

Book of abstracts and one page summaries

PHD COURSE IN MUSIC THERAPY RESEARCH

April 29 –May 4, 2018

Doctoral Programme in Music Therapy

Department of Communication and Psychology

Aalborg University, Denmark

[version 180429]



Contents

Lectures and workshops at the course.....	3
Bolette Daniels Beck: Reviewing GIM research by McKinney. Reflections and implications	3
Lars Ole Bonde: Introduction to the evening concert	3
Orii McDermot: Workshop: writing and publishing peer reviewed articles in psychiatry and psychology	3
Orii McDermot: Getting ready for peer review (individual slots)	3
Michele Forinash.....	4
Stine Lindahl Jacobsen: Pitching your research	4
Tereza Raquel: Research in music therapy in the clinical context	5
Louise Thomsen & Poul M. Melchiorsen: Visibility and Impact.....	5
PhD defences.....	6
Anna Gerge: Psychotherapeutic Development - Assessment of Pictures. Through development of the SATPA - a safety assessment tool of pictorial artefacts	6
Margareta Wärja: Music Therapy and Expressive Arts Psychotherapy for Women Treated for Gynaecological Cancer	6
One page summaries	7
Becky Dowson: Evaluating group singing for people with dementia: challenges and questions from a 10-week feasibility study.....	7
Britta Frederiksen: How to develop the therapeutic alliance in music therapy with forensic psychiatric patients: Presenting the results	8
Helle Kirstine Stubkjær Mumm: Music therapy for chronic pain in palliative care. Setting up at research study.....	9
Jens Anderson-Ingstrup: Jack O' many trades? An autoethnographic study of Danish music therapists working in the field of dementia.....	10
Julie Kolbe Krøier: Reviewing the literature on attunement in dementia care. An attempt to synthesise and expand existing knowledge.....	11
Kaja Elise Åslid Enge: Community music therapy and refugee children.....	12
Lars Rye Bertelsen: Music listening for ECT treatment. Keeping it all together – and at the same time staying sane.....	13
Maya Story: Military Sexual Trauma: A Continuum Approach to Music and Healing	14
Sandra Pinto da Costa: Music Therapy as a non-pharmacological intervention in caring for the person with dementia: Nursing insights to improve self care and well being.	15
Susan Hart: Pre-defence: EDS, MIM and NMI for Elaborating Intervention Plans and Effect Evaluation in Family Therapy.....	16

Lectures and workshops at the course

Bolette Daniels Beck: Reviewing GIM research by McKinney. Reflections and implications

Presentation on quantitative GIM research carried out by Professor Cathy McKinney followed by an open interview and dialogue with Beck, Bonde and Ridder.

Literature to be read

McKinney, C. & Honig, T. (2017). Health Outcomes of a Series of Bonny Method of Guided Imagery and Music Sessions: A Systematic Review. *Journal of Music Therapy*, 54(1), 1–34.
<https://academic.oup.com/jmt/article/54/1/1/2646241>

Lars Ole Bonde: Introduction to the evening concert

Elisaveta Blumina, piano concert and symphony orchestra

<https://www.musikkenshus.dk/kalender/klavervirtuositet-og-nielsens-4-2018/>

Orii McDermot: Workshop: writing and publishing peer reviewed articles in psychiatry and psychology

Music therapy researchers are often expected to publish in peer reviewed journals but writing for scientific journals can be a challenge even for an experienced researcher. This workshop explores the pros and cons of publishing your music therapy work in psychiatry and psychology journals and discusses strategies to get your articles published. You will also peer review a section of an article.

Orii McDermot: Getting ready for peer review (individual slots)

One-to-one sessions are available for those who are working on an article for journal submission or are writing up literature reviews for their PhD. Please note that the contents of your articles should be discussed with your supervisors. This session offers advice from a reviewer's perspective and highlights the areas that may be challenged when you submit for review. You can contact Orii in advance if you would like to book a slot.

Orii McDermott is a Senior Research Fellow in the Division of Psychiatry and Applied Psychology, School of Medicine, University of Nottingham, UK. She specialises in dementia psychosocial research and currently leads the study exploring the needs of people with Young Onset Dementia. She is a postdoctoral researcher for the PAMI (Person Attuned Musical Interaction in Dementia Care) study (PI Ridder). Orii serves on the Editorial Board of the *Journal of Music Therapy* and regularly peer reviews journal articles.

