



MNPM7013 Capstone

# Exploring the Mental Health of Performing Musicians in Hong Kong and Identifying How NPOs Can Intervene

By Project H

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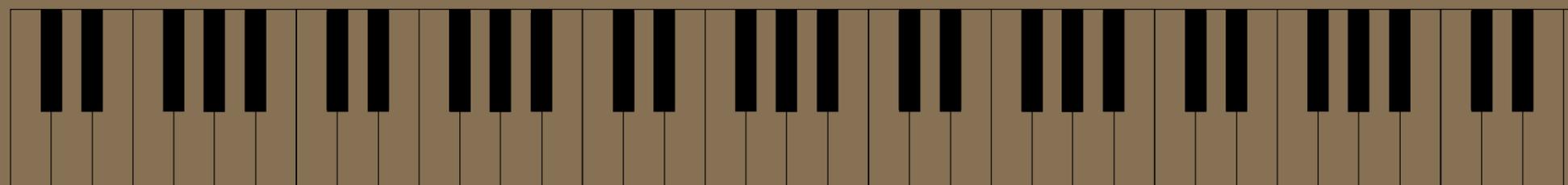
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# Research Topic:

*Exploring the Mental Health of Performing Musicians in Hong Kong and Identifying How NPOs Can Intervene.*



# Research Question:

*What are the risk and protective factors for mental health issues affecting musicians in Hong Kong?*

# Four Key Themes Of The Research Journey

## HOPE

Driven by the belief that we can make a positive impact on the mental health of performing musicians.

## HAZARD

Highlighted some key factors that affect the mental health of musicians to conduct the survey.

## HEALING

Explored various healing approaches adopted by local NPOs through in-depth interviews.

## HELP

Designed a board game to help improve the mental wellbeing of the musicians who participated in the survey.



## **I. RESEARCH PURPOSE**

Why musicians

## **II. LITERATURE REVIEW & ANALYTICAL FRAMEWORK**

Dual continua model; NPOs intervention model; Research Roadmap

## **III. QUESTIONNAIRE**

Methodology; 2 independent variables; 3+2 dependent variables  
Findings and discussions; Limitations & further study

## **IV. INTERVIEW**

The methodology; Findings and discussion  
Limitations & further study

## **V. SUGGESTION & FURTHER RESEARCH**

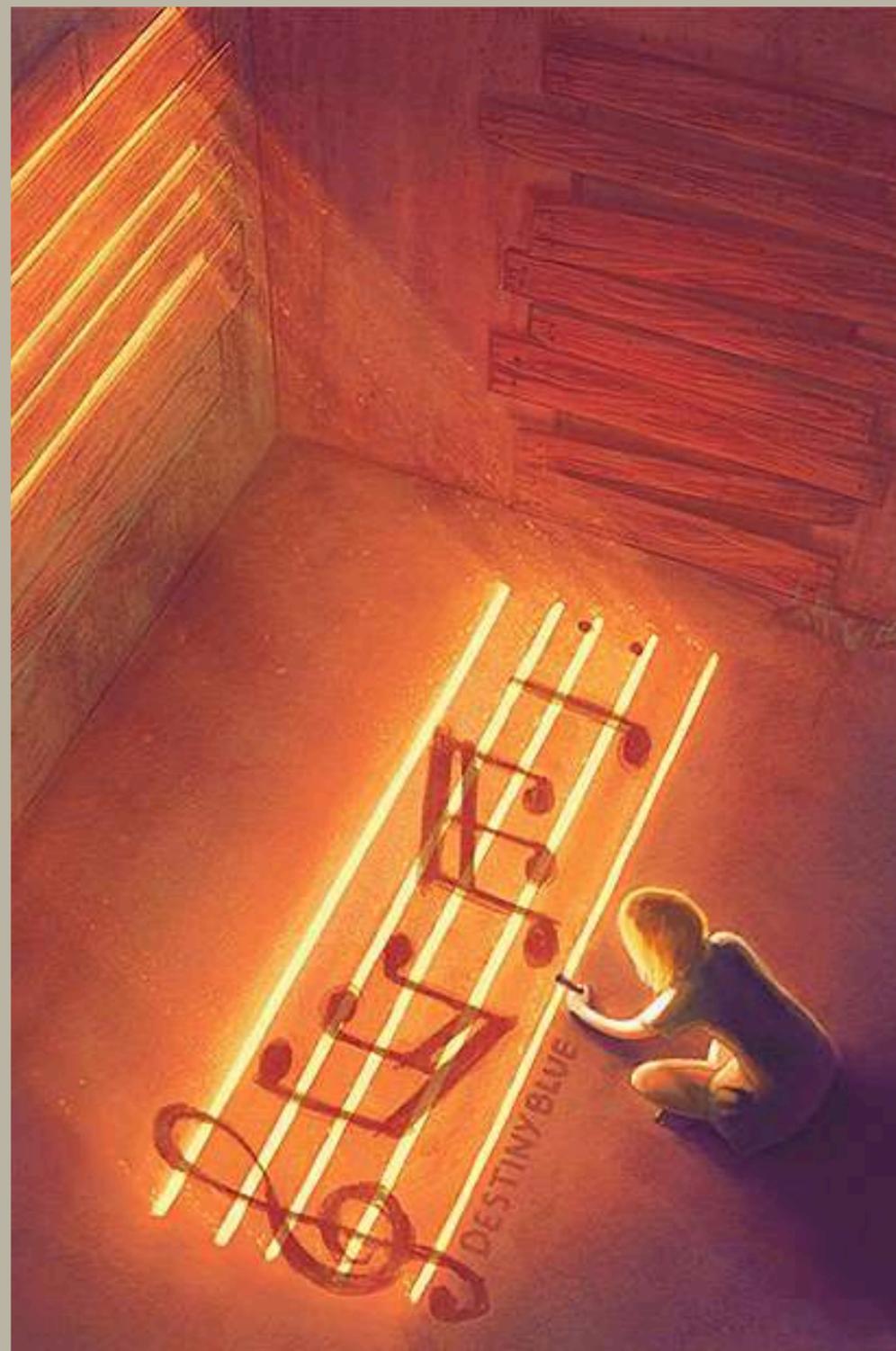
Implications and Recommendations

## **VI. FINAL DELIVERABLE**

Transformation game

## **VII. REFERENCE**

# HOPE



Everything begins  
with hope...

**RESEARCH PURPOSE,  
LITERATURE REVIEW &  
ANALYTICAL FRAMEWORK**

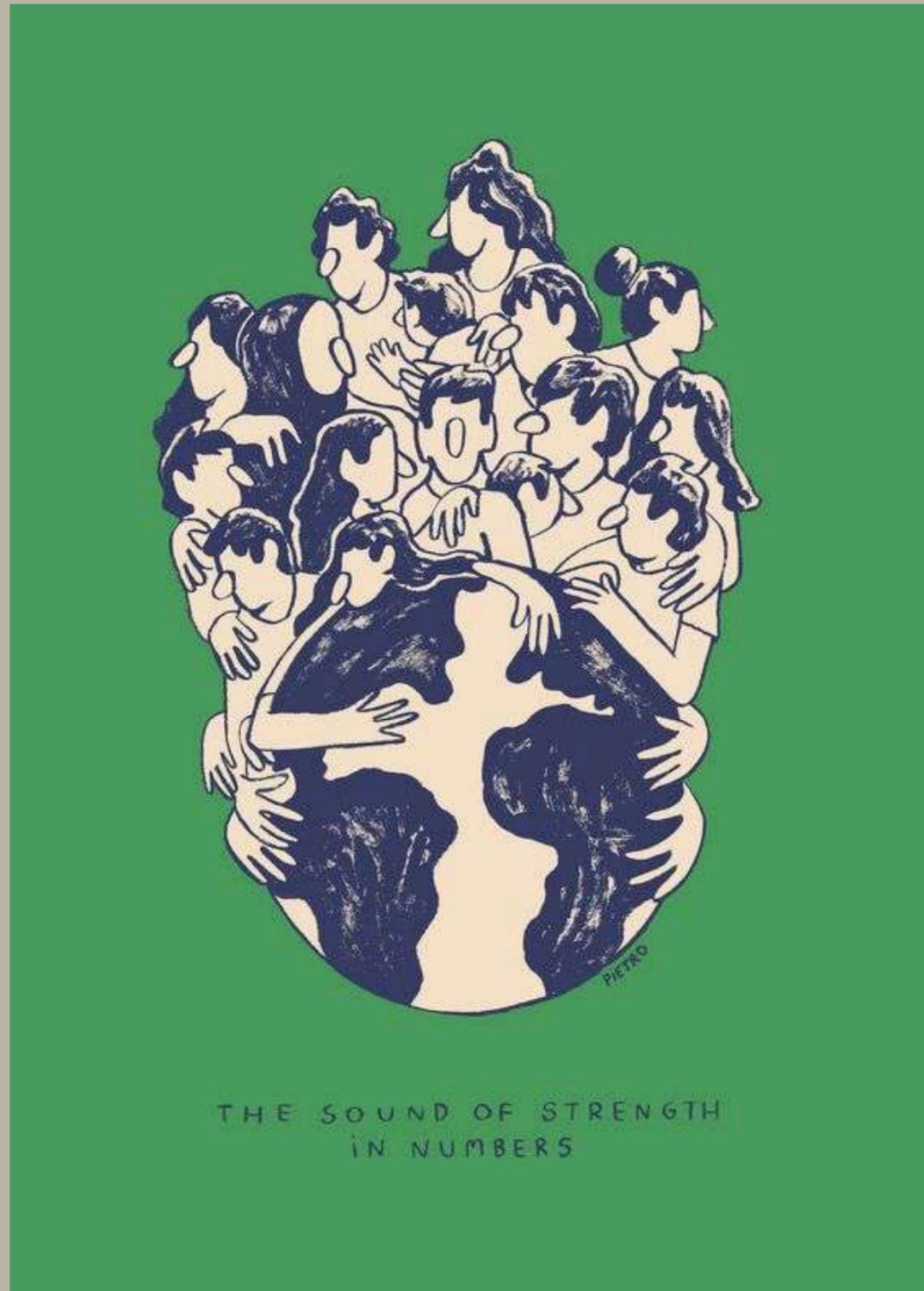
# Our Research Purpose

“

*The core value of the the nonprofit sector recognizes that everyone faces some form of disadvantage, whether it's related to race, gender, sexual orientation, or mental health. By helping others, we also help ourselves and contribute to a better society. This is the essence of philanthropy in our complex world.*

”

Our hope is to help performing musicians identify the risk and protective factors affecting their mental health. By doing so, we aim to support not only the musicians but also ourselves and our community.



