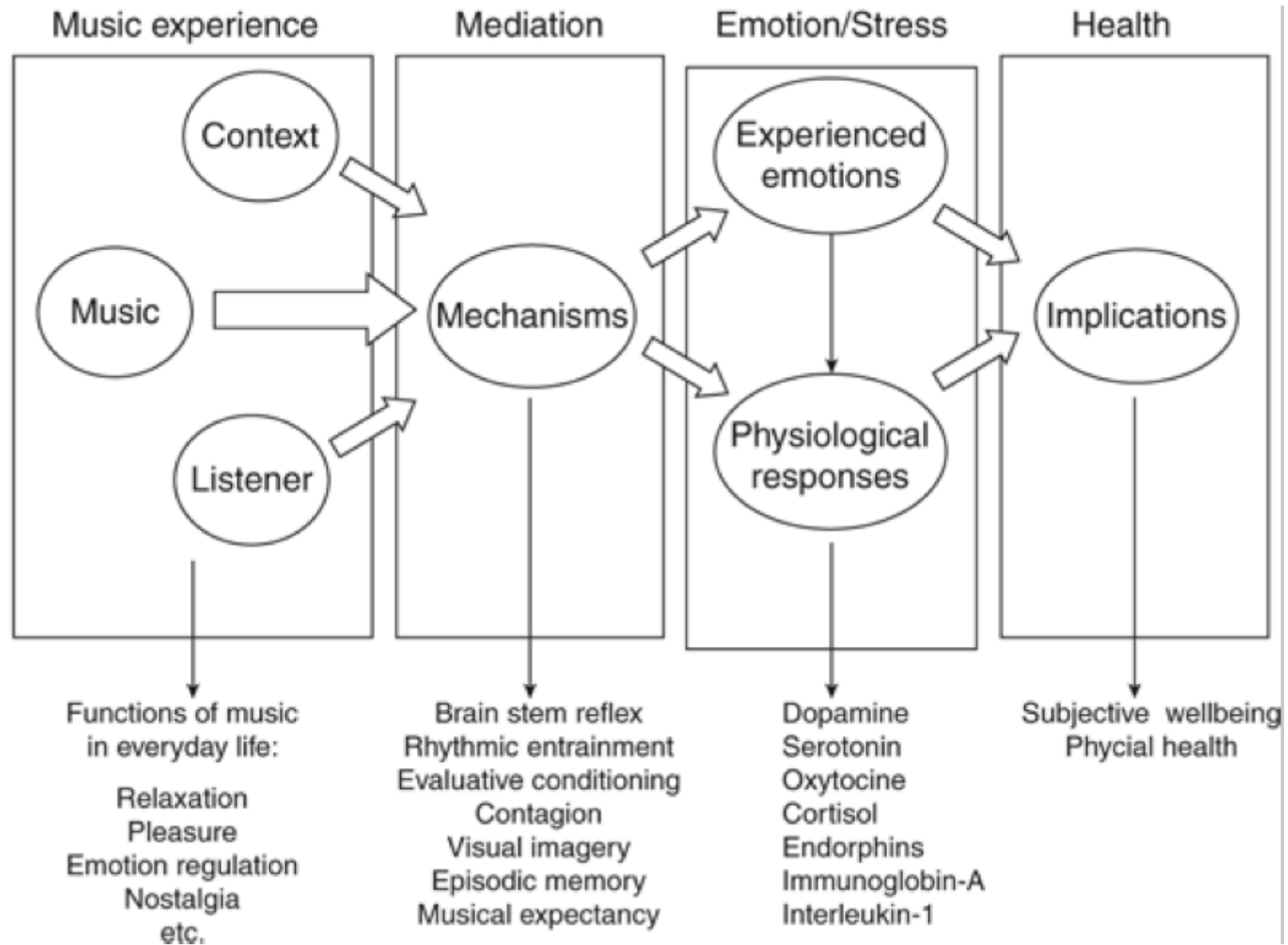


Music and health



The relationship between music experience and health

(Västfjäll, Hartig, & Juslin, 2012)



Music and health



- Health can be directly influenced by experienced emotions
 - positive affect (e.g., Västfjäll et al., 2012)
 - experience of positive emotions associated with better health and behaviour
 - associated with reduced stress (Helsing et al., 2012)
- Music is an integral part of many people's lives – music may already be providing health benefits to a significant proportion of the population

