

One-page summaries

PHD COURSE IN MUSIC THERAPY RESEARCH

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PhD Specialisation in Music Therapy Research

Department of Communication and Psychology

Aalborg University, Denmark

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Diandra Russo: “The vibrations in between” - A phenomenological inquiry into the intersubjective experiences using monochord sounds in a dyadic setting

Supervisor: Hanne Mette Ochsner Ridder

Working title of the study: “Moment’s Notice” - A phenomenological inquiry into the intersubjective experiences using monochord sounds

Context: The purpose of this article-based PhD is to study, explore and explicate the intersubjective phenomena of a receptive music therapy intervention using monochord sounds. Of particular interest is to analyze patterns of physiological parameters (Heart Rate Variability, Breath Rate, Electrodermal Activity) between the recipient (participant) and the player (music therapist) and their subjective experiences of the intervention. The study is embedded in an interdisciplinary research project at the Zurich University of the Arts in Switzerland.

Design: The main study is designed as a two-armed-randomized-controlled crossover study. A mixed-methods design is used, in which pre-, peri- and post measurements are taken. The effect of monochord sounds on healthy subjects aged between 25 to 34 years is investigated. All subjects will receive one session in each of the two conditions (live vs. prerecorded monochord sounds) in a randomized order. In an embedded qualitative part of the study, I will explore the intersubjective experiences.

Method and Research Questions:

Article 1 is a study protocol following “SPIRIT” guidelines¹ and is titled: “Mind the Gap: Old Sounds for New Research - A Study Protocol Investigation into the Effects of Monochord Sounds on the Stress Regulation of Healthy Adults”. The goal of the protocol is to foster future discussion and collaboration within this theoretical framework.

Article 2 is an autoethnographic portrait of my perspective, pre-knowledge and personal experience using Monochord sounds in clinical practice.

Article 3 is a phenomenological inquiry, based on the results of the study, analyzing physiological patterns. The goal is to correlate these results with qualitative data (subjective experiences of the participants and music therapists) and defining emergent phenomena.

Current state of the study: The first draft of Article 1 is currently reviewed by the interdisciplinary research team. Furthermore, we are finalizing the pilot phase of the study and are currently working on minor amendments to the study protocol, which need to be reviewed by the Ethics Committee of Zurich.

The topics of the presentation will incorporate an overview and update on my PhD process, including an elaboration of the emergent phenomenological approach, hoping to discuss the newly defined research questions.

¹Chan, A. W., Tetzlaff, J. M., Altman, D. G., Laupacis, A., Gøtzsche, P. C., Krleža-Jerić, K., Hróbjartsson, A., Mann, H., Dickersin, K., Berlin, J. A., Doré, C. J., Parulekar, W. R., Summerskill, W. S., Groves, T., Schulz, K. F., Sox, H. C., Rockhold, F. W., Rennie, D., & Moher, D. (2013). SPIRIT 2013 statement: defining standard protocol items for clinical trials. *Annals of internal medicine*, 158(3), 200–207. <https://doi.org/10.7326/0003-4819-158-3-201302050-00583>

Eva Phan Quoc: The old, the new, and the in-between: Gathering implicit and explicit knowledge on a music therapy approach

Supervisors: 1. Thomas Stegemann (University of Music and Performing Arts Vienna)
2. Stine L. Jacobsen (Aalborg University)

Working title: Attachment-based MusikSpielTherapie (MST) [MusicPlayTherapy]:
Development and conceptualisation of an attachment-based music therapy approach for young children and their caregivers

Research design: Qualitative study in three parts

PART I: Capture and contextualise the approach of MST:

Method: Expert interviews with the founders; qualitative content analysis

1) *What is the history, conceptual basis and practical application of MST from the perspective of the founders and on the basis of existing literature?*

For vulnerable families with infants or toddlers music therapy offers a playful way to explore their relationships in a safe therapeutic setting using the non-verbal medium of music. MST is a music therapy approach developed by K. Stumptner and C. Thomsen in Berlin (DE) that works in a triadic setting with the child (0–4 years) and the caregiver. In a first step, this research project critically reviews the concept of MST. The analysis is based on several in-depth expert interviews with the founders, two publications, and further unpublished resources. The aim is to provide a rich and comprehensive description of this music therapy approach and the used methods and techniques.