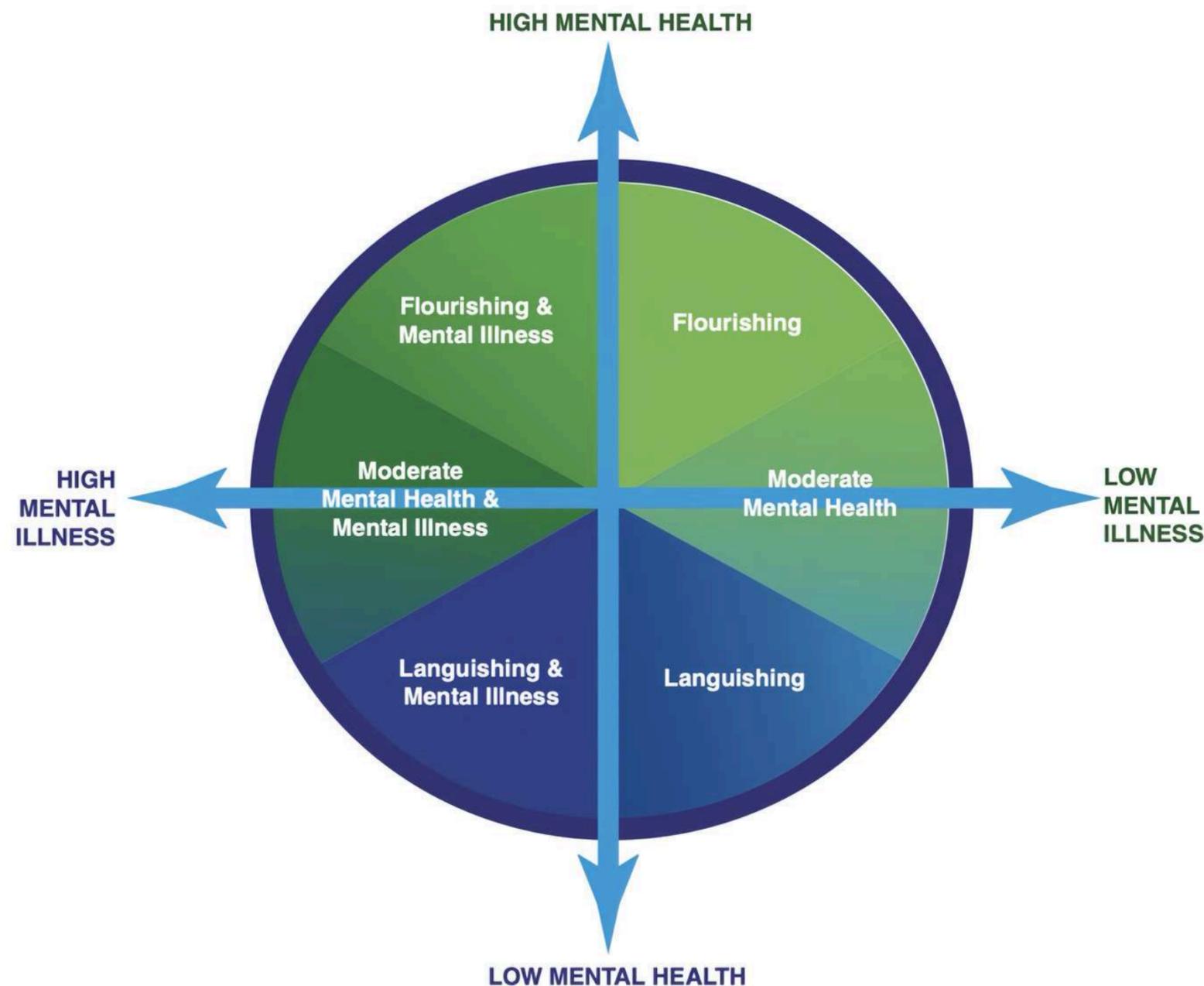
# Why Musicians?

*Musicians are pioneers: creative and sensational but also **vulnerable**; their production reflects their time and influences our history, society, culture, and daily life, and continues to **positively influence the public**.*

*Musicians, as a group of music creators with a sense of mission to music, often **do not receive the same attention for their mental health and well-being** (St George, Holbrook, and Cantwell, 2014).*

“Music heals,” who heals the Musicians?

# Dual Continua Model



The Dual-continua Model of Mental Health (Mjøsund, 2021)

- **Mental illness** and **mental well-being** are potentially related but essentially **distinct dimensions of mental health**.

- 3 status of individuals under well-being and functioning (Keyes, 2002):

(1) **Flourish in life** (i.e., those who experience a state of optimal well-being and functioning)

(2) **Moderate mental health** (i.e., neither flourishing nor languishing)

(3) **Languish in life** (i.e., those who experience a distinct absence of well-being and functioning)

- *Combining the mental illness and mental well-being dimensions results in six distinct types of mental health*
- *People with mental illness can experience good or moderate mental well-being.*
- *Cultural NPOs or peer groups can play a crucial role in improving mental well-being for those in need.*

# NPO Intervention Model

## (1) Telephone Helplines

- Offering **immediate** and **anonymous support** to those who are in **urgent need** and **considerable distress** but may not otherwise engage with in-person services, **regardless of time or location**.

## (2) Prevention through practice

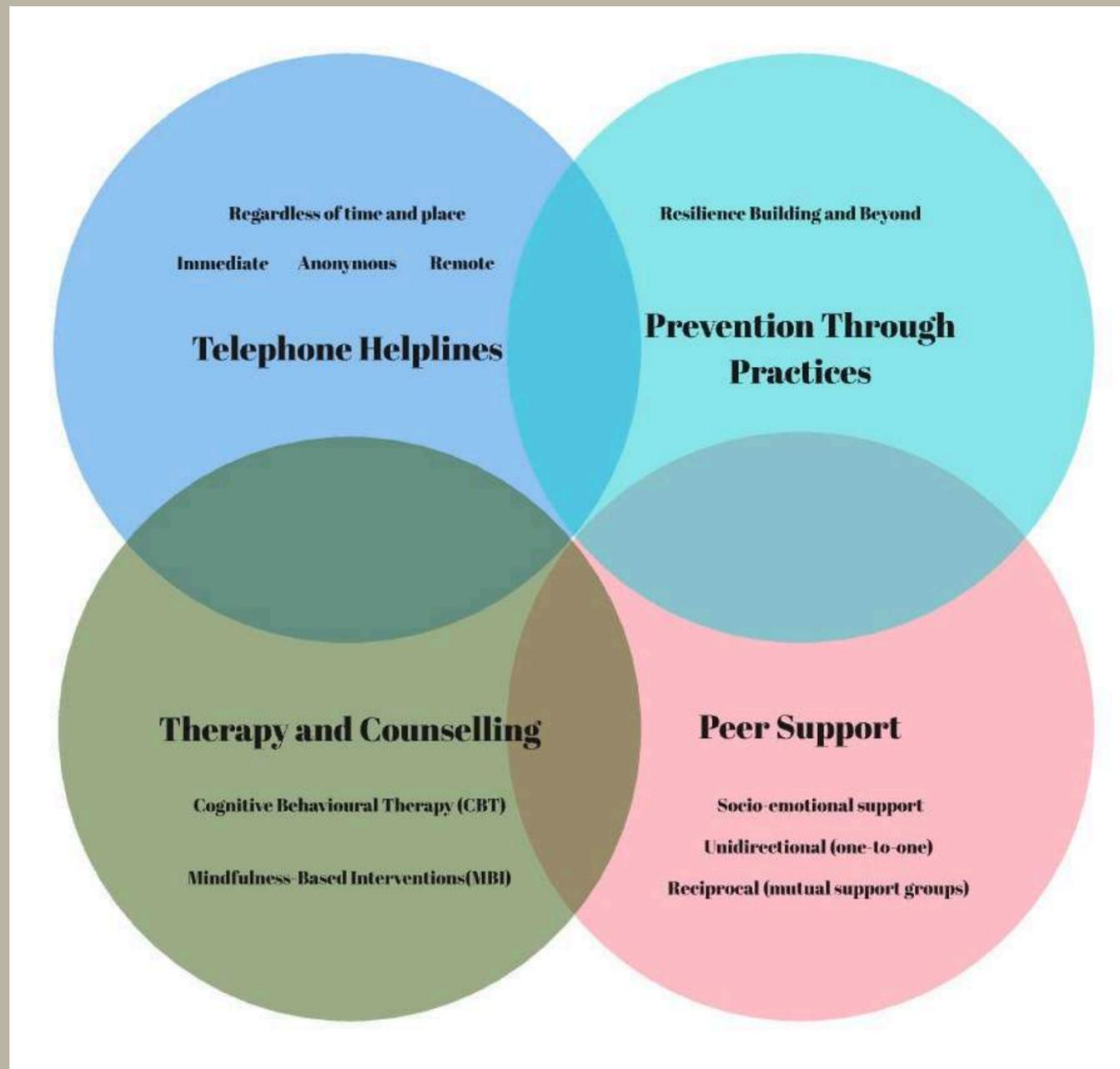
- Prevention through practices such as mentorship, coaching or training to **build resilience**.