<https://publons.com/author/989711/orii-mcdermott#profile>

She is a HCPC registered music therapist and continues to work as a clinician in Central and North West London NHS Foundation Trust.

Literature to be read



Plotkin, H. (2004). How to get your paper rejected. BMJ; 329 doi:
<https://doi.org/10.1136/bmj.329.7480.1469>

Michele Forinash: Music therapy theory and supervision

Dr. Forinash will present two of her seminal books. The first, she wrote together with Carolyn Kenny in 2015, based on the symposium "Music in the Life of Man" in 1982, and with a focus on the beginnings of music therapy theory. The second is a new edition (in press) of the anthology on music therapy supervision, which also includes chapters on doctoral supervision.

Michele Forinash is Professor and Director of the Expressive Therapies Division and of the PhD program in Expressive Therapies at Lesley University. A graduate of Columbus State University in Columbus, Georgia, Dr. Forinash completed her master's and doctorate at New York University. She is a past president of the American Music Therapy Association and a past chair of the National Coalition of Creative Arts Therapies (NCCATA). She has published articles and chapters on qualitative research, supervision, feminist music therapy, and LGBTQ awareness and has presented internationally on these topics. For ten years she served as the North American Co-Editor for the online international music therapy journal *Voices: A World Forum for Music Therapy* (www.voices.no). She is also an associated supervisor for the doctoral program in music therapy at Aalborg University, Aalborg, Denmark.
<https://lesley.edu/about/faculty-staff-directory/michele-forinash>

References

Forinash, M. & Kenny, C. (2015). "Music in the Life of Man" The Beginnings of Music Therapy Theory. Gilsum: Barcelona Publishers .
Forinash, M. (Ed.). Music Therapy Supervision. Gilsum: Barcelona Publishers.

Stine Lindahl Jacobsen: Pitching your research

The ability to effectively communicate the importance of your research project and articulate your findings is very valuable. The aim of this lecture and workshop is to increase the ability to communicate your ideas effectively to the wider community, describe your research findings to a non-specialist audience, and crystalize your thoughts about your thesis in only 3-5 minutes. Firstly, we will look at purpose, techniques and examples and then later in the week experiment with research pitching.

Stine Lindahl Jacobsen is Associate Professor and Head of Music Therapy at Aalborg University in Denmark. She currently hosts the International Music Therapy Assessment Consortium (IMTAC) and the research center Arts & Health in North Jutland, Denmark. She has published various books, chapters and articles in the area families at risk, standardized music therapy assessment tools and effect studies. In 2013 she won the Danish PhD Cup TV competition where PhD candidates presented their research in 3 minutes.
<https://youtu.be/Re5fDiX1hOo>

Literature to be read



Maxwell, V. (2017). Developing a Research Agenda through Pitching. *Journal of Accounting and Management Information Systems*, 16(2), p. 380-395. Available online: <http://cig.ase.ro/jcig/papers.aspx?idc=21938>

See also:

Faff, R. W. (2015). A simple template for pitching research. *Accounting and Finance*, 55, 311–336. Available online: <file:///C:/Users/hanne/OneDrive%20-%20Aalborg%20Universitet/AAU/Forskerprogram/!PhD%20kurser/!2018-maj/Faff-2015-Pitching%20Research.pdf>

Jurado, J. V. (2017). A Multimodal Approach to Persuasion in Oral Presentations. The case of conference presentations, research dissemination talks and product pitches. PhD dissertation, Universitat Jaume and Ghent University. Available online: <file:///C:/Users/hanne/AppData/Local/Temp/8519169.pdf>

Tereza Raquel: Research in music therapy in the clinical context

The influence of the music in human being is studied and researched by many areas of knowledge. Trained music therapists study first of all the clinical context of music. To follow the goal of the International PhD Course spring 2018, at the Doctoral Programme in Music Therapy at Aalborg University, I will present the following research where I was the principal investigator in the Music therapy at School of Music and Scenic Arts of the Federal University of Goiás – Brazil. 1) Randomized clinical trial: influence of music therapy in reduction of fatigue for patients with breast cancer or gynaecological cancer during radiotherapy treatment. 2) Music Therapy and Parkinson’s disease. 3) Randomized clinical trial to evaluate cardiac autonomic modulation, anxiety and depression in mothers of preterms referred to music therapy intervention, 4) Anxiety in music therapy students during academic activity of rhythm improvisation. For all research projects we aimed to follow criteria for evidence based practice. More details will be offered during the presentation.

