

# Singing for Health Research Project

## 2023-25

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## Webinar Series Summary

### Introduction to the Webinar Series

This extensive webinar series on singing for health and wellbeing, conducted from November 2024 to April 2025, brought together international researchers and practitioners to explore singing's therapeutic potential across diverse populations and conditions. Featured research studies employed rigorous methodologies, including randomised controlled trials and mixed-method approaches.

The webinar series covered four major themes: Mental Health & Wellbeing, Voice Function & Communication, Cognitive Benefits and Breath, featuring groundbreaking research and practical applications from multiple countries. The themes combined academic research with real-world implementation strategies, creating a comprehensive overview of the field's current state and future directions.

Each theme featured an AHRC-funded academic & researcher focus webinar, followed by Singing for Health Network webinars exploring the theme further, through Practitioner-Researcher focus and Practical & Participant focus webinars.

The series was a collaboration between the Singing for Health Network (SHN), the International Centre for Community Music at York St. John University and the Royal College of Music in London, supported by the Arts and Humanities Research Council (AHRC). The webinars were chaired by Dr Stephen Clift, Professor Emeritus, Canterbury Christ Church University and former Director of the Sidney De Haan Research Centre for Arts and Health, plus guest chairs Dr Dave Camlin and Baz Chapman.

## Contents

Webinar Programme and Speakers	2
Summary of Webinars by Theme	3
Summary of Key Learnings	10
Insights into Benefits of Singing for Health	11
Insights from Participants	12
Summary of Emerging Themes	13
Reference List of Published Research	14

Report compiled by the Singing for Health Network team  
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## Webinar Programme and Speakers

### MENTAL HEALTH & WELLBEING

- 7 November 2024: *AHRC academic & researcher focus webinar* featuring Dr Rebecca Bind (Kings College London), Lorna Greenwood (Breathe Arts Health Research), Calum Smith (World Health Organisation) and Dr Katey Warran (University of Cambridge, University College London)
- 14 November 2024: *SHN practitioner-researcher focus webinar* featuring Tessa Armstrong (Voices for Life), Dr Dave Camlin (Royal College of Music), Prof. Lauren Stuart (University of Roehampton) and Claire Turner (practitioner-researcher)
- 21 November 2024: *SHN practical & participant focus webinar* featuring Tessa Armstrong (Voices for Life), Kat Branch (University of the West of England, Dr Dave Camlin (Royal College of Music), Claire Turner (practitioner-researcher) and Nicola Wydenbach (Sing to Beat, Mind & Soul Choir)
- 5 December 2024: *Extra academic focus presentation* by Dr Katarzyna Grebosz-Haring (Mozarteum University, University of Salzburg)
- 22 April 2025: *Extra academic focus presentation* by Kat Lord-Watson and Stuart Wilson (Queen Margaret University Edinburgh)

### VOICE FUNCTION & COMMUNICATION

- 16 January 2025: *AHRC academic & researcher focus webinar* featuring Dr Arla Good and Prof. Frank Russo (Toronto Metropolitan University) and Dr Anni Pitkäniemi (University of Helsinki)
- 23 January 2025: *SHN practitioner-researcher focus webinar* featuring Kerry Devlin and Dr Kyurim Kang (John Hopkins University), Rebecca Moseley-Morgan (British Voice Association) and Patricia Vella-Burrows (Sidney De Haan Research Centre)
- 30 January 2025: *SHN practical & participant focus webinar* featuring Rachel Hynes (singer & vocal animateur), Patricia Vella-Burrows (Sidney De Haan Research Centre) and Caitlin Hebb (MedRhythms)

### COGNITIVE BENEFITS

- 27 February 2025: *AHRC academic & researcher focus webinar* featuring Dr Becky Downson and Dr Linda O'Raw (University of Nottingham) and Prof. Christian Gold (University of Bergen)
- 6 March 2025: *SHN practitioner-researcher focus webinar* featuring Taylor Kurta (Wilfrid Laurier University), Liv McLennan (Sounds Better CIC) and Cerys Purser (Warwick, A Singing Town)
- 13 March 2025: *SHN practical & participant focus webinar* featuring Sophie Garner (singer & vocal animateur), Vicky Guise (music therapist & neurologic music therapist) and Liv McLennan (Sounds Better CIC)