SEX
DRUGS
ROCK-N-ROLL

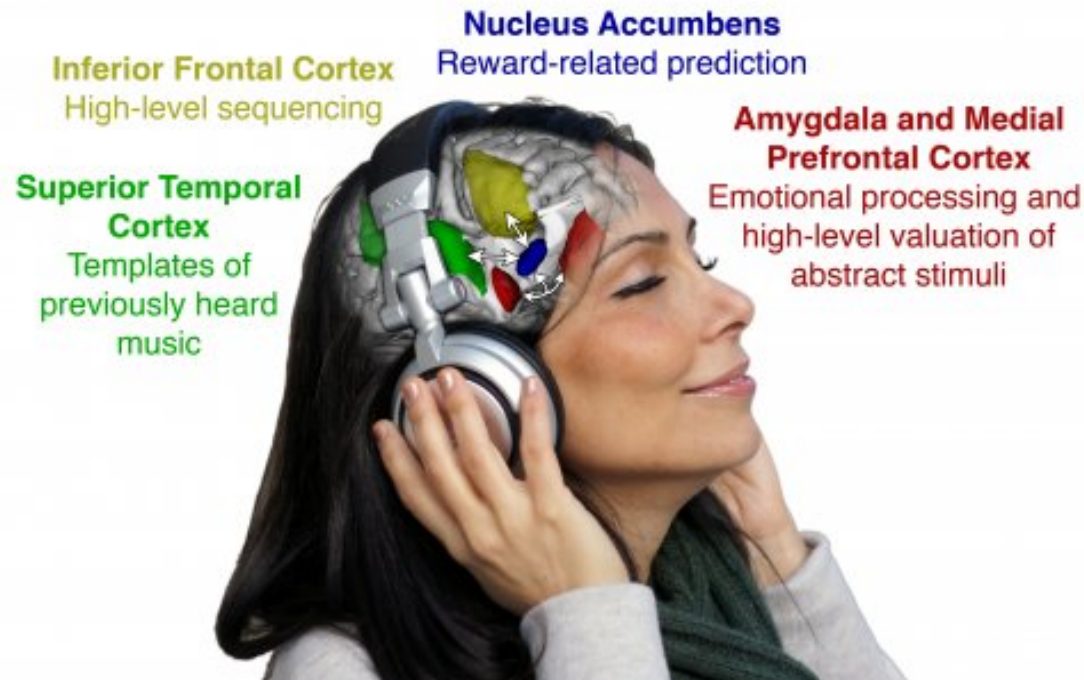
- Can music ever have a negative effect on health?



why do we listen to our
favourite songs over and
over?



the idea of “musical addictivity” (Panskepp, 1995)
– compares the phenomenon of music-induced
chills with that of drug addiction and its related
withdrawal symptoms



“the euphoric ‘highs’ from music are neuro-chemically reinforced by our brain so we keep coming back to them. It’s like drugs. It works on the same system as cocaine.” – Salimpoor et al. (2011), Nat. Neu

Negative effects of music?



- The airtime devoted to country music is strongly correlated with suicide rate in the US
 - The effect is independent of divorce rate, southernness, poverty, and gun availability (which also had an effect)
 - Correlation only with white suicide rate (not black)
 - Country music may nurture a ‘suicidal mood’ through themes common in the suicidal population (marital discord, alcohol abuse, alienation from work...) (?)
 - Results not replicable

Maladaptive uses of music?



- Certain music listening practices can be maladaptive
 - Rumination, suppression, and avoidance of negative emotions (Miranda et al., 2012)
- Discharge vs. rumination, distraction vs. avoidance/suppression – when does mood regulation become maladaptive, and why/for whom?
- Correlational links between clinical depression and listening to certain types of music (e.g., metal; Miranda et al., 2012) – cause or effect?
- Is there such a thing as “problem music”?

Problem music?



- No association between 'problem music' (hip-hop, rap, rock) and crime statistics (North & Hargreaves, 2007)
- Music is unlikely to cause dysfunctional behaviour, but it may create a social discourse that describes and therefore 'validates' negative behaviours

Problem music?

- Over 12 months, rap fans 3 x more likely to have hit their teacher (than fans of other styles), & 2,5 x more likely to have been arrested (Wingood et al., 2003)
- Over a 2-year period, undergraduate fans of rap and rock self-harmed more often than fans of other styles (North & Hargreaves, 2006)
- Rock and rap music fans abuse drugs more & are less emotionally stable (Rentfrow & Gosling, 2007)
- Significant association between poor mental health and a preference for heavy metal music in adolescence; also associated with worse mood after listening to music (McFerran, 2012)

Problem music?