PART II: Development of an expanded concept of attachment-based MST:

Method: Literature work

2a) *Which role do attachment-based elements, offers or interventions play in the original approach of MST?*

2b) *How can an emphasis on an additional attachment-based perspective and concrete attachment-based elements enrich the content of the MST concept?*

In the second part the MST-approach is discussed from an attachment theory perspective. The main focus here is on the quality of the relationship and the parent-child interaction as well as on aspects such as sensitivity, emotional availability or successful affect regulation. The aim of this part is to provide more specific and concrete knowledge about attachment-based music therapy techniques, interventions and methods for practical music therapy work before this method is applied in practice in part III of this study.

PART III: Application of attachment-based MST to five families

Current state of the study: Data analysis ongoing (PART I & II), PART III in preparation.

Topics for the presentation:

- Present the current status of data analysis in Part I
- Discuss the challenges of describing a music therapy approach to learn more about the “what & why & how”. Reflect on different concepts of describing, structuring and organising music therapy methods and techniques.

Hannah Riedl

"Let's face the presentation": Talking about your music therapy PhD project

Working title of the PhD study: "What is the Value of Music Therapy?" Music Therapy and Health Economics: Scoping review, SROI analysis and application guide

Supervisors: 1. Ulla Holck, PhD (Aalborg University), 2. Dr. Christian Grünhaus (Vienna University of Economics and Business)

Research design: Multiple-strategy design, consisting of three sub-projects

In my PhD, the **aim** is to link music therapy and the field of health economics to gain knowledge about and to contribute to this emerging and important interface for the music therapy profession.

The **objectives** specifically are

- to provide a broad state-of-the-art overview of the body of research on music therapy concerning this interdisciplinary field ("music therapy" and "health economics") (> article 1),
- to conduct a social return on investment analysis in a specific music therapy setting in Austria to enrich the existing body of research (> article 2), and
- to provide a guideline to potential ways of integrating/adding economic evaluations into future (clinical) music therapy research studies (article 3).

Current status of the study: Submitted article 1, preparing paper presentation for NMTC2024 and sub-project 2: Social Return on Investment Analysis (resulting in article 2)

Topics for the presentation:

In this presentation, I will

1) talk about the basics of science communication and why we should/could engage with this topic in general. Since this year, I am a science ambassador in Austria

(<https://youngscience.at/de/trust-in-science/wissenschaftsbotschafter/innen>), which includes visits at schools to talk about music therapy and music therapy research.

More specifically for us PhD researchers, we need to disseminate and talk and discuss about our ongoing research – despite all our insecurities and the work-in-progress-character.

How do you react, when someone is asking about your PhD project?

2) practice presenting parts of my paper to be presented at NMTC2024.

3) discuss and reflect on some questions with the group.

Joyu Lee: Examining the emotion regulation process in receptive music therapy: A meta-ethnography

Supervisors: Hanne Mette Ochsner Ridder & Charlotte Lindvang

Working title of the study: *Using Music Breathing with University Students for Emotion Regulation: A Three-Part Investigation*

Research Design:

In my PhD, the overarching purpose is to study the efficacy of Music Breathing as an Emotion/Affect self-regulation tactic for university students.

The study is a mixed-method feasibility study. By gathering mixed data, it allows for a quantitative, explorative method in combination with a qualitative, hermeneutic approach.

Part I:

- Extensive literature review (Including articles on: Emotion/affect/mood regulation; Receptive music therapy and emotion regulation; Musical identity & emotional health; Music-based mood regulation; Healthy & unhealthy use of music for emotion regulation)
- Writing a meta-ethnography: Examining the emotion regulation process (conceptualizing and contextualizing) in receptive music therapy (specifically connecting music psychology and music therapy literature)

Part II: Conducting the feasibility study. Writing up study protocol.

Part III: Examining and analyzing individual case studies: In-depth qualitative explorations.

Research Questions:

- 1) Does incorporating Music Breathing (MB) as an Emotion Regulation tactic, support university students to learn and practice emotion regulation skills?
- 2) Do university students experience MB as an *accessible and helpful resource* to regulate their emotions?
- 3) Does Music Breathing (tactics include music listening, meditative breathing, and creative arts processing) support individuals to expand emotion concepts, cultivate more emotional granularity, and accumulate more mindful emotional awareness?