### BREATH

- 27 March 2025: *AHRC academic & researcher focus webinar* featuring Dr Adam Lewis (University of Southampton) and Dr Keir Philip (Imperial College London)
- 3 April 2025: *SHN practitioner-researcher focus webinar* featuring Emma Baylin (Shared Harmonies), Helen Hayes (Swell Music CIC) and Ruth Melhuish (Mindsong)
- 10 April 2025: *SHN practical & participant focus webinar* featuring Jackie Craig (Shared Harmonies), Emily Foulkes (Music for Good & Singing for Health Network) and Merel van der Knoop (Long Covid Choirs)

## Summary of Webinars by Theme

### 1. Mental Health & Wellbeing – November 2024

The first webinar focused on singing interventions for postnatal depression, featuring presentations from the SHAPER programme and Breathe Melodies for Mums program. Dr Rebecca Bind and Lorna Greenwood presented findings showing significant reductions in depressive symptoms among mothers participating in singing sessions compared to usual care, and identified sixteen core ingredients for successful implementation (Greenwood et al., 2023). Dr Katie Warran and Calum Smith shared their work implementing singing interventions across Denmark, Romania, and Italy, emphasising cultural adaptation and reporting positive impacts on postpartum depression and social support (Warran et al., 2024).

The second webinar featured Prof. Lauren Stewart presenting the CHIME project, which supports maternal mental health in The Gambia through collaboration with local women's groups (Stewart et al., 2024). Tessa Armstrong shared insights from Voices for Life, a school-based singing program improving children's wellbeing (Armstrong, 2023). Dr Dave Camlin explored the complexity of group singing experiences (Camlin, 2024), while Claire Turner presented research on breathing techniques and their effects on wellbeing, particularly through one-to-one singing sessions for adults with anxiety.

The third webinar showcased several innovative approaches to singing for health. Kat Branch presented the Sing for Happiness project, involving four hundred participants in combined in-person and online sessions. Nicola Wydenbach shared experiences from the Mind and Soul Choir at Maudsley Hospital, highlighting their work with mental health patients. Claire Turner discussed one-on-one breath and voice work for anxiety, while Tessa Armstrong presented the Stardust program for children's emotional learning. Dr Dave Camlin explored group singing as a complex adaptive system, emphasising the importance of considering multiple factors in singing interventions (Camlin, 2024).

The first of two additional single-presentation webinars featured Dr Katarzyna Grebosz-Haring presenting research on singing activities for young people with mental health issues. Her studies examined the effects of singing on cortisol levels, mood, and stress, comparing in-person versus virtual choir singing (Grebosz-Haring, 2022). The research revealed interesting findings about the differential impacts of singing in clinical and school settings, with varying effects on stress reduction and mood improvement among different populations (Grebosz-Haring, 2022).

The second single-presentation webinar featured research by Kat Lord-Watson and Stuart Wilson on their Sing for Wellbeing project in schools (Lord-Watson et al., 2024). Their work, which emerged during the COVID-19 pandemic, demonstrated significant positive effects on mood improvement and flow states among student teachers (Lord-Watson et al., 2024). The research team developed a sophisticated experimental approach comparing singing, rhythmic movement, and control groups, with the ultimate goal of establishing singing as fundamental to education as literacy or numeracy (Lord-Watson et al., 2024).

Throughout the series, common themes emerged including the importance of cultural sensitivity, the need for evidence-based practices, funding challenges, and the value of both group and individual singing interventions. The webinars collectively demonstrated the growing body of evidence supporting singing as a powerful tool for improving mental health and wellbeing across diverse populations and settings.