Tereza Raquel is professor and researcher at the School of Music and Performing Arts (EMAC) of Federal University of Goiás (UFG), Brazil; PhD in Health Sciences (UFG); Master in Music (UFG); Post-Graduated in Neuropsychological Rehabilitation at University of São Paulo, Brazil (USP); Graduated in Music Therapy (UFG); Neurologic Music Therapist (Colorado State University).

Louise Thomsen & Poul M. Melchiorson: Visibility and Impact

Library course. Learn how to promote your research activities by optimizing the following:

- Maintain your *research profile* - CV, Activities and Projects (AAU researchers: VBN)
- *ORCID* – take advantage of your unique researcher ID
- Maintain your *Scopus Author ID*
- Create and maintain your *Google Scholar Profile*
- *Open Access*, full text and copyright

PhD defences

Anna Gerge: Psychotherapeutic Development - Assessment of Pictures. Through development of the SATPA - a safety assessment tool of pictorial artefacts

Examining Committee

- Professor Cathy McKinney, Appalachian State University and AAU (Chair)
- Associate Professor Emeritus Eva Skåreus, Umeå University
- Professor Michele Forinash, Lesley University, USA

PhD supervisors

Associate Professor Inge Nygaard Pedersen, Aalborg University
Assistant Professor Gustavo Gattino, Aalborg University

The doctoral thesis and a summary is available at:

<http://www.kommunikation.aau.dk/arrangementer/arrangement/phd-defence-by-anna-gerge.cid355484>

and will after successful defence be uploaded at: <http://www.mt-phd.aau.dk/phd-theses/>

Margareta Wärja: Music Therapy and Expressive Arts Psychotherapy for Women Treated for Gynaecological Cancer

Examining Committee

- Associate Professor Niels Hannibal, Aalborg University (Chair)
- Professor Mary Jane Esplen, University of Toronto
- Professor Emeritus Denise Grocke, University of Melbourne

PhD supervisors

Professor Lars Ole Bonde, AAU
MD, PhD. Karin Bergmark, Karolinska Institute, Stockholm

The doctoral thesis and a summary is available at:

<http://www.kommunikation.aau.dk/arrangementer/arrangement/phd-defence-by-margareta-w-rja.cid355952>

and will after successful defence be uploaded at: <http://www.mt-phd.aau.dk/phd-theses/>

One page summaries

Becky Dowson: Evaluating group singing for people with dementia: challenges and questions from a 10-week feasibility study

Supervisors: Professor Justine Schneider, Dr Orii McDermott, Dr Claire Garabedian

Title of the study: The contribution of music therapy to choral singing in dementia care (working PhD title)

Research questions:

1. Is the CHORD manual a useful resource for those wishing to run singing groups for people with dementia?
2. How feasible would it be to conduct a full-scale RCT in a similar setting?
3. What is the experience of the CHORD group members? Do they experience any benefits from attending the group, and what are they?
4. How can the results of this study be used to inform the theory, practice and research methodology of music in dementia care?

Research design: Mixed methods feasibility study

Method: 25 people with dementia and carers attended a 10-week singing group, led by a facilitator with no prior experience, using the CHORD manual for guidance. Quantitative and qualitative data were collected before, during and after the sessions.

Current state of the study: Data collection has been completed. I am currently working on data analysis.

Topic for the presentation:

The presentation focuses on two main areas of the study. The first is the use of MiDAS-SR self-rating forms as an outcome measure for people with dementia: is this an appropriate measure and how can the results be interpreted? The second focus of the presentation is the CHORD Manual, which has been designed to offer guidance to facilitators running singing groups for people with dementia. The presentation will consider why we might want to measure adherence to a manual, and the issues that have been encountered around this procedure. It will also discuss the relevance of the CHORD manual as a tool for music therapy skill-sharing, presenting some feedback from the group facilitator, the group members, and from a recent workshop on skill-sharing with music therapists.