Topics for presentation:

- 1) Give a brief overview of the current PhD project
- 2) Examine how different perspectives on emotion have impacted the **conceptualization** of emotion regulation (including affect self-regulation and mood regulation) in the current music psychology and receptive music therapy literature.
- 3) Present on the process of using “music listening” as an emotion regulation tactic, and examine the goals, strategies, and mechanisms (GSTM framework) of using music listening for ER with young adults in music psychology and music therapy literature.

Rut Wallius: Thinking, writing, re-thinking, re-writing - and trying to produce an article

Supervisors: Principal supervisor: Stine Lindal Jacobsen, Aalborg University, Denmark. Co-supervisor: Alexandra Ullsten, Centre for Clinical Research, Region Värmland, Sweden.

Title of the study:

Music therapy intervention to support the reunification of children in care with their parents

Research questions:

The overarching purpose of the study is to better understand music therapy as an intervention within the field of Child protection, during the reunification process, between a child in care and the child's parents.

Research design:

The study has a qualitative/interpretivist approach. By gathering mixed data it allows for a quantitative, explorative method in combination with a qualitative, hermeneutic approach.

Method:

Part one is based on a semi-structured interview, performed by an independent family counsellor, with a dyad of a parent and a child who has experienced music therapy as an intervention during the reunification process.

Part two will focus on developing a music therapy intervention based on the results from the collaborative interview performed in part 1.

Part three consists of implementing the music therapy intervention as well as collecting a range of mixed data relating to how the parent mentalise the child and to the interaction and the quality of the interaction between child and parent in the reunification process. Data will be collected through video-clips from assessment sessions with the dyad, video-clips from the music therapy sessions with the dyads, audio-recorded counselling sessions with the parents and collaborative interviews with the dyads.

Part four includes the analysis and comparison of the collected data.

Current state of the study:

A first collaborative interview with a family-dyad and a music therapist has been performed, and a qualitative analyse has been made. An article based on the results of the analysis is in preparation.

Topic for the presentation:

The presentation will be a short sharing of the current state of the article with metatheory and discussion.

Sheila Pereiro Martínez: Ethics in research: music therapy, randomised control trial, vulnerability and the humanisation of critical care

Supervisors: Bolette Daniels Beck

Titel of the study: Music therapy during Weaning from Mechanical Ventilation in the intensive care Unit: a Randomized Control Trial (RCT) study

Primary research question: Does music therapy intervention affect the duration of the process of disconnection from mechanical ventilation (weaning) in an experimental group of critically ill patients in an intensive care unit (ICU) receiving music therapy intervention, in comparison with a control group of critically ill patients receiving the usual clinical protocol of weaning (without intervention with music therapy)?

Secondary research questions: Does music therapy intervention affect the average dose of sedation and analgesia, agitation, delirium, perception of pain, the blood pressure, heart rate, breathing rate and oxygenation level and perceived stress during the process weaning?

Research design:

Randomized Control Trial (RCT) with parallel groups (control and intervention group, n=100)

Method: This study is a quantitative research and statistical analysis methods will be applied in order to answers the research questions.

Current state of the study:

The research study was designed and implemented by the University Hospital of Vitoria-Gasteiz, BIOARABA (Health Research Institute of Basque Country) and Música, Arte y Proceso Institute (Spain) in October 2020. In September 2023, the randomisation and data collection has been completed. At present, the dumping of the data into the database and external monitoring of the same is being finalised, to check that the data are complete and correct for statistical analysis by the Health Research Institute of Basque Country statistical team.

Topic for the presentation:

Various laws and codes also lay the foundations for ethical conduct. On the one hand, they serve to protect individuals/patients/processes from harmful, manipulated, or biased unethical practices. On the other hand, they provide guidelines for professionals in their research conduct. In addition, they seek to monitor compliance with basic principles such as honesty, transparency, accountability, respect, beneficence, non-maleficence, and justice. During my PhD process, it has been essential to check compliance with all the aspects of ethics. Even more when, this study includes patients in a situation of maximum vulnerability and who do not have the degree of consciousness required to consent to their inclusion in the study at the time of initiation. This is why, as a research team, we have had to establish various protocols based on the legislation in force (such as the Declaration of Helsinki) to safeguard the integrity and respect of the patients included at the highest level. In this presentation, I would like to review the various aspects of ethical research practice and integrate and monitor issues related to the ethical treatment of research design and process, data management and transparent communication.