#### Singing for Mental Health & Wellbeing – insights:

1. Significant Impact on Postnatal Depression: The Melodies for Mums program demonstrated that group singing can significantly reduce depressive symptoms in new mothers experiencing postnatal depression. This was supported by both quantitative and qualitative data, showcasing the program's potential as an effective alternative to traditional treatment options.
2. Cultural Adaptation in Interventions: The SHAPER Project highlighted the importance of cultural context in implementing singing interventions. The project's success in Denmark, Romania, and Italy emphasised that adapting programs to fit cultural nuances can enhance their effectiveness in reducing postpartum depression and increasing social support.
3. Sustainability and Healthcare System Buy-In: For arts and health projects to be sustainable, there is a critical need for buy-in from healthcare systems and evidence-based recognition. This insight underscores the importance of integrating arts-based interventions into mainstream healthcare to secure funding and long-term viability.
4. Positive Impact on Children's Wellbeing: The Voices for Life charity's singing programs in schools demonstrated significant positive impacts on children's mental health, social skills, and school attendance. This insight highlights the potential of singing interventions to support children's overall wellbeing and development.
5. Complexity of Group Singing Experiences: The webinars emphasised the complexity of group singing experiences, noting the need for comprehensive research approaches that consider interpersonal neurobiological mechanisms and the long-term effects of participation in musical communities. This insight calls for a deeper understanding of how group singing influences mental health.
6. Culturally Sensitive Approaches: Designing and implementing singing interventions in diverse communities requires culturally sensitive approaches. The discussions highlighted the importance of working closely with local communities and considering cultural specificities to ensure the success and inclusivity of these programs.

## 2. Voice and Communication – January 2025

In the first webinar Dr Anni Pitkäniemi's research on aphasia patients revealed that singing ability primarily relies on left hemisphere language networks, challenging the assumption that the right hemisphere compensates for singing ability after a stroke (Pitkäniemi et al., 2023). Her studies showed that group singing interventions improved communication abilities, increased social participation, and reduced caregiver burden in aphasia patients (Pitkäniemi et al., 2023). Prof. Frank Russo and Dr Arla Good's Sing Well project, a seven-

year research initiative, studied singing's effects across multiple communication challenges, including aphasia, Parkinson's disease, hearing loss, stuttering, breathing disorders, and language learning. Their research showed significant improvements in vocal quality, pitch range, phonation duration, and reduced vocal tremor in Parkinson's disease patients. For hearing-impaired participants, group singing training improved speech perception in noisy environments and auditory processing (Good & Russo, 2024). The project emphasised the importance of group singing for social bonding and stress reduction.

In the second webinar, Kerry Devlin and Dr Kyurim Kang presented studies on music interventions for Parkinson's disease, including rhythmic auditory stimulation for walking improvement and guitar playing for motor and emotional benefits. Their research highlighted the importance of engaging research stakeholders and translating findings into community practice. Trish Vella-Burrows discussed vocal exercises and techniques for people with Parkinson's disease, emphasising the importance of understanding voice production and rehabilitation. Her work showed both physical and psychological benefits, including reduced stigma and improved social support (Vella-Burrows et al., 2023). Rebecca Moseley-Morgan's research on maintaining vocal function in mature female singers challenged assumptions about age-related decline (Moseley-Morgan, 2022). Her study showed that proper technique and regular practice could maintain or improve vocal abilities (Moseley-Morgan, 2022).

In the second webinar, Caitlin Hebb presented clinical approaches to treating communication disorders through music, emphasising the importance of breaking down complex vocal tasks into manageable components. Rachel Hynes shared her experience working with various conditions, including Parkinson's, dementia, and Long COVID. Her practical session included breathing exercises and vocal techniques to enhance therapeutic benefits. Trish Vella-Burrows presented frameworks for singing in Parkinson's treatment, developed through the Sing to Beat Parkinson's program (Vella-Burrows et al., 2023). Her presentation emphasised evidence-based practice and systematic approaches. Dilys, a Parkinson's patient, shared her personal testimony about the benefits of singing sessions for her symptoms and overall wellbeing.

The sessions highlighted the multifaceted impact of singing on communication functions, psychological wellbeing, social participation, and potential neuroplastic changes in the brain. They emphasised the importance of group singing for cost-effective support, the need for accreditation programs for singing group leaders, and the potential role of regular singing in preventing age-related communication decline.

Voice and Communication – insights:

1. Left Hemisphere Dominance in Singing for Aphasia Patients: Dr Anni Pitkaniemi's research shows that singing ability in aphasia patients primarily relies on left hemisphere language networks, challenging the assumption that the right hemisphere compensates for singing ability after a stroke.
2. Group Singing's Multifaceted Benefits: The Sing Well project demonstrates that group singing interventions improve communication abilities, vocal quality, pitch range, phonation duration, and reduce vocal tremor in Parkinson's disease

patients. It also enhances speech perception in noisy environments for hearing-impaired participants and emphasises social bonding and stress reduction.