## (3) Therapy and counseling

- Use CBT, MBI and other methods for treatment.

## (4) Peer Support

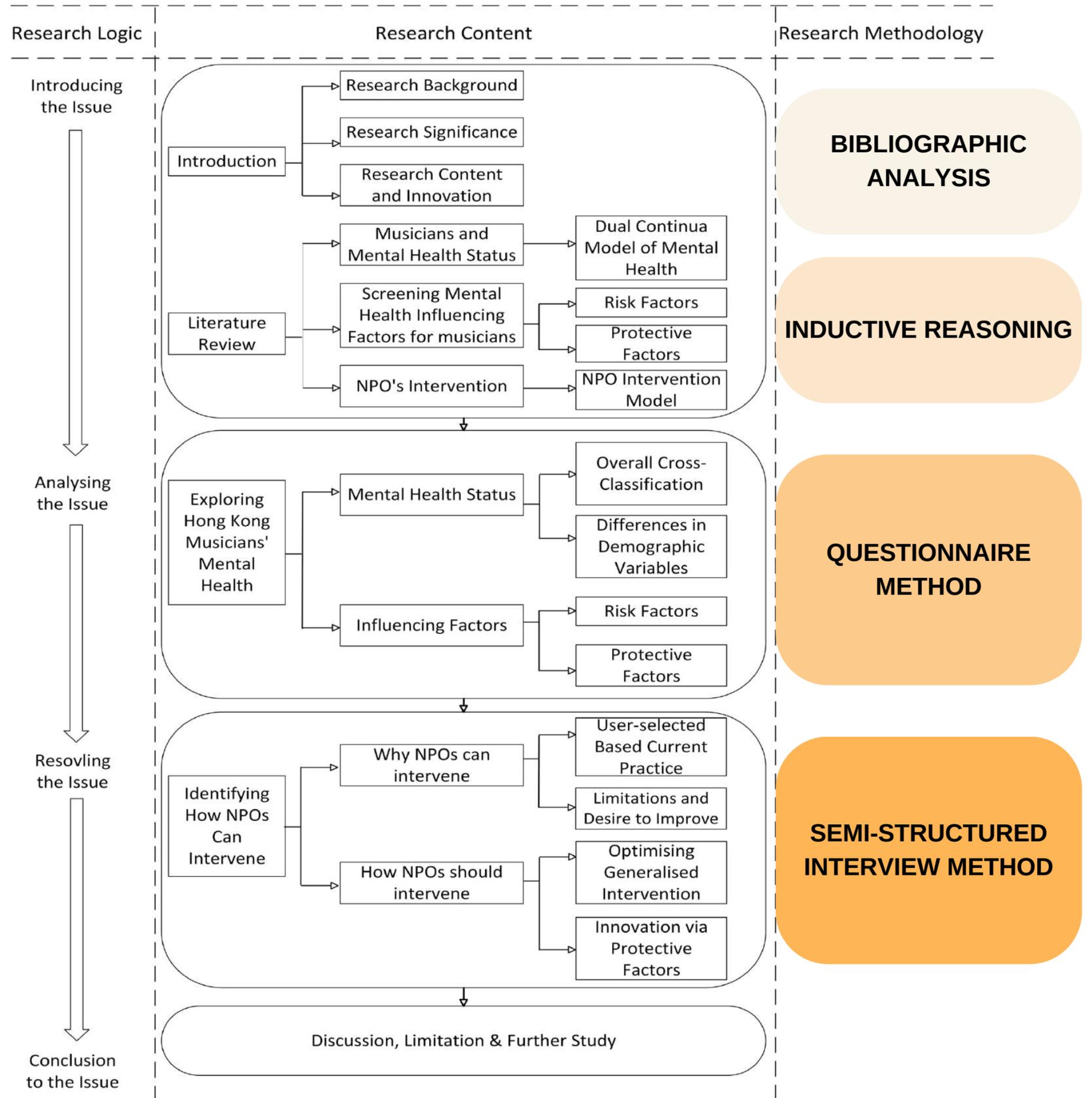
- Can be **unidirectional (one-to-one)** or **reciprocal (mutual support groups)**
- A supportive space for participants to share experiences and gain the **benefits of understanding, validation and support**



(Musgrave, Gross & Carney, 2024)

These models are not mutually exclusive.

