



Group Music Therapy: A Proactive Mental Health Option

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Purpose

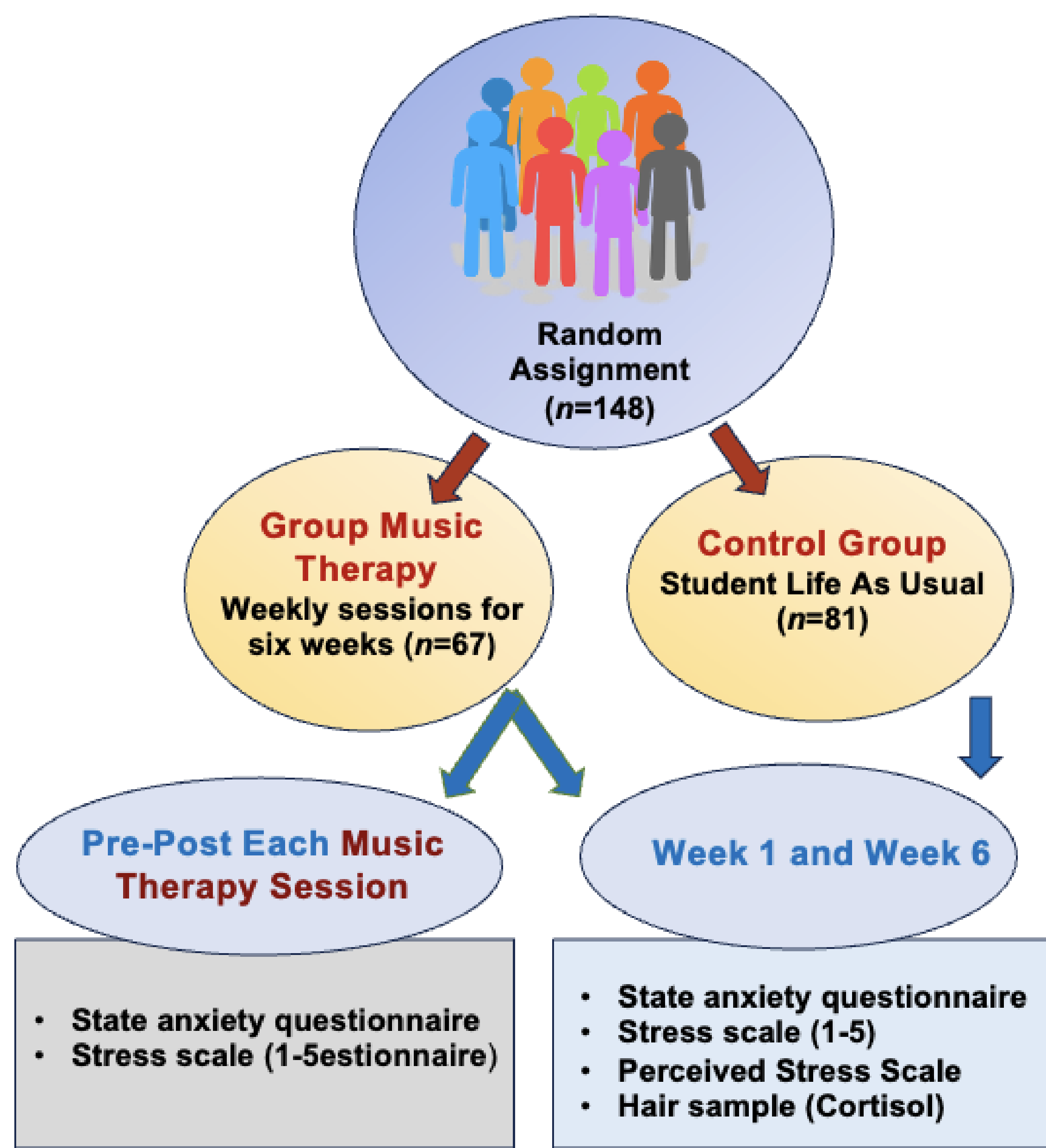
To determine if group music therapy is an effective intervention to **proactively** reduce University students' stress and anxiety.

Background

The prevalence of unmanaged stress and anxiety among university students is negatively impacting well-being [1,2]. Proactive wellness initiatives on campuses are imperative.

Participants & Methods

Recruitment: Students across campus self-selected to participate or as a course option.