3. Music Interventions for Parkinson's Disease: Kerry Devlin and Dr Kyurim Kang's research highlights the benefits of rhythmic auditory stimulation for walking improvement and guitar playing for motor and emotional benefits in Parkinson's disease patients.
4. Maintaining Vocal Function in Mature Female Singers: Rebecca Moseley-Morgan's research shows that with proper technique and regular practice, mature female singers can maintain or even improve their vocal abilities, challenging assumptions about age-related vocal decline.
5. Breaking Down Complex Vocal Tasks for Therapeutic Benefits: Caitlin Hebb's clinical approaches emphasise breaking down complex vocal tasks into manageable components, allowing patients to build skills progressively and improve speech fluency and articulation.
6. Personal Testimonies Highlighting the Benefits of Singing: Personal testimonies, such as that of Dilys, a Parkinson's patient, provide compelling evidence of the benefits of singing sessions for symptom improvement and overall wellbeing.

### 3. Cognitive Benefits – February-March 2025

The first webinar focused on singing interventions for dementia. Dr Linda O'Raw and Dr Becky Dowson presented their PRESIDE study from the UK, which despite recruitment challenges showed significant improvements in participants' wellbeing and social engagement (O'Raw et al., 2024). Prof. Christian Gold shared findings from the extensive MIDDEL study, a multinational trial comparing group music therapy and recreational choir singing across six countries, revealing varying effectiveness across different cultural contexts and demonstrating that twice-weekly sessions were more beneficial than weekly ones (Gold et al., 2022).

The second webinar showcased three innovative approaches to singing and health research. Cerys Purser presented the Warwick: A Singing Town project, an intergenerational initiative transforming community singing opportunities. Taylor Kurta, a music therapist from Toronto, challenged traditional approaches in music therapy research for people with dementia, emphasising the value creative expression and community alongside cognitive improvement. Liv McLennan introduced groundbreaking research methods, including "method braiding," which combines traditional approaches with creative techniques like using Playmobil figures and stop-motion animation (McLennan et al., 2023).

The third webinar featured three experienced practitioners. Liv McLennan returned to discuss supporting personhood through creative music-making for people with dementia, drawing on Tom Kitwood and Kathleen Breeden's pioneering work (McLennan et al., 2023). Vicky Guise, a neurologic music therapist, explained how singing supports cognitive rehabilitation after brain injury, introducing specific techniques like Musical Mnemonics Training (Guise, 2023). Sophie Garner shared her experience working with brain injury

patients at Headway, demonstrating the power of songwriting and emotional expression through music.

Throughout the sessions, several key themes emerged:

- The importance of combining quantitative and qualitative research approaches
- The need to consider cultural and practical factors in implementing singing interventions
- The value of creative and playful approaches to research methodology
- The significance of supporting both cognitive function and emotional well-being through singing
- The role of singing in building community connections and social engagement

The sessions demonstrated the field's evolution toward more sophisticated and nuanced approaches to understanding singing's impact on cognitive development, while emphasising the importance of ongoing research, professional development, and collaboration in advancing the field of singing for health.

Cognitive Benefits of Singing – insights:

1. Personalised Impact: Singing can significantly enhance the quality of life for dementia patients, as seen in the PRESIDE study where a participant with aggressive behaviour showed improvement during singing sessions.
2. Cultural Variability: The MIDDEL study found that the benefits of choir singing in reducing depression symptoms varied between countries, highlighting the need to consider cultural differences in interventions.
3. Intergenerational Benefits: The Warwick Singing Town Project showed that intergenerational singing programs foster meaningful connections and enhance social engagement.
4. Challenging Stigma: Taylor Kurta's project involved people with dementia in creating songs about their experiences, challenging societal stigma and showcasing their creativity.
5. Creative Research Methods: Liv McLennan's "method braiding" combines traditional research with innovative techniques, offering new ways to understand the impact of musical practices.
6. Cognitive Rehabilitation: Vicky Guise's research demonstrated that singing and musical activities support cognitive rehabilitation by activating multiple brain areas and strengthening connections between hemispheres.

