

FLORIDA STATE UNIVERSITY
COLLEGE OF MUSIC

THE EFFECTS OF A SINGLE MUSIC-ASSISTED MINDFULNESS RELAXATION
(MAMR) AND PSYCHOEDUCATION SESSION WITH ELECTRONIC RESOURCE ON
WELLBEING OF INFORMAL CAREGIVERS

By

ADRIENNE CLAIRE STEINER

A Dissertation submitted to the
College of Music
in partial fulfillment of the
requirements for the degree of
Doctor of Philosophy

2019

Adrienne Claire Steiner defended this dissertation on June, 13 2019.

The members of the supervisory committee were:

Lori Gooding
Professor Directing Dissertation

Bruce Holzman
University Representative

Jayne Standley
Committee Member

Kimberley VanWeelden
Committee Member

Dawn Carr
Committee Member

The Graduate School has verified and approved the above-named committee members, and certifies that the dissertation has been approved in accordance with university requirements.