Britta Frederiksen: How to develop the therapeutic alliance in music therapy with forensic psychiatric patients: Presenting the results

Supervisors: Hanne Mette Ochsner Ridder & Liselotte Pedersen (Senior Psychologist, PhD, Forensic Psychiatric Unit, Region Zealand)

Titel of the study: Development of the therapeutic relationship in music therapy with forensic psychiatric in-patients with schizophrenia - an explorative case study

Research questions:

How can music therapy contribute to the development of a therapeutic relationship with forensic psychiatric in-patients with schizophrenia in the initial phase of a course of music therapy?

Sub questions:

1: Is it possible to contribute to the development of a therapeutic relationship with forensic psychiatric inpatients with schizophrenia in the initial phase of a course of music therapy?

And if so:

2a: Can the elements that contribute to the development of a therapeutic relationship between music therapist and forensic psychiatric inpatient with schizophrenia during the first phase of a course of music therapy be identified?

- *if so:* How can these elements be described ?

Research design: Explorative case study design

Method: The music therapy is conducted in a naturalistic setting with a first-person perspective as the researcher was also the music therapist. The data consisted of: Therapist's log and notes. Patient evaluation through Session Rating Scale and semi structured interview. Clinical data. Staff evaluation

Current state of the study:

Data collection and analysis of data is finished. Second article is almost ready for submission. I expect to submit the final thesis on 1.8.2018.

Topic for the presentation:

In this presentation, I will focus on how to disseminate the results of the qualitative analysis for the final article.

I would like feedback on, and a dialogue about, how I can present a developmental process of the therapeutic alliance.



Helle Kirstine Stubkjær Mumm: Music therapy for chronic pain in palliative care. Setting up at research study

Titel of the prospective study: Music therapy for chronic pain and in palliative care. Setting up at research study (pain relief and improvement of life quality / general well-being).

Research questions:

- 1) How is both active and receptive music therapy and - medicine, imagery, self-treatment and the therapeutic relationship improving life quality when living with chronic pain and at the end of life?
- 2) Can effects of MT in comparison to MM be seen to relate to an expansion of intersubjectivity and self-experience?

Research design:

- 1) The first part of the project will contribute to a research project/feasibility study at multidisciplinary pain clinics in Copenhagen and Århus (Sanfi) where both self-treatment with music medicine, MI, GIM (and in a later study BMGIM) and vibroacoustic therapy will be applied. In this first part the patients' as well as relatives' and professionals' experiences with the (combination of) methods and improvements will be studied via questionnaires, interviews and therapist observations.
- 2) In Denmark, MM and MT is used in 10 out of 20 hospices (Bonde 2014). This giving that there is potentially data to collect and analyze. The second part of the project aims at exploring mechanisms of change in music therapy, where both live music and receptive methods are used. The concepts of total pain (Saunders), 'present moments' as well as the body-mind connection in relation to pain relief will be studied via video microanalysis (Holck, Wigram & Wosch). Eventually via client and therapist narratives of expansion and pivotal moments via both the music and the therapeutic interaction.
- 3) In the final part of the project the potential bettering of life quality and general well-being will be studied via data from both 1) and 2) and (BM)GIM transcripts in relation to the therapeutic relationship, imagery, role of the music, processes of surrender/pivotal moments (Blom 2011, Grocke 1999), 'present moments' and common factors in psychotherapy/placebo (Lambert & Barley 2002). Eventually self-regulatory processes as described in Somatic Experiencing, chronic back pain (Levine 2012, Andersen 2017) will be looked at together with research in stress and health (Lazarus 2009) and the concept of 'positivity resonance' from Positive Psychology (Fredrickson 2013).

Method: Mixed methods will be used to both quantitatively measure life and sleep quality, pain intensity, co-morbid anxiety and depression, coping etc. as well as qualitatively study 'moments of meeting' or 'present moments' (Hart, Stern, Tronic) and their importance, value or meaning to life quality and general well-being. These moments are defined by a certain intensity or quality in the intersubjective field between people (patient and therapist, eventually relatives) and the hypothesis is that they make room for expansion of mind, body experience and situation so that new ideas, potential, insights, felt experiences – or integration – happens. Hopefully collaborative, participatory research will be used in order to study the diverse and common experiences of patients and therapists as well as to co-create in the here and now, to include the patients and the experienced clinicians in the meaning-making process.