#### 4. Breath – March-April 2025

The Breath theme demonstrated the evolution and growing evidence base for using singing as a therapeutic intervention for respiratory health.

The first webinar featured respiratory experts Dr. Keir Philip and Dr. Adam Lewis presenting research evidence from multiple clinical trials (Philip et al., 2023). Key findings included physiological benefits comparable to moderate exercise, with singing sessions increasing oxygen consumption and heart rate similar to walking at 4-6km per hour (Philip

et al., 2023). The SHIELD trial and ENO (English National Opera) Breathe program showed significant improvements in both face-to-face and online settings (Philip et al., 2023). International studies from China and Brazil demonstrated benefits including improved depression scores and enhanced respiratory function. The session also highlighted cultural adaptations in Uganda and Kyrgyzstan, showing how singing interventions could be effectively adapted to local contexts while maintaining therapeutic benefits.

The second webinar showcased three UK practitioners-researchers' experiences implementing singing for health programs. Emma Baylin's Shared Harmonies program for Long Covid patients demonstrated innovative approaches combining breathing techniques with peer support (Baylin, 2024). Helen Hayes's work in East Suffolk illustrated the challenges and opportunities of delivering services in rural areas with limited resources. Ruth Melhuish's Mindsong program, partnering with the NHS, showed remarkable outcomes including a 25% reduction in acute hospital admissions and 33% reduction in emergency department attendance (Melhuish & Bunt, 2023). Their experiences highlighted the importance of evaluation methods evolving from clinical measures to more holistic, person-centred approaches.

The third webinar featured three practitioners working in different geographical contexts. Merel van der Knoop's Long Covid Choir patients showed how digital delivery could effectively support those isolated by illness. Jackie Craig's Yorkshire-based program through Shared Harmonies combined breathing exercises with peer support, emphasising scientific understanding of breathing techniques. Emily Foulkes's Annella programme in Cornwall demonstrated success with various respiratory conditions through a structured approach incorporating therapeutic sounds, guided relaxation and movement. Guest participants from each of the groups gave important insights into the outcomes of the work for their breathing, along with numerous wider benefits.

Common themes emerged across all sessions:

- The contrast between clinical healthcare settings and more welcoming, community-based singing groups
- The importance of peer support and social connections
- The need for flexible, personalised approaches
- The balance between standardisation for research purposes and maintaining creative, engaging experiences.

The series documented significant impacts on both physical health (improved breathing control, reduced inhaler dependency) and mental wellbeing (reduced isolation, increased confidence).

Challenges discussed included geographical limitations of service provision, funding sustainability, and the need for standardised evidence to secure healthcare system integration. The success of online delivery during the pandemic demonstrated potential for wider access, though possibly at the cost of some in-person benefits. The series highlighted the field's evolution from novel intervention to increasingly recognised healthcare approach, while identifying areas for future research, including comparing different intervention types and understanding mechanisms of action.



## Singing and Breath – insights:

1. **Holistic Health Benefits:** The webinar series highlighted that singing interventions align well with the World Health Organisation's holistic definition of health, which encompasses physical, mental, and social well-being. This suggests that singing can be a comprehensive approach to improving overall health, not just respiratory conditions.
2. **Physiological Impact:** Research presented in the webinars demonstrated that singing sessions can increase oxygen consumption, carbon dioxide production, and heart rate to levels comparable to walking at 4-6 km per hour. This provides robust evidence that singing has significant physical benefits, making it a viable alternative or complement to traditional exercise.
3. **Cultural Adaptations:** The success of singing interventions in different cultural contexts, such as Uganda and Kyrgyzstan, underscores the importance of cultural sensitivity and relevance in health interventions. Adapting programs to incorporate local musical traditions and cultural contexts can enhance their effectiveness and acceptance.
4. **Mental Health Improvements:** The ENO Breathe program, specifically designed for Long COVID patients, showed significant improvements in mental health outcomes and breathlessness management. This indicates that singing interventions can be particularly beneficial for individuals dealing with long-term health conditions and associated mental health challenges.
5. **Integration into Healthcare Systems:** One of the major challenges discussed was the need for standardised evidence and guidelines to integrate singing interventions into national health services. This highlights the importance of rigorous research and consistent protocols to gain acceptance and funding within formal healthcare systems.
6. **Community and Social Support:** The role of social connections and community building was emphasised as crucial in the effectiveness of singing interventions. The non-clinical, supportive environment of singing groups can reduce isolation, improve mental health, and foster a sense of community among participants.

