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Title:
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Date:
2024-09

Citation:
Pakdeesatitwara, N., Tamplin, J. & Clark, I. (2024). Self-administered music interventions: Meta-analysis and thematic synthesis of effects and implementation for MTs and healthcare practitioners. [Abstract]. Abstracts of the 11th Nordic Music Therapy Conference 2024: Let's face the music, pp.96-96

Persistent Link:
https://hdl.handle.net/11343/354429

Pakdeesatitwara et al.: Self-administered music interventions: Meta-analysis and thematic synthesis of effects and implementation for MTs and healthcare practitioners

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Background: Despite many studies and reviews that have shown the benefits of music therapy, there are times when the services cease or become temporarily unavailable. By building clients' capacity to continue using music in their personal lives, they may achieve sustainable benefits as they can independently and intentionally engage with music in a way that addresses their health needs.

Method: This mixed-studies systematic review investigated how self-administered music interventions influenced the psychological well-being of people with chronic health conditions. We searched seven databases and performed citation and reference checks to find studies that implemented self-administered music interventions for psychological outcomes in adults with chronic health conditions published between January 1990 and March 2023.

Results: In total, we included 21 articles (934 participants). Meta-analyses demonstrated significant effects of self-administered music interventions on post-test (SMD = 0.72) and long-term depression (SMD = 0.51), post-test generic (SMD = 0.55) and disease-specific (SMD = 0.56) psychological quality of life, and post-test mood disturbance (SMD = 0.64). A small effect suggested that self-administered music interventions with multiple in-person sessions guided by a music therapist may reduce anxiety (SMD = 0.37). Thematic synthesis offered a framework and factors that music therapists and healthcare practitioners should consider when supporting their clients to self-administer music interventions.

Discussion/Conclusions: Our review supports the use of self-administered music interventions to enhance psychological well-being in people with chronic health conditions. Clinical implications for practitioners, limitations, and suggestions for future research are provided.

Mr Napak Pakdeesatitwara is a PhD candidate at the University of Melbourne and works as a registered music therapist in hospitals and health tech startup in Thailand. His practice focuses on elderly and neurological populations. He has published in domestic and international peer-reviewed journals as well as taught in universities.

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Dr Imogen Clark is a senior lecturer at the University of Melbourne. Her research focuses on music therapy and aging. She has published widely in peer-reviewed journals reporting on diverse research methods including randomized controlled trials, quasi-experimental trials,

systematic reviews, psychometric testing, interpretative phenomenological analysis, and thematic analysis."