# RESEARCH ROADMAP



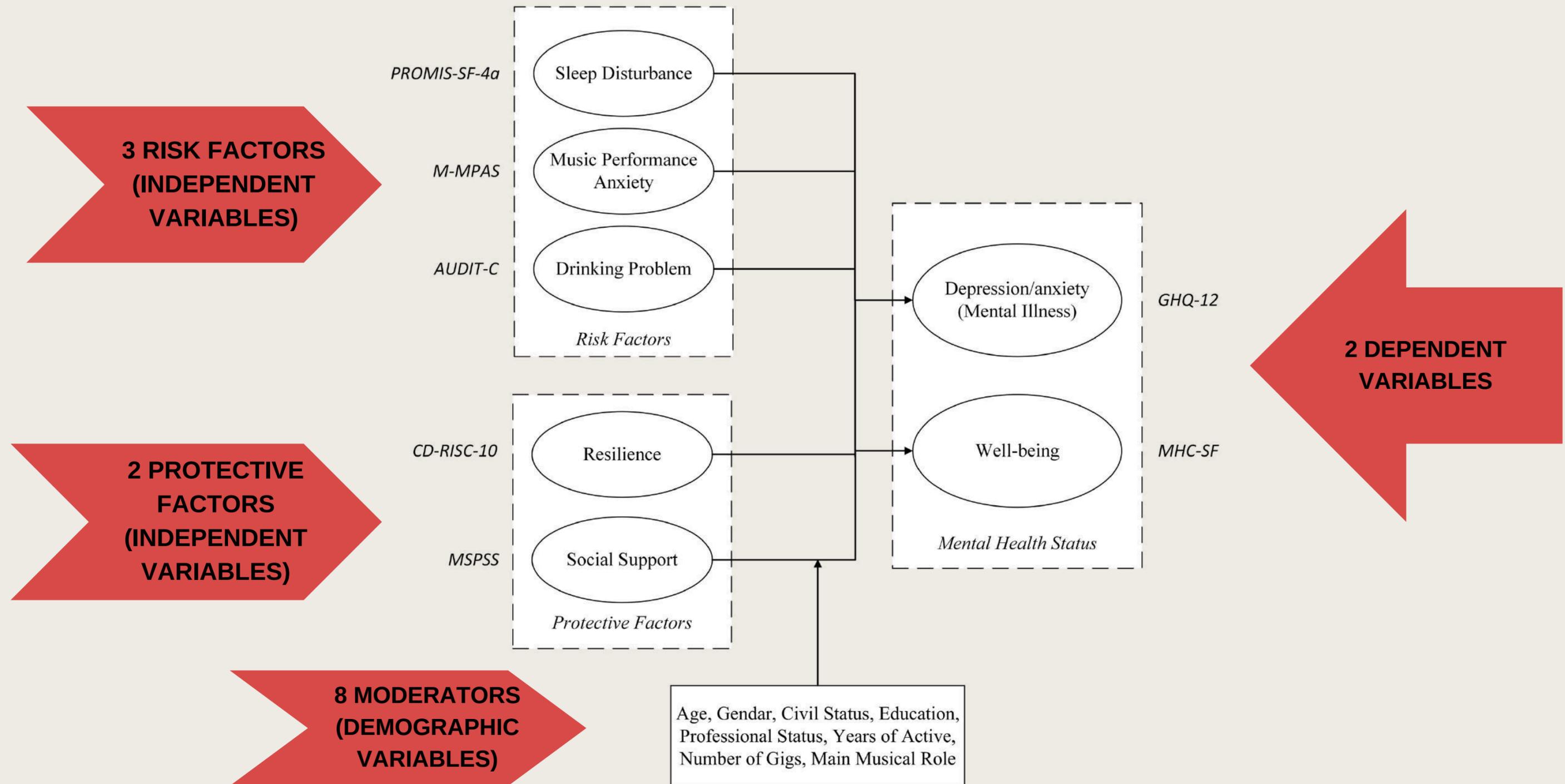
# HAZARD



Highlight key  
predictors

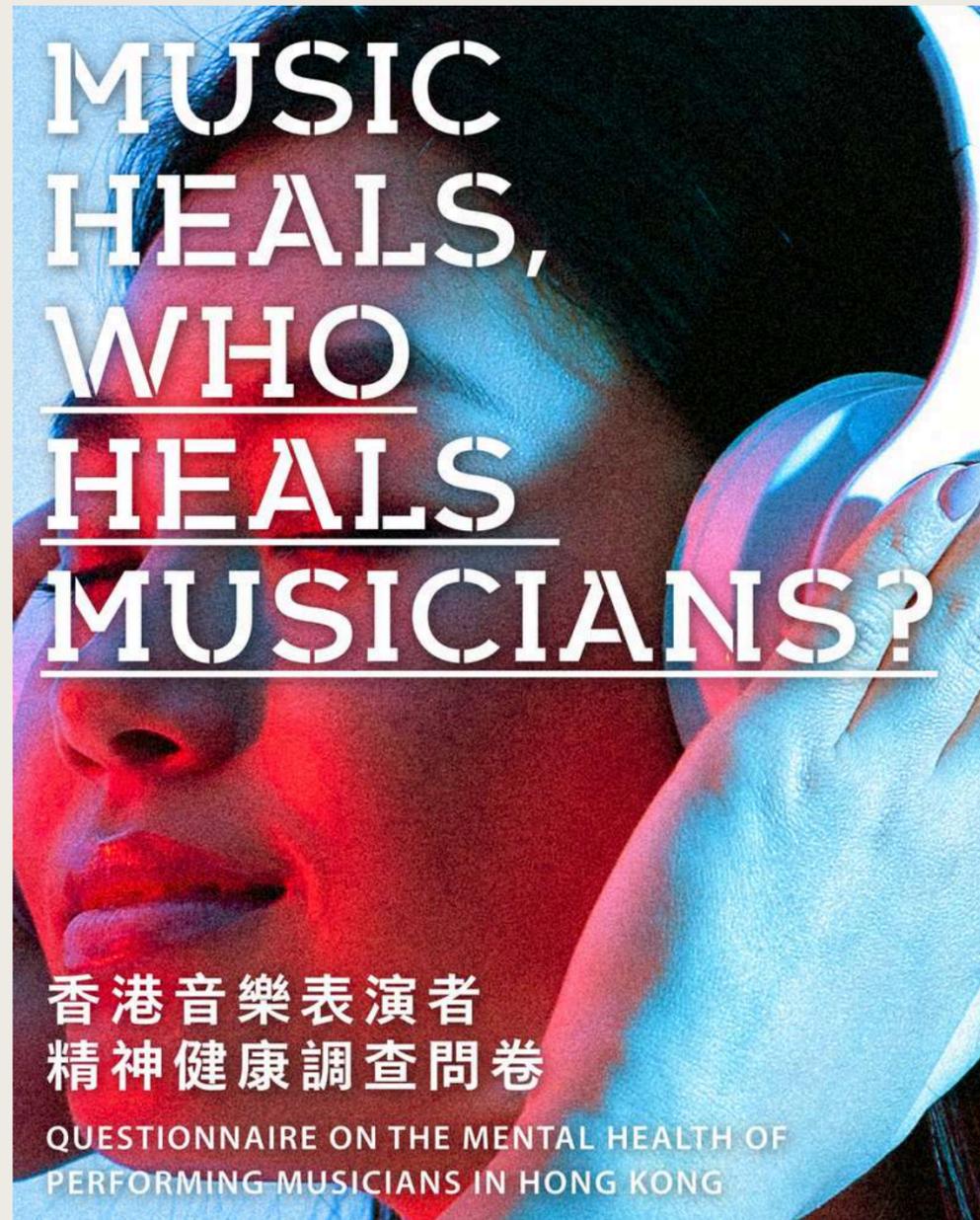
**SURVEY (METHODOLOGY;  
INDEPENDENT DEPENDENT  
VARIABLES)  
FINDINGS AND CONCLUSION  
LIMITATIONS & FURTHER STUDY**

# Research Methodology Mixed-method Stage 1: Quantitative



# Research Methodology

## Mixed-method Stage 1: Quantitative



Risk Factors

Sleeping Disturbance

Music Performance Anxiety

Drinking Problem

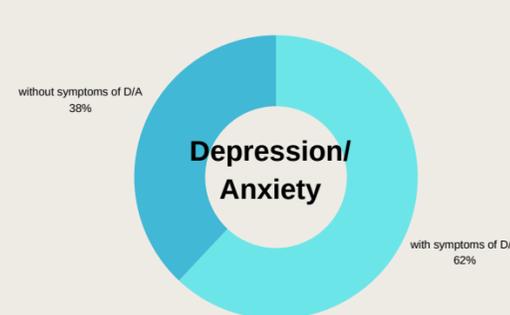
Protective Factors

Resilience

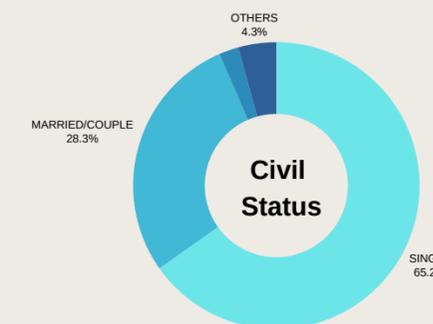
Social Support

95%

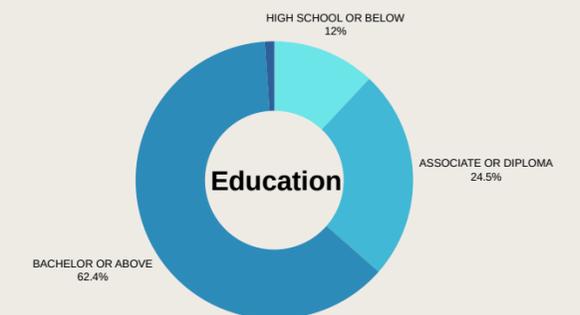
193 samples were received, 184 were valid



62% are unhappy



65% are single



63% are well-educated

# Research Methodology **Mixed-method Stage 2: Qualitative**



## **Semi-structured interview**

### **Interviewees:**

New Life / Kusala Education



### **Setting:**

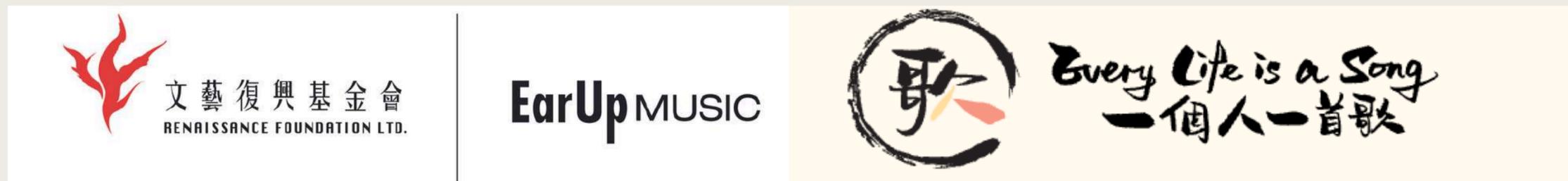
1-2 hrs / In-person & Video call  
14 Questions divided into 3 parts

### **Analysis:**

Content Analysis

[https://drive.google.com/file/d/1HT5aS7fgQHmFFpoZfT\\_61VMQ4RTPV2\\_/view?usp=sharing](https://drive.google.com/file/d/1HT5aS7fgQHmFFpoZfT_61VMQ4RTPV2_/view?usp=sharing)