## Summary of Key Learnings

### 1. Research Evidence and Methodology

- Multiple large-scale trials demonstrated singing's effectiveness for various health conditions
- Studies employed rigorous methods including RCTs and mixed-method approaches
- New research tools included biomarker analysis, neuroimaging, and creative evaluation methods
- Recognition of singing as a complex adaptive system which requires an evolution from traditional research approaches

### 2. Implementation Insights

- Importance of cultural adaptation and sensitivity in program design
- Need for safe, inclusive environments allowing varied participation levels
- Value of both structured clinical interventions and informal social connections
- Success of hybrid delivery models combining in-person and online sessions
- Critical role of skilled facilitation and practitioner training

### 3. Effective Practices

- Personalised approaches addressing individual needs and capabilities
- Integration of evidence-based techniques with creative engagement
- Balance between therapeutic goals and enjoyable social experiences
- Regular evaluation using both quantitative and qualitative measures
- Ongoing professional development and supervision for practitioners
- Importance of involving practitioners and participants at research design stage

### 4. Sustainability Considerations

- Various funding models from NHS partnerships to social prescribing
- Importance of demonstrating value through robust evidence
- Need for standardised guidelines while maintaining flexibility
- Benefits of collaboration between healthcare and community sectors
- Development of accreditation programs and professional standards

### 5. Future Directions

- Expanding research into mechanisms of action
- Developing standardised protocols for different populations
- Creating sustainable funding and implementation models
- Building international networks and knowledge sharing
- Integrating singing interventions into mainstream healthcare

### 6. Cross-Cutting Themes

- Universal appeal and adaptability of singing interventions
- Importance of both clinical outcomes and social benefits
- Value of interdisciplinary collaboration and knowledge exchange
- Need for continued research and evidence development
- Potential for systemic change in healthcare and education settings

## Insights into the Benefits of Singing for Health

1. Physical Benefits:
  - Improved breath control and reduced breathlessness
  - Increased physical stamina and energy levels
  - Better management of respiratory symptoms
  - Reduced GP visits and medical needs
2. Mental & Emotional Benefits:
  - Enhanced feelings of self-worth and acceptance
  - Increased hope and positive outlook
  - Improved mental wellbeing through peer support
  - Reduced isolation through group participation
3. Self-Management Benefits:
  - Better understanding of breathing techniques and self-care practices
  - Increased ability to incorporate self-care routines
  - Improved pacing and symptom management
  - Tools for managing breathlessness in daily activities
4. Social & Community Benefits:
  - Peer support and shared experiences
  - Group facilitation helping lifestyle changes
  - Community connections and reduced isolation
  - Pathways to ongoing singing activities
5. Program Design Elements Contributing to Benefits:
  - Combination of singing, breathing techniques and facilitated discussion
  - Adaptation for different health conditions and energy levels
  - Integration of mindfulness and relaxation practices
  - Focus on both physical techniques and emotional support
6. Structured progression over multi-week programs
  - Online and in-person delivery options
  - The evidence suggests singing interventions can provide comprehensive benefits spanning physical health, mental wellbeing, self-management skills and social connection when thoughtfully designed and facilitated.

## Insights from Participants

### Maternal Mental Health Benefits:

- Mothers experiencing postnatal depression showed significant improvements in symptoms through group singing - *"I don't know if a discussion group would have helped me at that time, because sometimes when I'm in psychotherapy groups, I feel less than others. Instead, having an activity to do together allowed me to be on equal footing and then slowly to tell my story."*

### Child/Youth Benefits:

- *"Voices for life has provided a safe and nurturing environment for my 7-year-old boy, who has experienced significant trauma and severe child abuse. Through music, he has found a way to connect with others and build confidence."*

### Breath and Voice Connection:

- Participants reported increased relaxation and calm after sessions
- Improved awareness of respiratory patterns and tensions
- Changes in relationship towards voice *"appeared to move towards greater joy and compassion and authenticity"*