Current state of the study: The first part of the project is described and funding applied for.

Topic for the presentation: realism in regard to what's possible! / Close look at elements in 1)

Jens Anderson-Ingstrup: Jack O' many trades? An autoethnographic study of Danish music therapists working in the field of dementia

Supervisors: Hanne Mette Ridder

Titel of the study: *A flexible fit – The development of a suitable manual framework for PAI/PAMI*

Research questions:

The following research question relates to different sub-project within the phd-study.

The first question is related to the study of manual-based complex interventions in the field of dementia. The purpose of raising this question is to explore the current style of this field as well as discuss the current stage and propose suggestion for future manuals.

The second question is related to an autoethnographic study of Danish music therapists in the field of dementia. This study is currently at a preparatory stage, and this is reflected in the current nature of the research question. The purpose of this study is to gain information that can help fill the knowledge-gap on this subject, which is suggested by the literature.

- How are manual-based complex interventions published in the field of dementia structured and how do they disseminate their content in refereed journals?
- What characterises the professional role of music therapists in the field of dementia care in Denmark?

Research design: Flexible design

Method: Literature review, autoethnographic field observations and interviews

Current state of the study: One peer-reviewed article has been published, a second is in the write-up phase, and the autoethnographic study is being constructed

Topic for the presentation: The presentation will revolve around the suggested autoethnographic study. This will include an elaboration of why it is relevant to conduct, as well as an argument for using *auto*-ethnography.

Julie Kolbe Krøier: Reviewing the literature on attunement in dementia care. An attempt to synthesise and expand existing knowledge

Supervisors: Prof. Hanne Mette Ridder – Department of Music Therapy, Aalborg University, Denmark

Titel of the study: Exploring person attuned musical interactions between carers and persons with moderate to severe dementia living in nursing homes

Research questions:

Which theoretical, clinical and methodological elements define person attuned musical interaction (PAMI) with persons with moderate to severe dementia living in nursing home?

1. How is PAMI between carers and persons with dementia applied, understood and conceptualized according to evidence based research?
2. How do music therapists experience PAMI in their practice with persons with dementia?
3. a) How does PAMI unfold in the practice between carer and the person with dementia b) Which musical components define PAMI with persons with dementia living in nursing homes?
4. How can PAMI can be disseminated to carers through a manual?

Research design:

The study contains three parts:

- 1) A systematic review in order to explore the existing knowledge of how PAMI is understood and can be applied interdisciplinary in dementia care.
- 2) Six transcribed workshops where experienced music therapist are exploring PAMI analysed by applying phenomenological text analysis.
- 3) Ethnographically informed participant observation of the interactions between carers and persons with dementia living in nursing homes.

Method:

The PhD is a qualitative research study and interpretivist methods will be applied in order to answer the research questions. 1) Meta- ethnography will be applied in the review of evidence-based research. 2) The workshops will be analysed by applying phenomenological text analysis as outlined by McFarren & Grocke (2007). 2) The participant observation will finally be analysed by applying I will use an ethnologically informed approach based on Stige (2002). Based on the data analysis the PAMI research group will develop a manual on musical interaction that can be used inter-disciplinarily in nursing homes.

Current state of the study:

In process with reviewing and synthesizing the literature on attunement in dementia care.

Topic for the presentation:

The use of metha-ethnography in reviewing qualitative studies on attunement. A suitable fit?

Kaja Elise Åslid Enge: Community music therapy and refugee children

Supervisors: Brynjulf Stige

Titel of the study: An explorative study of community music therapy and refugee children

Research questions: Which possibilities does community music therapy in school context has as a health-promoting arena of participation for refugee children?

- Child perspectives (article 1)
- Music therapist perspectives (article 2)
- Teacher perspectives (article 3)

Research design: Explorative

Method: Semi-structured interviews, focus group interviews, ethnographic approaches

Current state of the study: Middle-phase; starting the second article. Will finish summer 2019.