### **Partner organizations:**



# Questionnaire Findings - 1

**Table 1. Participant Demographics**

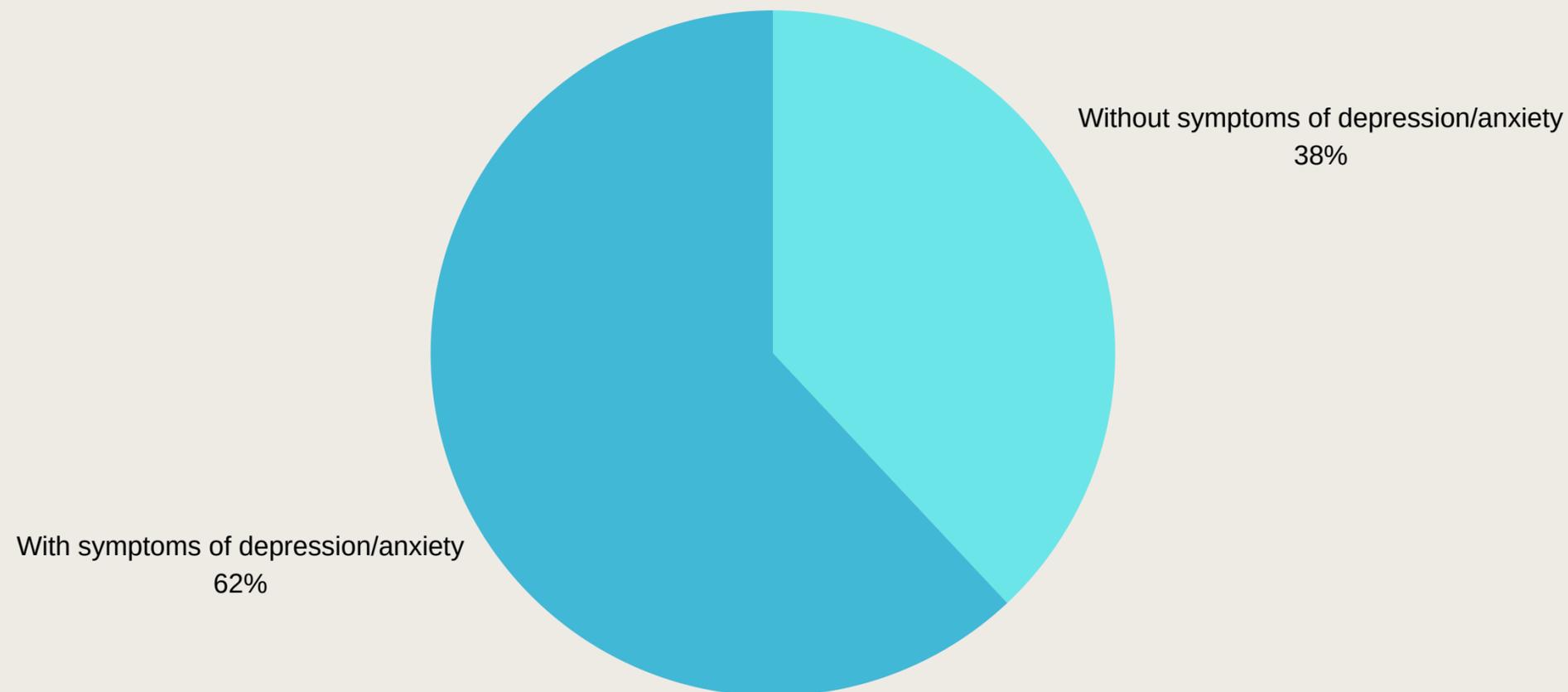
	<b>Total</b>	<b>Professional</b>	<b>Semi-professional</b>		<b>Total</b>	<b>Professional</b>	<b>Semi-professional</b>
<b>n</b>	184	55	129	<b>Education (%)</b>			
<b>Gender (%)</b>				High school or below	22 (12.0%)	5 (9.1%)	17 (13.2%)
Male	95 (51.6%)	32 (58.2%)	63 (48.8%)	Associate or diploma	45 (24.5%)	13 (23.6%)	32 (24.8%)
Female	88 (47.8%)	23 (41.8%)	65 (50.4%)	Bachelor or above	115 (62.5%)	37 (67.3%)	78 (60.5%)
Non-binary	1 (0.5%)	0 (0.0%)	1 (0.8%)	Others	2 (1.1%)	0 (0.0%)	2 (1.6%)
<b>Age (%)</b>				<b>Civil status (%)</b>			
18-25	40 (21.7%)	7 (12.7%)	33 (25.6%)	Single	120 (65.2%)	29 (52.7%)	91 (70.5%)
26-40	111 (60.3%)	33 (60.0%)	78 (60.5%)	Married/couple	52 (28.3%)	22 (40.0%)	30 (23.3%)
41-55	29 (15.8%)	12 (21.8%)	17 (13.2%)	Separated/divorced	4 (2.2%)	2 (3.6%)	2 (1.6%)
56 or above	4 (2.2%)	3 (5.5%)	1 (0.8%)	Others	8 (4.3%)	2 (3.6%)	6 (4.7%)
<b>Years active (%)</b>				<b>Main musical role (%)</b>			
Less than 2 years	42 (22.8%)	5 (9.1%)	37 (28.7%)	Instrumentalist	79 (42.9%)	37 (66.1%)	41 (31.8%)
2-5 years	57 (31.0%)	13 (23.6%)	44 (34.1%)	Vocalist	41 (22.3%)	6 (10.7%)	35 (27.1%)
6-10 years	35 (19.0%)	13 (23.6%)	22 (17.1%)	Do both	64 (34.8%)	13 (23.2%)	53 (41.1%)
11-19 years	26 (14.1%)	11 (20.0%)	15 (11.6%)	<b>Gigs in past 3 months (%)</b>			
More than 20 years	24 (13.0%)	13 (23.6%)	11 (8.5%)	Less than 2	79 (42.9%)	10 (18.2%)	69 (53.5%)
				3-6	67 (36.4%)	24 (43.6%)	43 (33.3%)
				7-12	23 (12.5%)	10 (18.2%)	13 (10.1%)
				13-19	6 (3.3%)	5 (9.1%)	1 (0.8%)
				More than 20	9 (4.9%)	6 (10.9%)	3 (2.3%)

# Questionnaire Findings - 2

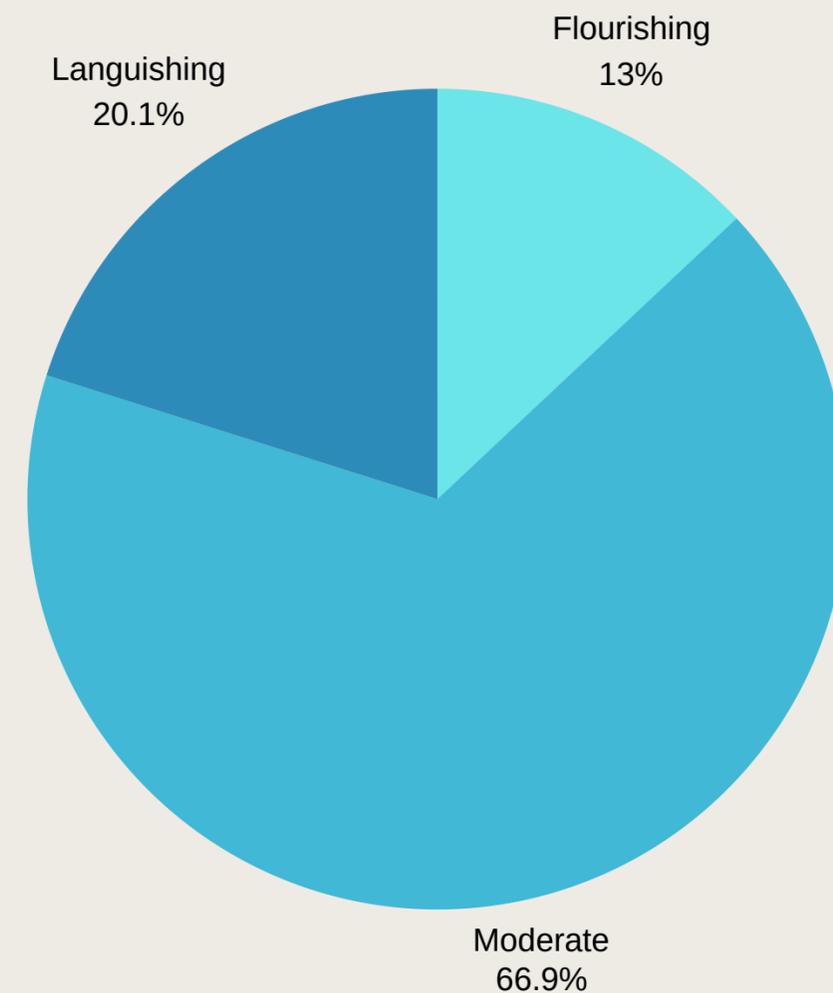
**Table 2. Descriptive Statistics of Depression/anxiety (GHQ-12)**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Depression/anxiety	184	0	12	4.35	3.614

