



Music, Health, and Wellbeing

By Raymond MacDonald, Gunter Kreutz, Laura Mitchell

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The great saxophonist Charlie Parker once proclaimed "if you don't live it, it won't come out of your horn". This quote has often been used to explain the hedonistic lifestyle of many jazz greats; however, but it also signals the reciprocal and inextricable relationship between music and wider social, cultural and psychological variables. This link is complex and multifaceted and is undoubtedly a central component of why music has been implicated as a therapeutic agent in vast swathes of contemporary research studies. Music is always about more than just acoustic events or notes on a page. Music has a universal and timeless potential to influence how we feel. Yet, only recently, have researchers begun to explore and understand the positive effects that music can have on our wellbeing - across a range of cultures and musical genres.

This book brings together research from music psychology, therapy, public health, and medicine, to explore the relationship between music, health and wellbeing. It presents a range of chapters from internationally recognised experts, resulting in a comprehensive, multidisciplinary, and pluralistic account of recent advances and applications in both clinical and non-clinical practice and research.

Some of the questions explored include: what is the nature of the scientific evidence to support the relationship between music, health and wellbeing? What are the current views from different disciplines on empirical observations and methodological issues concerning the effects of musical interventions on health-related processes? What are the mechanisms which drive these effects and how can they be utilised for building robust theoretical frameworks for future work?

For the first time, research from disciplines including neuroscience of music, music therapy, psychophysiology and epidemiology of music, community music and music education is synthesised and presented together to further our understanding of music and health in one single volume, ensuring that closely related strands of research in different disciplines are brought together into a authoritative, comprehensive and robust collection of chapters.

This book is a timely and unique response to an explosion of interest in the relationship between music, health, and wellbeing and will be invaluable resources for students, administrators and researchers in the humanities, social

and medical sciences alike.

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Editorial Review

Review

I really enjoyed this book as an opportunity to learn more about a field that is almost entirely unknown to me. If the book is anything to go by, the future of research into the interplay between music, health and wellbeing promises to be very interesting indeed. *Counselling Resource*, Feb 2013 This book should be of general interest to all psychologists and, specifically, to music therapists and those with an interest in behavioral medicine. This volume is a useful compendium of a vast and diverse body of international research that is beginning to identify the mechanisms by which music has a profound effect on cognitive and emotional states.,, it contains many fascinating ideas. *PsycCRITIQUES* probably the most all-embracing collection of theory and evidence linking music, health and wellbeing currently available. For students and researchers in social and psychological sciences, as well as those in music education and therapy, it's nothing less than a symphonic extravaganza. *Public Health Today*, March 2013

About the Author

Raymond MacDonald is Professor of Music Psychology and Improvisation at Glasgow Caledonian University. After completing his PhD at the University of Glasgow, investigating therapeutic applications of music, he worked as Artistic Director for a music company, Sounds of Progress, specialising in working with people who have special needs. His ongoing research focuses on issues relating to improvisation, musical communication, music therapy, music education and musical identities. He has co-edited three texts with Dorothy Miell and David Hargreaves, *Musical Identities* (2002) and *Musical Communication* (2005) and *Musical Imaginations* (in press). He is currently Editor of the journal *Psychology of Music* and Associate Editor for *The International Journal of Music Education*, *Jazz Research Journal* and *Research Studies in Music Education*. As a composer and saxophonist he has recorded over 50 CDs and has toured and broadcast worldwide.

Professor Kreutz is a trained musicologist with strong interest in how humans respond to music and vice versa, how music influences human cognition, emotion, and behaviour. He has published numerous articles, book chapters and co-edited three books. His contributions span different areas of music psychology with some emphasis on emotion, health, and wellbeing. His research has been supported by grants from institutions and societies including the German Research Council (DFG), British Academy and Federal Ministry for Education and Research (BMBF). He is member of the Scientific Committee of the Society fur Music in Medicine.

Laura Mitchell is a health psychologist specialising in the use of music in self-regulation of health, emotions and wellbeing, with particular interest in music as part of pain management. Following completion of her PhD funded by the Scottish Network for Chronic Pain Research, she has held positions as Reader at Glasgow Caledonian University in the UK and Visiting Professor at McGill University in Canada, with her research funded by the British Pain Society and Wingate Scholarships. Her current position is part of the psychological health and wellbeing research group at Bishop's University in Quebec.

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