All participants completed the following as potential covariates

Potential Covariates	Hypotheses
Demographic data	Age and sex correlate with outcomes
World Health Organization Quality of Life (QOL) questionnaire	QOL will be correlated with outcomes
Goldsmith's Music Sophistication Index	Participants can benefit from music therapy regardless of music sophistication scores.
Ten Item Personality Inventory	Participants can benefit from music therapy regardless of personality traits.

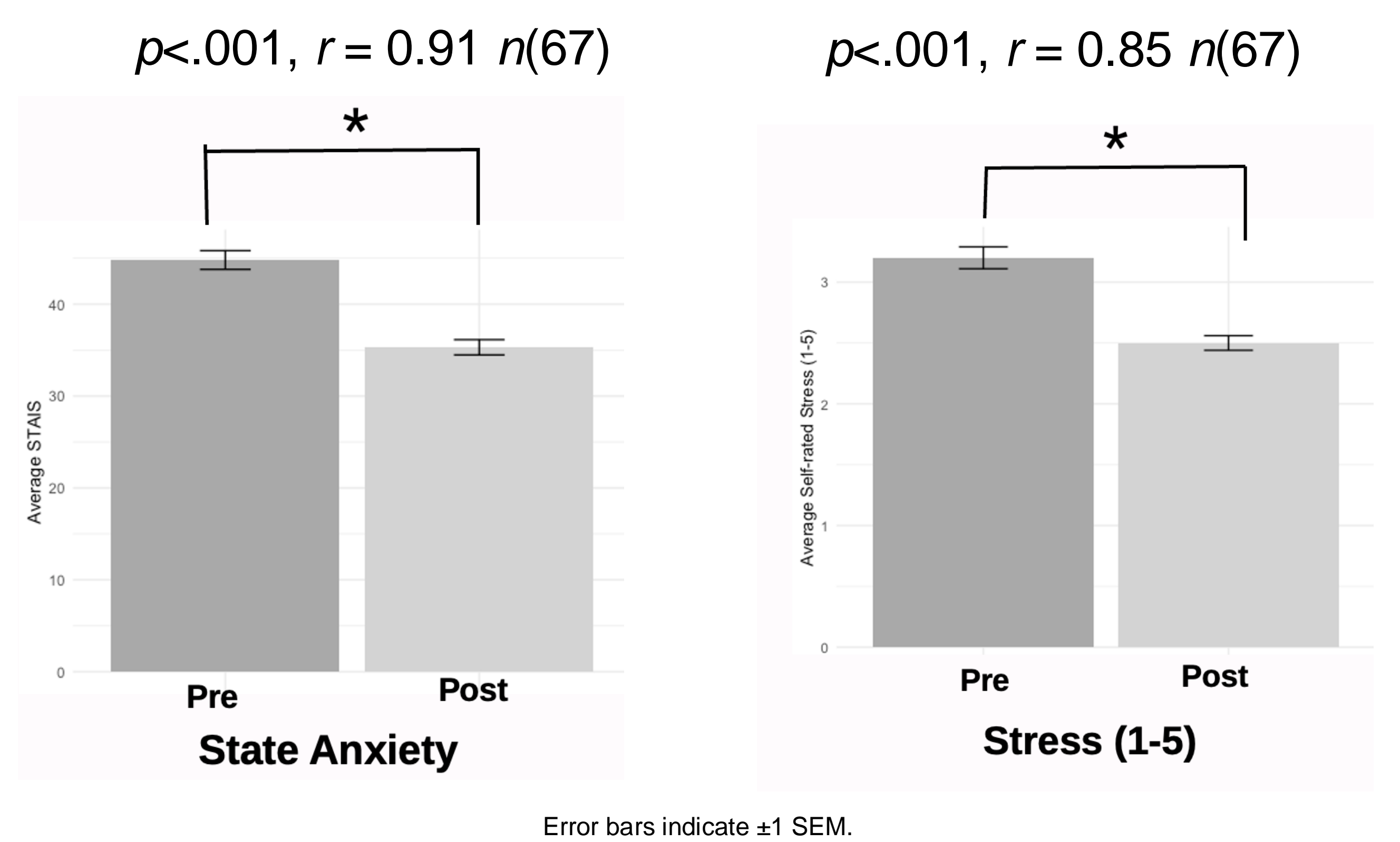
Results of Potential Covariates

Demographic and **QOL** data were NOT correlated with changes in stress/anxiety outcomes.