**Validated Results of Depression/anxiety (GHQ-12)**



**Validated Results of Well-being (MHC-SF)**



# Questionnaire Findings - 2

**Table 3. Cross-Classifications and Overall Status of Mental Health**

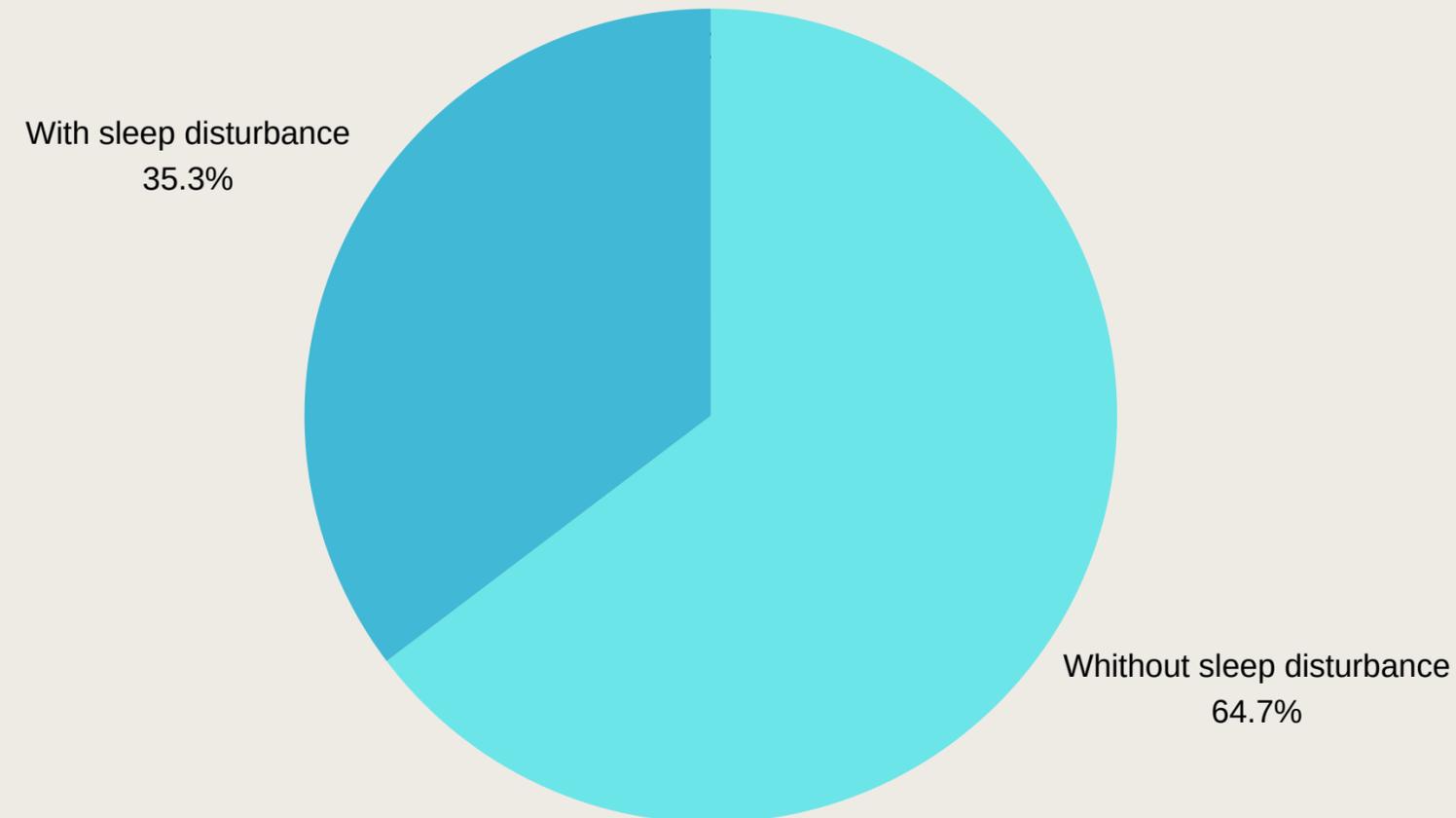
	<b>Well-being and functioning</b>			<b>Total</b>
	Flourishing	Moderate	Languishing	
<b>Without symptoms of depression/anxiety</b>	15 (8.2%) Flourishing	52 (28.3%) Moderately mentally healthy	3 (1.6%) Pure languishing	70 (38.0%)
<b>With symptoms of depression/anxiety</b>	9 (4.9%) Pure symptoms of depression	71 (38.6%) Pure symptoms of depression	34 (18.5%) Symptoms of depression and languishing	114 (62.0%)
<b>Total</b>	24 (13.0%)	123 (66.8%)	37 (20.1%)	184 (100.0%)

# Questionnaire Findings - 3

**Table 4. Descriptive Statistics of Sleep Disturbance (PROMIS-SF-4a)**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Sleep disturbance	184	4	20	11.70	3.729

**Validated Results of Sleep Disturbance (PROMIS-SF-4a)**

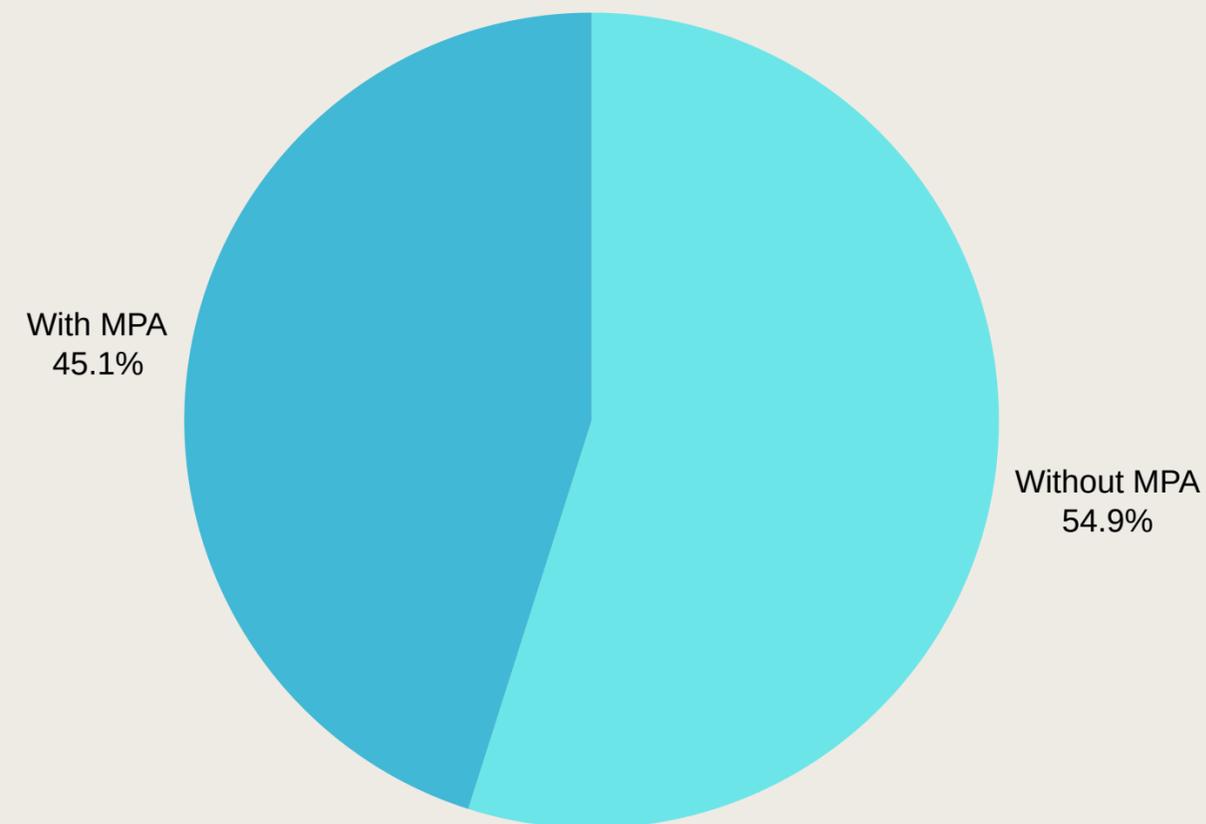


# Questionnaire Findings - 4

**Table 5. Descriptive Statistics of Music Performance Anxiety (M-MPAS)**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Music performance anxiety	184	0	24	10.27	5.911

**Validated Results of Music Performance Anxiety (M-MPAS)**

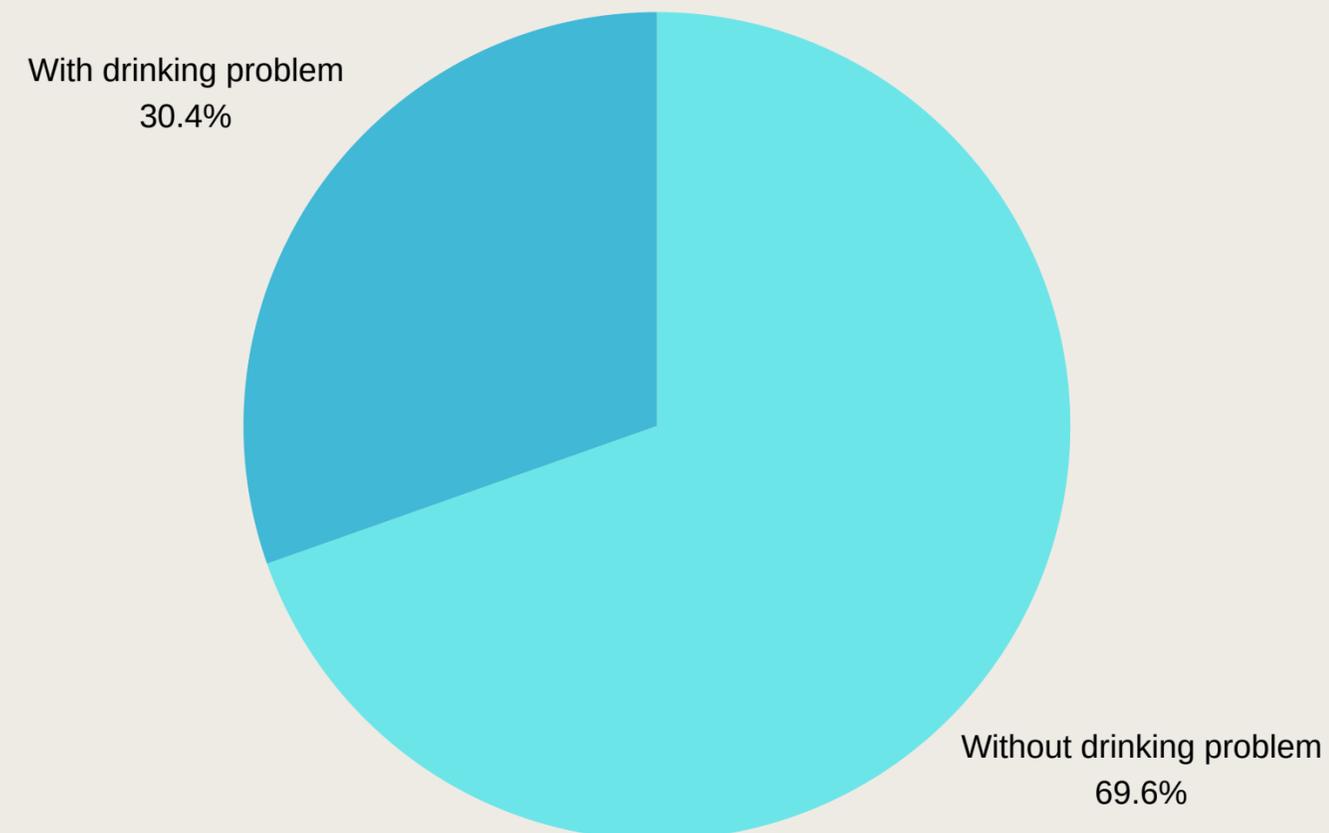


# Questionnaire Findings - 5

**Table 6. Descriptive Statistics of Drinking Problem (AUDIT-C)**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Drinking problem	184	0	10	2.33	2.078

