

Date: October 25, 2018  
To: McKinley Green  
From: Samantha Pogue  
Subject: Formal Report Proposal: Music Therapy for Depression

For my research paper, I would like to research how music therapy can help reduce the symptoms of depression. I first heard about music therapy from my friend majoring in music education. I had heard it mentioned before, but was not really sure how it helped or what it entailed. I decided to look specifically into a mental illness because I know that music has an effect on the psyche, and many people use music to calm down. I'm only looking into one mental illness to focus the paper, so I chose depression.

## **CURRENT SITUATION**

Depression is a mood disorder that interferes with daily life. It is most commonly associated with feelings of sadness, but can also include other symptoms such as irritability, decreased energy, or difficulty remembering. According to the National Institute for Mental Health, depressive disorders affect 9.8% of Americans 18 and older. For general information on depression, I looked at national mental health organizations and government website. The National Institute for Mental Health had basic information on the symptoms and treatment of mental illness.

Traditional treatment for depression includes psychotherapy and medication, but research shows that music therapy can also help with a number of different mental illnesses. The American Music Therapy Association states, "Music is a form of sensory stimulation that provokes responses due to the familiarity, predictability and feelings of security associated with it." For patients with mental health concerns, music therapy focuses on communication and expression. Music can help them develop relationships and address issues through something other than words. Music therapy can take the form of listening to or creating music, depending on the patient's situation and their music preferences. They also discuss the music and what it means to them. I thought the best place to find basic information on music therapy and how it works was the American Music Therapy Association. They had a page of basic information on music therapy and depression. On that page, I found several scholarly papers that were listed on their information sheet about music therapy and mental illness. These helped to find similar scholarly sources.

## **PROJECT PLAN**

I have already gathered the sources I plan to use, but I might find that I need more information on something during the process of writing the paper. To find these sources, I started by looking at the American Music Therapy Association. They had different scholarly sources of research done of music therapy looking into how it affected a number of different physical and mental illnesses. These studies compared how music therapy compared to traditional forms of treatment for depression and the exact effects it had.

In addition to the electronic and academic sources, I plan to interview someone from the music therapy program here at the University of Minnesota. After doing the research on music therapy, I would like to use this interview to go more in depth into theories and practices. What effects does music therapy have on depression specifically? I am also considering looking at the music therapy center in Ferguson Hall. Learning exactly how one location does music therapy might give insight into the practice or if it is personalized for each patient.

After the research process and the interviews are complete, I can start drafting the formal report. I plan on finishing at least one draft before I complete the final copy.

## **BENEFITS OF THE PROJECT**

This formal report will discuss what music therapy is, how it works and how it can help patients with depressive disorders. Music therapy has been proven to help patients suffering from depression. This paper does not examine other forms of treatment, just music therapy. By understanding how music therapy can help with mental disorders, more research might be done to expand the study of music therapy, and people who need help might look into it and consider it as an option.

## **TIMELINE**

<b>DATE</b>	<b>COMPLETED</b>
<b>10/25</b>	Proposal Due
<b>10/18</b>	Have found interview source(s)
<b>11/5</b>	Interview(s) completed
<b>11/6</b>	Data Collection Done
<b>11/11</b>	Rough Draft Completed
<b>11/13</b>	Rough Draft Conference
<b>11/20</b>	Final Report Due

## **CONCLUSION**

So far, I have done the research and know what exactly I want to write about. The next step before I can start the writing process is to look into good interview sources. I am planning on finding music therapists through the University of Minnesota's music therapy program. I would like to do around two. I am planning on contacting the Fergusson Hall Music Therapy Center to see if they would let me observe a couple of sessions, or if there is someone there I could do an interview with.

## APPENDIX

U.S. Department of Health and Human Services, National Institutes of Health, National Institute of Mental Health. (2015). Depression (NIH Publication No. 15-3561). Bethesda, MD: U.S. Government Printing Office.

American Music Therapy Association (n.d.). "Music Therapy and Mental Health." Silver Spring, MD.

Kerr, T., Walsh, J., & Marshall, A. (2001). "Emotional change processes in music-assisted reframing". *Journal of Music Therapy*, 38(3), 193–211.

Khalifa, S., Bella, S., Roy, M., Peretz, I., & Lupien, S. (2003). Effects of Relaxing Music on Salivary Cortisol Level after Psychological Stress. *Annals of the New York Academy of Sciences*, 999(1), 374-376.

McFerran, K. S., Hense, C., Koike, A., & Rickwood, D. (2018). Intentional music use to reduce psychological distress in adolescents accessing primary mental health care. *Clinical Child Psychology & Psychiatry*, 23(4), 567–581.

Grocke, D., Bloch, S., Castle, D., Thompson, G., Newton, R., Stewart, S., & Gold, C. (2014). "Group music therapy for severe mental illness: a randomized embedded-experimental mixed methods study". *Acta Psychiatrica Scandinavica*, 130(2), 144–153.

Wei-Chi, H. & Hui-Ling, L. (2004). Effects of music on major depression in psychiatric inpatients. *Psychiatric Nursing*, 18(5), 193-199.

In this experimental study, some patients with major depression listened to soft music that they selected for two weeks and then were then compared with those who had not. The patients who listened to music had significantly better depressive scores, which improved weekly. I wanted to include a study that focused just on depression and showed that music can help overall.

Montánchez Torres, M.L., Juárez Ramos, V., Martínez Suárez, P.C., Alonso García, S., Torres

Mendoza M (2016) Benefits of Using Music Therapy in Mental Disorders. *Journal of Biomusical Engineering* 4(116).

This study looks at different ways music therapy is used as well as the benefits. From their findings, they find that music therapy helps patients communicate and express their feelings. They conclude that there are benefits to music therapy. I was unsure of whether to include this study because it covers all mental disorders, not just depression. However, it has a detailed list of different music therapy practices and examines each of them, so I thought it had good insight into the treatment.

Chang, B., Chen, B., Beckstead, J. W., & Yang, C. (2018). "Effects of a music-creation programme on the anxiety, self-esteem, and quality of life of people with severe mental illness: A quasi-experimental design". *International Journal of Mental Health Nursing*, 27(3), 1066–1076.

This study compared the results of music creating therapy with traditional group therapy. The results showed that music creation therapy decreased anxiety symptoms, as well as regulate the nervous system, cardiovascular and stress reactions. The article came from a scholarly journal, and after reading the results and discussion, the main points of the article matched the points I wanted to make. I want to use the results of this experiment to look at the medical benefits.