



Singing for Health Research Project



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Intersection of singing and mental health, particularly in the context of new mothers facing postnatal depression.

1. Mental Health and Wellbeing

SHAPER Programme Melodies for Mums

What are the next steps for scaling up successful singing interventions to reach more mothers experiencing postnatal depression?

How does the Melodies for Mums programme adapt to the needs of new mothers in different cultural contexts?

What strategies can enhance collaboration with local communities in health-related projects?

How can we ensure that arts and health interventions are culturally sensitive and appropriate for diverse populations?

2. Voice and Communication

Anni Pitkääniemi shared her doctoral research on **aphasia** patients
Frank Russo and *Arla Good*, **Sing Well** project

What core elements should be included in a standardised singing intervention protocol across different populations?

How can practitioners design sessions that balance structured singing activities with informal social time for maximum benefit?

How can we create inclusive singing environments for individuals with communication challenges, regardless of musical background?

How can accreditation or training programmes for singing group leaders be developed and standardised across settings?

What barriers prevent the wider adoption of singing as a health intervention, and how can they be addressed?

What long-term effects does regular singing have on age-related communication decline and cognitive function?

3. Cognitive Benefits

Linda O'Raw and Becky Dowson **PRESIDE** study conducted in the UK, which investigated the effects of singing groups on dementia patients and their carers.

Christian Gold presented the ambitious **MIDDEL** study.

What strategies can ensure musical content is culturally appropriate and emotionally resonant in diverse care settings?

In what ways does local implementation context (e.g., care home environment, facilitator training) impact outcomes?

What is the optimal frequency and duration for singing sessions to achieve lasting benefits?

How can we ensure the sustainability of singing programmes once formal research or funding concludes?

What are the best ways to capture both qualitative and quantitative outcomes without one overshadowing the other?

How can standardised measures be adapted or complemented to better reflect individual transformations in dementia care?

4. Breath

Keir Philip and *Adam Lewis* presented comprehensive research on singing interventions for respiratory conditions. The research evidence demonstrated multiple benefits through various clinical trials.

The SHIELD trial ENO Breathe programme showed significant improvements in both face-to-face and online settings.

What makes singing interventions different from traditional healthcare approaches?

How do singing interventions align with the World Health Organisation's holistic definition of health?

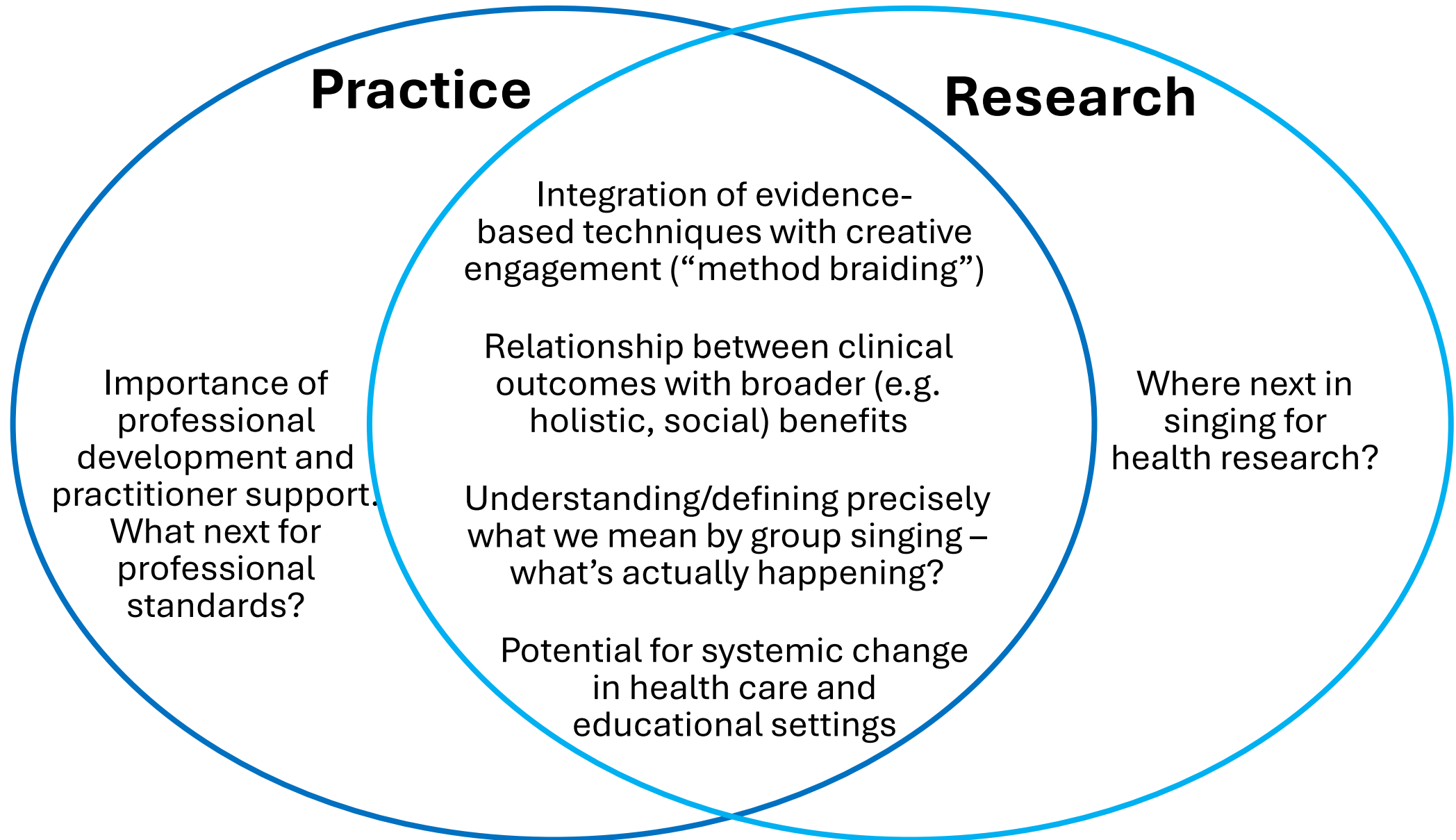
Does singing present a risk for COVID-19 transmission due to increased ventilatory parameters?.

What are the barriers to integrating singing into healthcare systems?

What future research is needed to advance the field?
Keir and Adam identify: comparing interventions, understanding mechanisms, exploring conditions beyond COPD.

What are the potential downsides or unintended consequences of group singing interventions?

Emerging Themes





**Singing
for Health
Research
Project**
2023-25



RESEARCH



PRACTICE



GET INVOLVED



Network membership:
£25 per year

[singingforhealthnetwork.co.uk/
join-the-network](https://singingforhealthnetwork.co.uk/join-the-network)

- Events – webinars, seminars, roundtables, training
- Research summaries
- Practice articles & case studies
- Resources (including Social Prescribing) and signposting
- Network & sector news & opportunities
- Connect with other professionals working in singing & health
- Support the Singing for Health movement



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