**Validated Results of Drinking Problem (AUDIT-C)**



# Questionnaire Findings - 6

**Table 7. Descriptive Statistics of Resilience (CD-RISC-10)**

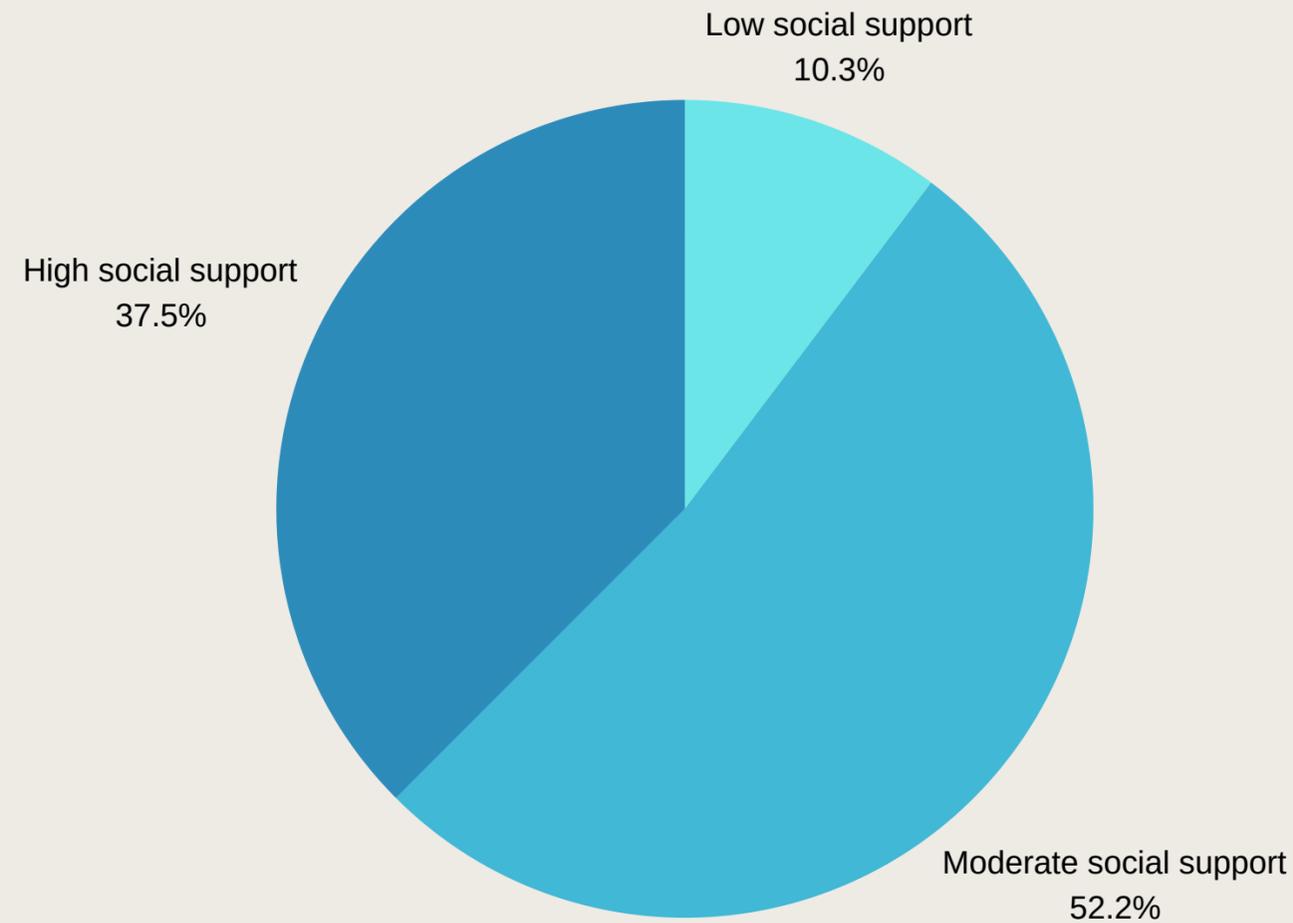
<b>N</b>		184	
<b>Mean</b>		23.64	
<b>Median</b>		23.00	
<b>Std. Deviation</b>		7.077	
<b>Minimum</b>		3	<b>Suggested average percentiles:</b>
<b>Maximum</b>		40	<b>29</b>
<b>Percentiles</b>	25	19.00	<b>32</b>
	50	23.00	<b>36</b>
	75	28.00	

# Questionnaire Findings - 7

**Table 8. Descriptive Statistics of Social Support (MSPSS)**

	<b>N</b>	<b>Minimum</b>	<b>Maximum</b>	<b>Mean</b>	<b>Std. Deviation</b>
Social support	184	1.25	7.00	4.5399	1.24261

**Validated Results of Social Support (MSPSS)**



# Discussions

1

Through the proportion of musicians of pure symptoms of depression, pure languishing, and symptoms of depression and languishing, it can be surmised that the overall mental status of Hong Kong musicians is **not good**.

**Table 3. Cross-Classifications and Overall Status of Mental Health.**

	Well-being and functioning			Total
	Flourishing	Moderate	Languishing	
<b>Without</b> symptoms of depression/anxiety	15 (8.2%) Flourishing	52 (28.3%) Moderately mentally healthy	3 (1.6%) Pure languishing	70 (38.0%)
<b>With</b> symptoms of depression/anxiety	9 (4.9%) Pure symptoms of depression	71 (38.6%) Pure symptoms of depression	34 (18.5%) Symptoms of depression and languishing	114 (62.0%)
<b>Total</b>	24 (13.0%)	123 (66.8%)	37 (20.1%)	184 (100.0%)

# Discussions

2

For **depression/anxiety**, sleep disturbance, music performance anxiety, resilience, and social support were significant predictors. The first two were **risk factors** and the last two were **protective** factors.

**Table 9. Multiple Regression Analyses for Mental Health factors**

	<b>B</b>	<b>SE B</b>	<b>β</b>	<b>t</b>	<b>p</b>	<b>R<sup>2</sup></b>	<b>p</b>
Depression/anxiety						.313	<.001
Sleep Disturbance	.237	.063	.245	4.162	<.001		
Music Performance anxiety	.117	.040	.192	3.748	.004		
Drinking problem	.063	.108	.036	2.930	.559		
Resilience	-.157	.033	-.307	.585	<.001		
Social support	-.469	.185	-.161	-4.714	.012		
Well-being						.340	<.001
Sleep disturbance	.010	.010	.068	1.060	.290		
Music Performance anxiety	.001	.006	.007	.109	.914		
Drinking problem	.013	.017	.048	.794	.428		
Resilience	-.039	.005	-.479	-7.511	<.001		
Social support	-.108	.029	-.234	-3.743	<.001		

SE B: Standard error.

# Discussions

3

For **well-being**, on the other hand, the only significant predictors were resilience and social support, the two **protective** factors.