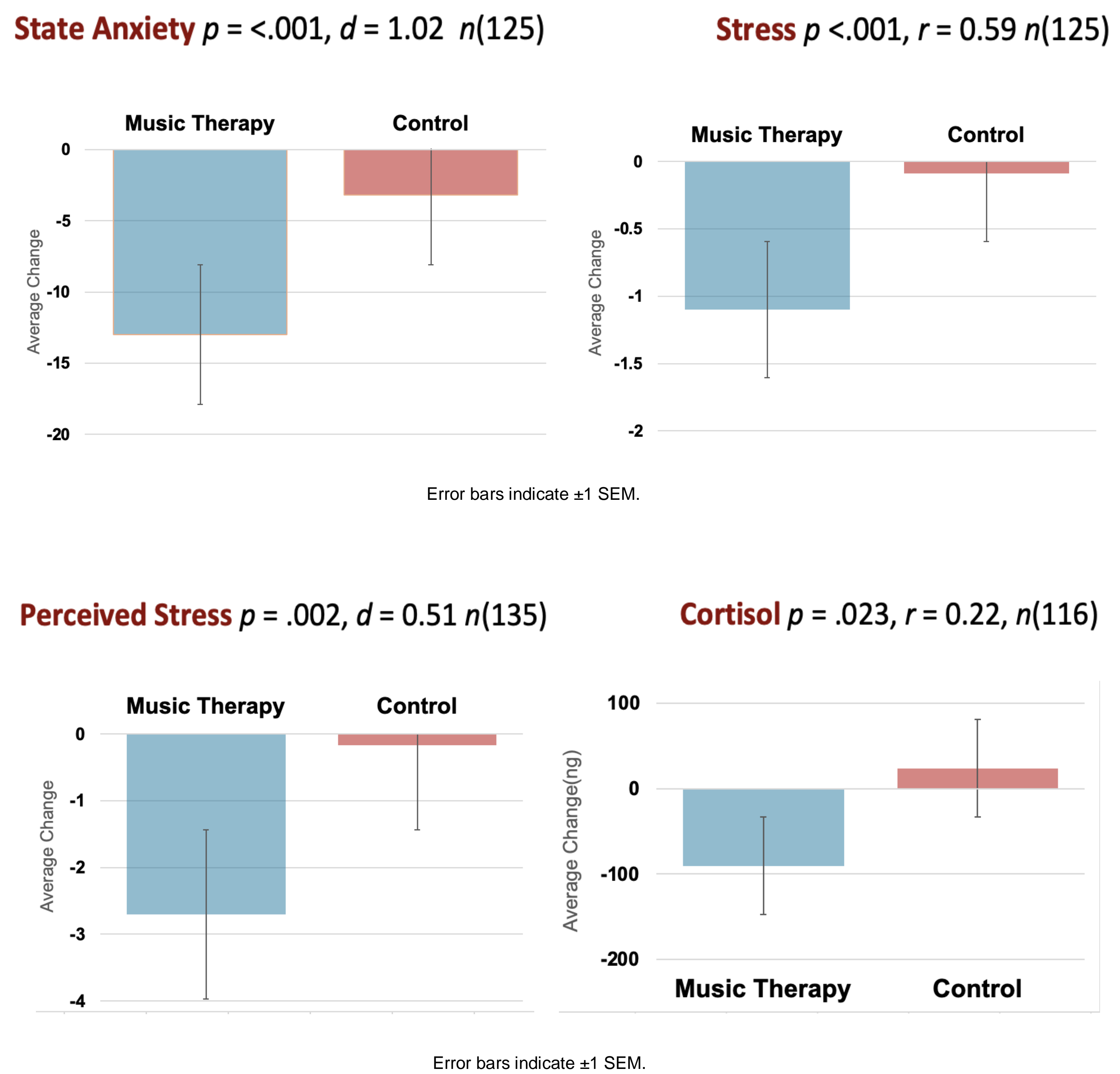
Bayesian analyses support the hypotheses that **Music Sophistication** and **Personality** are not correlated with stress/anxiety outcomes of Music Therapy.

Results

Reduction in Stress & Anxiety PRE-POST EACH Music Therapy Session



Reduction in Stress & Anxiety WEEK 1 to WEEK 6



Conclusion: Group music therapy should be offered on university campuses to proactively manage students' stress and anxiety. This study supports the findings of a similar study conducted by the authors [3].