Stray Bullet

KMFDM

I am your holy totem
I am you sick taboo
Radical and radiant
I'm your nightmare coming true
I am your worst enemy
I am your dearest friend
Malignantly malevolent
I am of divine descent

I have come to rock your world
I have come to shake your faith
Anathematic anarchist
I have come to take my place

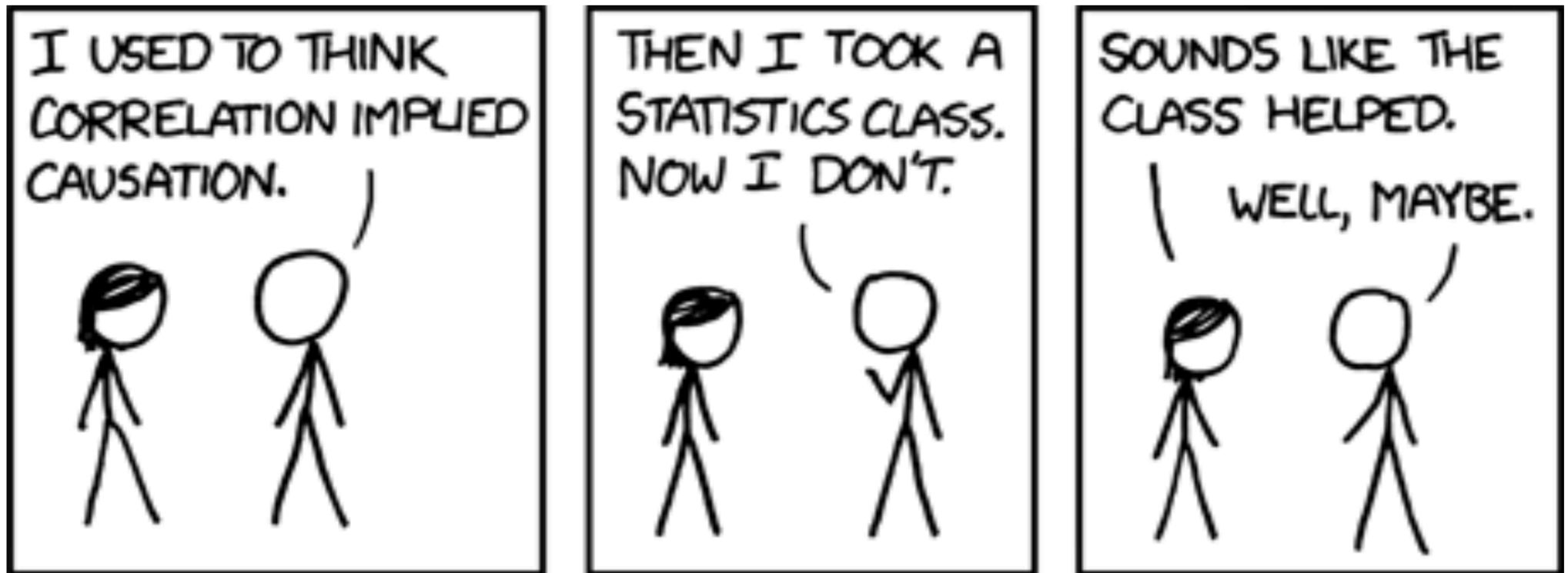
I am your unconsciousness
I am unrestrained excess
Metamorphic restlessness
I'm your unexpectedness

I am your apocalypse
I am your belief unwrought
Monolithic juggernaut
I'm the illegitimate Son of God

Stray bullet
From the barrel of love
Stray bullet
From the heavens above
Stray bullet
Ready or not
I'm the illegitimate Son of God



However...



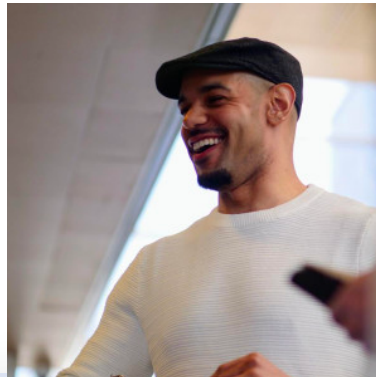
...correlation does not imply causation!

Guest Lecture
on Feb 6th



Henna Peltola

Music Aversion



Andrew Danso Adu

The Use of Technology in Music-based Interventions for
Health and Education

Guest Lecture
on Feb 13th