### Social Connection Benefits:

- Group singing helps combat isolation – *"It's about offering a group activity at a time when isolation is one of the worst enemies"*
- Participants valued the communal aspects of singing together - *"I think the communal singing aspect made me feel relaxed. It made me feel calm. There's something about singing, especially when you're doing it as a group in a round, you really have to focus on what you're doing. So it put my head in a different space and helped me switch off from other negative thoughts or anxieties."*

### Mother-Child Bonding:

- Singing facilitates connection between mothers and babies - *"When I talked to my daughter back in the day, sometimes she wouldn't look at me or make eye contact, which made me nervous. And as soon as I went to Breathe Melodies for Mums, and then I sang at home with her, she could make eye contact...and that was amazing."*

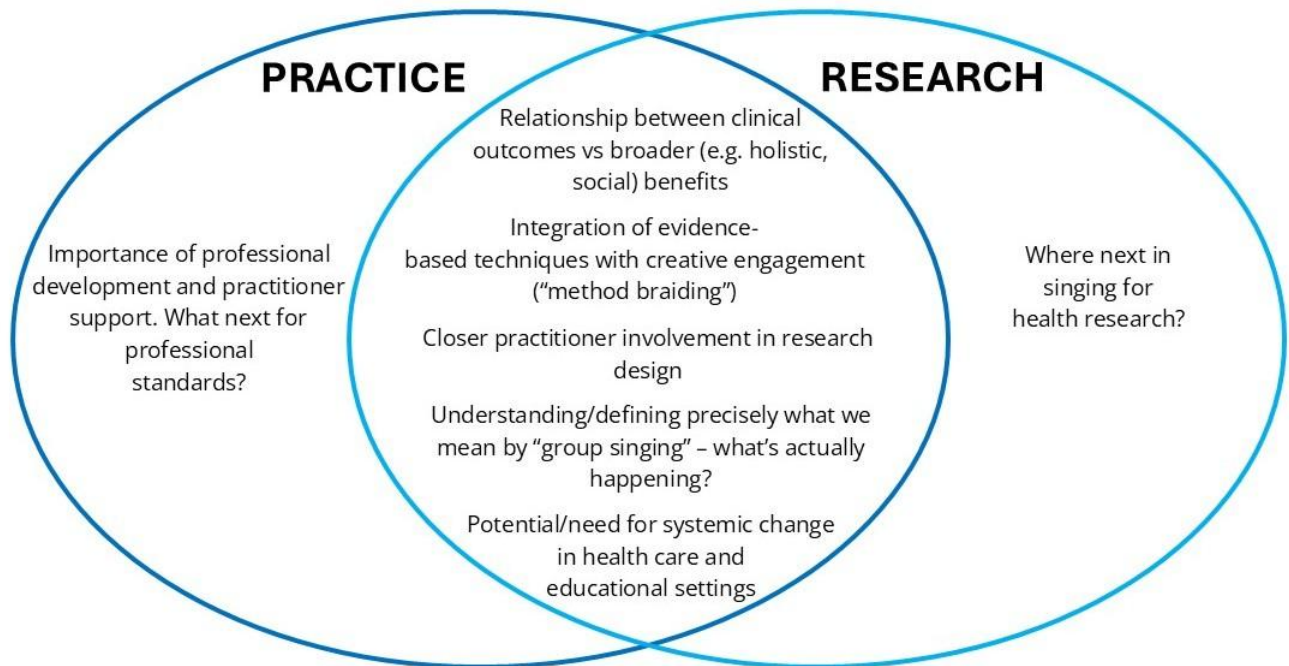
### Spiritual and Environmental Connection:

- Participants reported spiritual and wellbeing dimensions to singing, especially when singing outdoors
- Singing created sense of connection with place and community

Participants quoted in the SHRP evidenced multiple interconnected benefits from singing interventions - from direct mental health improvements to enhanced social connections, improved relationships, and spiritual wellbeing. The participant voices emphasise how singing provides an accessible, enjoyable way to support health and wellbeing across different populations and contexts.

## Summary of Emerging Themes from the SHRP London Symposium – April 2025

An in-person symposium at the Royal College of Music reviewed the SHRP and considered what next for Singing for Health practice and research. The following summarises the emerging themes, and highlights the ongoing importance of connectivity between practice and research:



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