Music therapy is a form of expressive arts therapy that uses music as a medium for communication, expression, and healing. Music therapy can involve listening to music, playing instruments, singing, composing, improvising, or moving to music. Music therapy can help people with various physical, psychological, emotional, social, and spiritual needs (Pasiali et al., 2020).

Music therapy has been used for treating eating disorders (EDs), which are serious disturbances in eating habits, body image attitudes, and weight that affect overall well-being and can have life-threatening consequences (Coutinho et al., 2022; Testa et al., 2020). According to the latest version of *Diagnostic and Statistical Manual of Mental Disorders, Text Revision* (DSM-5-TR) (American Psychiatric Association, 2022), EDs include anorexia nervosa (AN), bulimia nervosa (BN), binge eating disorder (BED), and other specified feeding or eating disorder (OSFED). AN is an eating disorder characterized by a persistent restriction of food intake leading to significant weight loss, an intense fear of gaining weight, and a distorted body image. People with AN may have a distorted perception of their body size and shape, even if they are underweight. They may engage in behaviors such as calorie counting, excessive exercise, and restrictive eating patterns. BN is an eating disorder characterized by recurrent episodes of binge eating followed by compensatory behaviors, such as vomiting, using laxatives, or excessive exercise. People with BN may feel a lack of control during binge episodes, and the purging behaviors are used to counteract the effects of the binge. They may also engage in restrictive eating patterns in between binge episodes. BED is an eating disorder characterized by recurrent episodes of binge eating without compensatory behaviors. People with BED may feel a lack of control during binge episodes and may experience feelings of guilt or shame afterwards. They may also eat in secret or hide food. Subthreshold presentations of the above-mentioned disorders (e.g., AN of low frequency and/or limited duration) or presentations that do not meet the full criteria of any specific disorder (e.g., night eating syndrome) were categorized as OSFED. The prevalence of EDs has been growing worldwide (Galmiche et al., 2019), prompting effective approaches to eliminate the symptoms.

Music therapy can help people with EDs by providing a safe and non-judgmental space for exploring their feelings and thoughts about themselves, their bodies, their food intake, and their recovery process (Testa et al., 2020). Music therapy can also help them develop positive coping skills, enhance their self-expression and creativity, improve their mood and motivation, increase their social support and connectedness, and foster a sense of identity and empowerment.

Though the effect of music therapy on individuals’ body image in people with EDs, music therapy may have an indirect effect by enhancing other psychological and social factors that are related to body image and recovery.