior to standard care in improving social responsiveness in children with ASD as assessed by parents/guardians at the end of the treatment period? (measured by the *Social Responsiveness Scale/SRS*) (b) Does the response to MT vary with variation of treatment intensity? (c) Are any differences in social communicative skills between the MT and SC groups retained at follow-up 12 months after randomisation?

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

Interventions:

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

Current state of study: data collection is (practically) finished, data analysis has started; due to the small sample size investigated and following the exploratory nature of the experimental part of this PhD study, analyses will focus on feasibility questions regarding recruitment, randomisation, intervention implementation, blinded assessment, procedures, and retention.

Topics for presentation & discussion:

(1) latest progress in work on manuscripts to be published; (2) pilot findings from the PhD project sample of 15 children; (3) experiences and insights gained from acting in multiple roles (therapist / parent counsellor / site manager / (student) researcher

Ruth Hertrampf: Further down the road... - in the middle of data collection

Supervisors: Lars Ole Bonde, Cathy McKinney

Title of the Study

Guided Imagery and Music (GIM) in curative and non-curative treatment for patients with breast cancer and gynecological cancer

Research questions

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?

Research design

The mixed methods study firstly consists of an RCT comparing „GrpMI + treatment as usual (TU)“ and „Progressive Muscle Relaxation + TU“ in six sessions, and secondly of a qualitative investigation focusing on correlations between GrpMI and both diagnosis and treatment phase.

Current State of the study

I am in the middle of data collection and first evaluation

Topic for the presentation

This time I want to present the actual state of the data collection which will contain aspects of the quantitative and part of the qualitative evaluation of the first two groups (n=10) which have completed their sessions.

Tali Gottfried: Developing a survey for parents of children with ASD ("Music in Everyday Life") – establishing reliability and validity

Supervisors: Christian Gold & Cochavit Elefant

Title of study

Collaborative-Parent-Counseling in Music Therapy for parents of children with Autism Spectrum Disorder

Main Research Questions

1. What is the influence of Collaborative-Parent-Counseling in Music Therapy (CPCiMT) on Level of Stress and Quality of Life of parents of children with ASD?
2. What is the influence of CPCiMT on the use of Music in Everyday Life by the participants with their children?

Design: Randomized Controlled Study (final n=14; planned: n=40) embedded in a mixed methods design aiming to collect quantitative and qualitative data.

Aim of the study: this study aims to determine whether Collaborative-Parent-Counseling, given by a qualified and experienced music therapist, contributes to a reduction of parental level of stress and increasing parents' perception of Quality of Life. ALSO, the effect of CPCiMT on *extending and developing the use of music* by the parents in everyday life is to be examined; a survey in this focus was developed, and will be at the focus of this presentation.

Current state of the study: data collection of 14 families will be completed by April 25; data analysis has begun its' first steps – both in quantitative and qualitative data. As for the "Music in Everyday Life (MEL)" survey (which is at the focus of the current presentation) – data collection of 38 families from Israel and Australia was examined.

Topic of presentation: The "Music in Everyday Life (MEL) survey" was developed especially for this study, based on extended clinical experience in working with children with ASD and their families, and a lack of a suitable survey for parents of children with ASD. The MEL uses 29-items over 8 questions, aiming to collect information regarding parents' everyday use of music with their children with Autism in *an interactive way*. Between April 2013 and March 2014, 38 families in two countries – Israel and Australia – completed the survey in two time points: baseline and after 5 months (at the end of clinical intervention). Preliminary assessment of MEL psychometric properties (baseline data) began on April 2014. Reliability test was good (Chronbach's Alpha .804), scale statistics show Mean=30.96; Variance=132.928; SD=11.529.

This presentation will provide a description of the MEL survey and psychometric evaluation-in-progress, with an emphasis on the challenges of two main issues: How can we apply these analyses when we don't know for each item what direction is good? How can we apply these analysis when some of the items are not unconditionally applicable (e.g. items that the majority of parents didn't mark)?