Topic for the presentation: Present context(s) and an overview of the study, preliminary findings (article 1 about child perspectives) and some methodological challenges concerning doing research with children and having a practitioner-clinician role.

Lars Rye Bertelsen: Music listening for ECT treatment. Keeping it all together – and at the same time staying sane

Supervisors: Stine Lindahl Jacobsen (Peter Matzen, Chief Physician at the ECT Clinic, Aalborg University Hospital-Psychiatry).

Titel of the study: Receptive music intervention for the abatement of anxiety and stress for in-patients diagnosed with unipolar depression who receive standard ECT treatment.

Research questions:

1. Can music listening during ECT treatment reduce the patient's anxiety and stress level?
2. How can the patient's overall experience of ECT treatment with and without music listening be described?

Research design:

Mixed method - Randomised Cross-Over Design, considering the use of historic reference statistics.

Method:

Prior to-, and during-, and after their standard ECT treatment, patients are offered to listen to music of their choice from a number of specially made playlists, designed to support the trajectory of the treatment.

The patients are randomized to TAU + listening to music either during treatment sessions 1 – 4, or 5 – 8, meaning that the patients are in both in the experimental group, as well as the TAU group.

The current state of the study:

Science ethics committee application in progress, as well as several cooperations- and legal agreements, in preparation for data collection lasting two years – starting hopefully this summer.

The topic of the presentation:

Doing research in an environment of several work cultures, settings, and collaborators. Considering strategies on how to keep the engine running, maintaining the staff motivation when original plan is being heavily delayed.

Maya Story: Military Sexual Trauma: A Continuum Approach to Music and Healing

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

Title of the study: Guided Imagery and Music with Female Veterans and Military Sexual Trauma

Research questions: The overall research had multiple research questions and aims.

Aim 1: Discover how female veterans are experiencing GIM.

1.1 What themes do female veterans explore through the GIM process?

1.2 How do female veterans experience components of the GIM sessions (music, imagery, creative processing)?

Aim 2: Determine the feasibility and acceptability of Guided Imagery and Music (GIM) as a treatment modality for female veterans with Military Sexual Trauma related Post-Traumatic Stress Disorder

2.1 What percentage of female veterans consent to participate in the study?

2.2 What percentage of sessions do female veterans complete?

2.3 What percentage of study measures do female veterans complete?

2.4 What are female veterans' perceptions about the meaningfulness and helpfulness of the GIM intervention?

Aim 3: Obtain effect sizes and preliminary data on the efficacy of GIM for female veterans with MST related PTSD as an alternative to evidence-based CPT.

Hypothesis 3.1: Guided Imagery and Music (GIM) participants will score no worse than Cognitive Processing Therapy (CPT) participants, on reduction of PTSD symptoms at end of individual therapy sessions and 8 weeks follow up.

Hypothesis 3.2 GIM participants will score no worse than CPT participants on social measures at end of individual therapy sessions and 8 weeks follow up.

Additional aims for co-collaboration were to engage in and equal collaboration with a former participant and to raise awareness.

Research design: Overall research: transformative sequential mixed methods design

Method: Multiple research methods were used and will be presented.

Current state of the study: All data collection has been completed. The feasibility study was published in May, 2017. Currently the monograph is being written.

Topic for the presentation: An overview of the research will be given with a focus on the integration of different methodological approaches. The use of a continuum approach and Implications for clinical practice will be discussed.



Sandra Pinto da Costa: Music Therapy as a non-pharmacological intervention in caring for the person with dementia: Nursing insights to improve self care and well being.

Supervisors:

Assis. Prof. Dr. Sara Pinto, MSc, RN, School of Health of Santa Maria, Porto, Portugal
Prof. Dr. Wilson de Abreu, Mental Health and Psychiatry, Porto School of Nursing, Portugal
Assis. Prof. Dr. Gustavo Gattino, AAU

Title of the study: Music and Music Therapy as a non-pharmacological interventions in caring for the person with dementia: Nursing insights to improve self care and well being.

Research questions:

- Does music and music therapy contribute to the preservation of the self-care of the person with mild to moderate dementia compared to the usual care given to these persons?
- Does music and music therapy contribute to improving the well-being of the person with mild to moderate dementia?

Aims: This study aims to develop and evaluate the effectiveness of an intervention program based on the use of music and music therapy as a non-pharmacological therapeutic resource to improve self-care and well-being in persons with mild to moderate dementia.

Aim 1: to clarify the concepts of "therapeutic music" and "music therapy" as a non-pharmacological therapeutic nursing intervention in nursing literature;

Aim 2: to explore the perception of persons with mild to moderate dementia, caregivers, nurses and music therapists about the effects of music and music therapy regarding the improvement of self-care and well-being of the person;

Aim 3: to develop an intervention program to improve self-care and well-being in persons with mild to moderate dementia through the use of music and music therapy;

Aim 4: to evaluate the effectiveness of a music therapy intervention program to improve self-care and the well-being of persons with mild to moderate dementia.

Research design and method: The project comprises a multi-etapic approach, organized in several studies: an integrative review of literature, a conceptual analysis study, a qualitative study, a methodological study (development of an intervention program) and an RCT. The first study will be an integrative review of the literature according to the methodological framework of Joanna Briggs Institute (JBI). In the second study, a concept analysis will be developed with the aim of clarifying the concepts of "therapeutic music" and "music therapy" as a nonpharmacological therapeutic nursing intervention (aim 1). To achieve this objective, a concept analysis will be performed according to the evolutionary method of concept analysis proposed by Rodgers (2000). The third study will be a qualitative study, in which we intend to explore the perception of persons with mild to moderate dementia, caregivers, nurses and music therapists about the effects of using music and music therapy to improve self-care and well-being of the person (aim 2). Semistructured interviews and focus groups will be carried out in this study. The results of the first three studies will be analyzed and will guide the development of the fourth study, which consists of the design of an intervention program, to improve self-care and well-being in people with mild to moderate dementia, based on the use of music and music therapy as a nonpharmacological therapeutic intervention (aim 3). Finally, to achieve aim four, an RCT will be performed.

Current state of the study: Development of the research project and beginning of the integrative review of literature (first study).

Topic for the presentation: This presentation will include the description of the research project under development, improving the discussion about the research design and the methodological approach.

Susan Hart: Pre-defence: EDS, MIM and NMI for Elaborating Intervention Plans and Effect Evaluation in Family Therapy

Supervisors: Bo Møhl and Stine Lindahl Jacobsen

Titel of the study: Emotional Development Scale (EDS), Marschack Interaction Method (MIM) and Neuroaffective Mentalizing Interview (NMI) as Basis for Elaborating Intervention Plans and Effect Evaluation in Family Therapy

Research questions:

- 1) Can EDS measure children's emotional development, and describe which type of intervention is appropriate for further emotional development?
- 2) Based on the theoretical frame of NADP there should be a progression between the subscales, autonomic, limbic and prefrontal. Can this assumption be confirmed by the empirical data?
- 3) What is the correlation between 4-12 year-old children's emotional development measured through EDS, the intersubjectivity between the parent and child measured through the Marschak Interaction Method (MIM) and the parent's mentalizing capacity measured through the Neuroaffective Mentalizing Interview (NMI).
- 4) How can the statistical analysis of the Emotional Development Scale (EDS) for 4-12-year-old children correlated with the MIM-P and NMI be used to modify and fine-tune the theoretical frame: neuroaffective developmental psychology (NADP)?

Research design and method:

The research design consists of a fixed design with quantitative data and statistical analysis. It is based on a non-experimental, correlational, parametric study of the EDS, focusing on interrater reliability, test-retest, internal consistency and external validity. Regarding the external validity the EDS is correlated with two evidence-based questionnaires, the PSI and PCRI, and two non-evidence based assessments of parent-child interaction (MIM-P) and parental mentalizing capacity (NMI).

Current state of the study:

Two proposals for peer-reviewed articles have been submitted, one article has been published First draught of the kappa is finished.

Topic for the presentation:

The history and theoretical understanding of NADP
Presentation of research questions and epistemology
The assessment methods with emphasis on EDS, the MIM-P and NMI
Literature review
Sample group
Raiters and training of raiters
Correlation study of the three methods with PSI and PCRI
Results: Reliability and validity study
Discussion, Limitations, Further research