**Table 9. Multiple Regression Analyses for Mental Health factors**

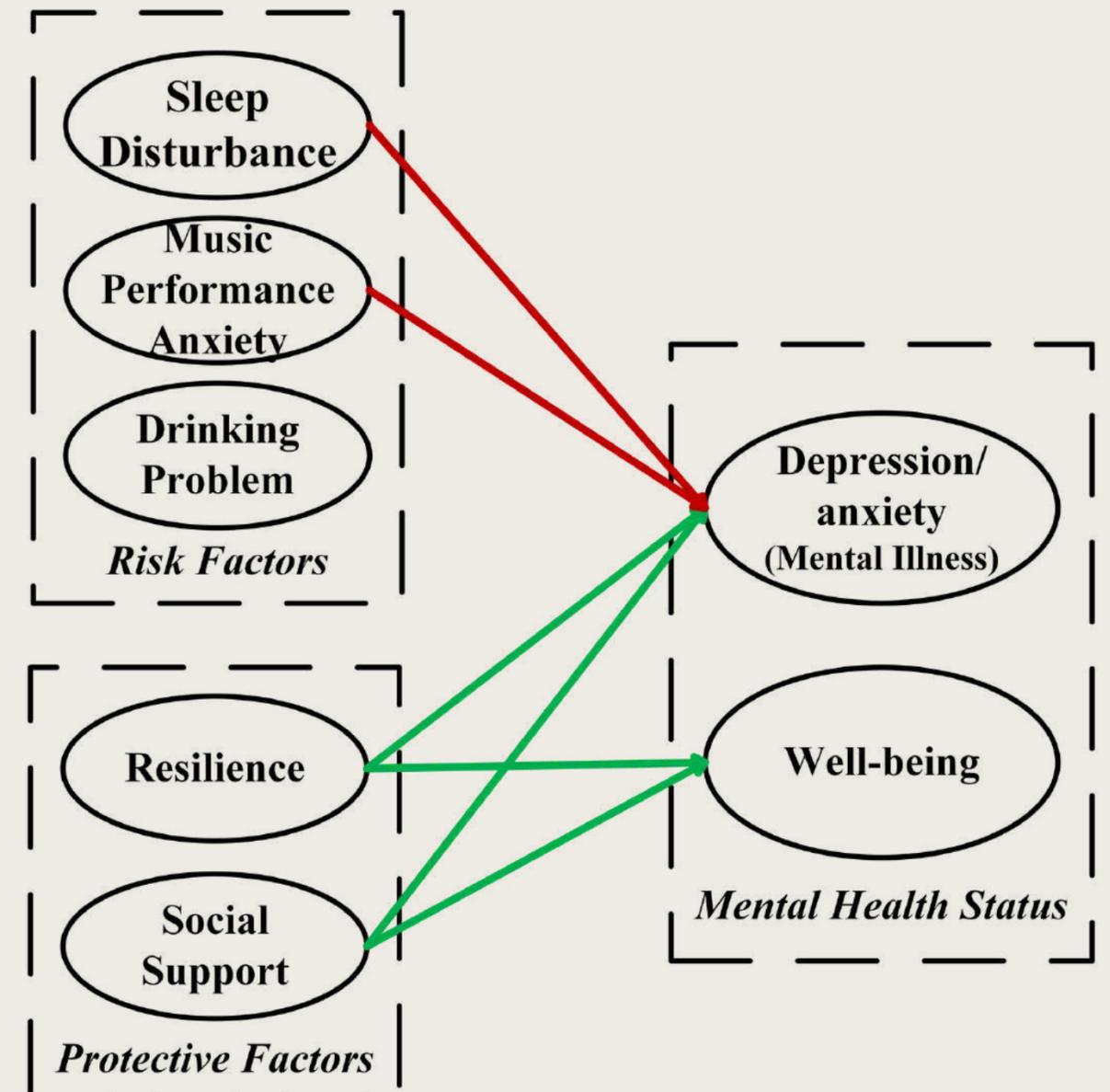
	<b>B</b>	<b>SE B</b>	<b>β</b>	<b>t</b>	<b>p</b>	<b>R<sup>2</sup></b>	<b>p</b>
Depression/anxiety						.313	<.001
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Resilience	-.039	.005	-.479	-7.511	<.001		
Social support	-.108	.029	-.234	-3.743	<.001		

SE B: Standard error.

# Discussions

4

Thus, changes in **risk factors can only lead to mental illness** and are not associated with good or bad well-being. **Protective factors, however, can affect both mental illness and well-being.** Therefore, in order to better change the overall mental status of musicians, NPO interventions should focus more on developing and utilising protective factors.



# Discussions

5

Although **drinking problem** was present in **30.1%** of musicians, it was not correlated with either mental illness or well-being. This may be due to **the unique attributes of the music industry**, such as the need to drink in order to be better inspired to create and stay in performance shape. Therefore, rather than strictly controlling every risk factor, **the principle of moderation** may be emphasised in practical interventions.

**Table 10. Means, Standard Deviations, and Correlation Coefficients between Variables**

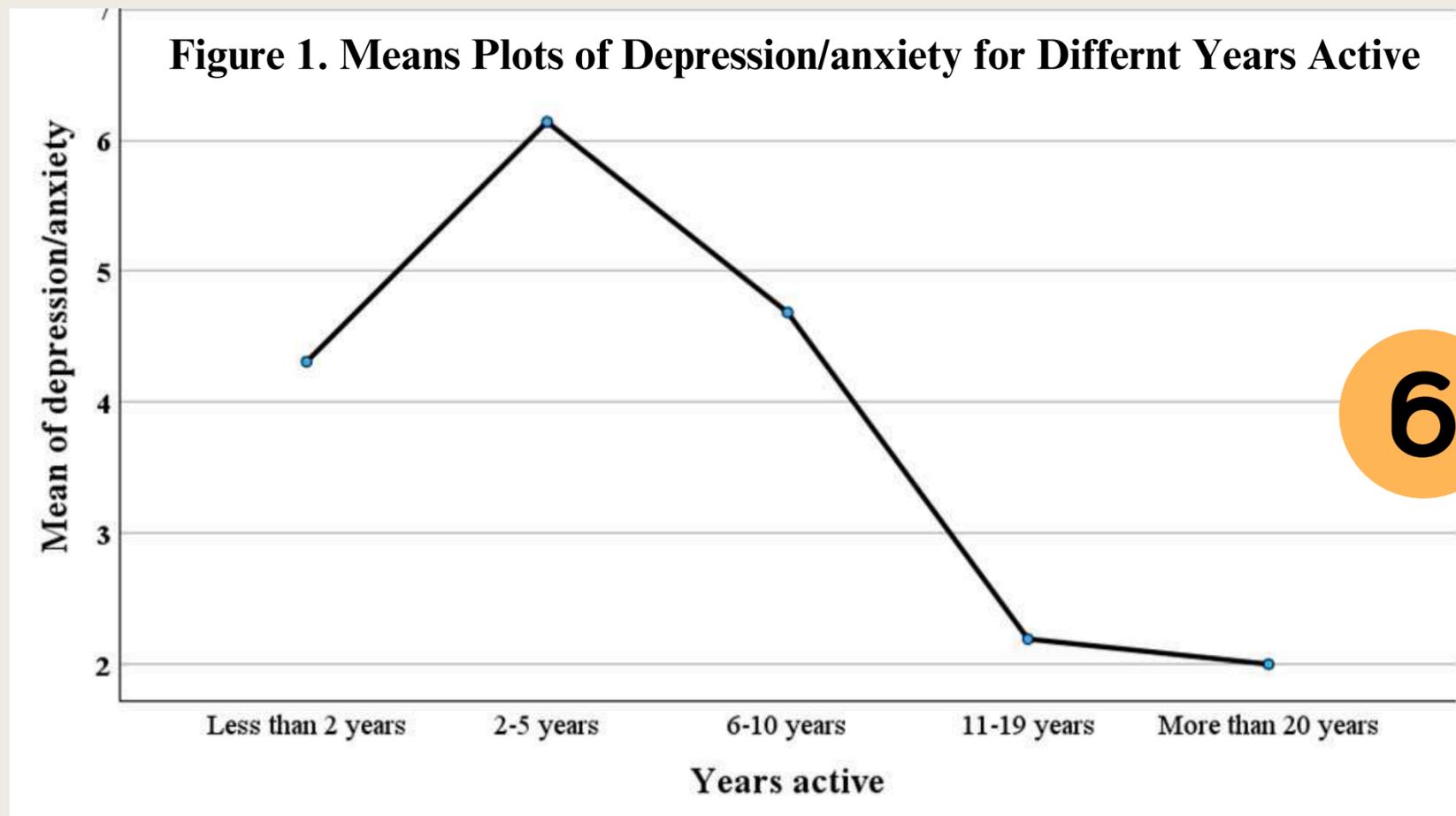
	<b>M</b>	<b>SD</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
1. Depression/anxiety	4.35	3.61	-					
2. Well-being	2.07	0.57	.442***	-				
3. Sleep disturbance	11.70	3.73	.384***	.209**	-			
4. Music performance anxiety	10.27	5.91	.318***	.128	.245***	-		
5. Drinking problem	2.33	2.08	.044	.054	.103	-.088	-	
6. Resilience	23.64	7.08	-.433***	-.541***	-.192**	-.244***	.015	-
7. Social support	4.54	1.24	-.263***	-.345***	-.183*	.035	-.028	.203**

\*p<.05, \*\*p<.01, \*\*\*p<.001.

# Discussions

**Table 11. Independent Samples T-test for Years Active and Corresponding Depression/anxiety**

		Levene's Test for Equality of Variances		t-test for Equality of Means							
		F	Sig.	t	df	Significance		Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
						One-Sided p	Two-Sided p			Lower	Upper
Depression/anxiety	Equal variances assumed	14.863	<.001	5.559	182	<.001	<.001	3.087	.555	1.991	4.182
	Equal variances not assumed			6.492	124.288	<.001	<.001	3.087	.475	2.146	4.028



6

Of all the demographic variables, only **active years** was associated with **depression/anxiety**. Those who have been in the industry for **10 years or below are more depressed/anxious** than musicians active for more than 10 years. Therefore, NPOs can pay more attention to the spiritual needs of **budding musicians** and try more targeted interventions through the protective factors mentioned above.

# HEALING



Music heals,  
NPOs heal  
Musicians

**INTERVIEW FINDINGS  
DISCUSSION & SUGGESTIONS  
LIMITATIONS & FURTHER  
STUDY**

# Overview

## Mission

## Service Type

## For Musicians



New Life

To pioneer and deliver people-focused, recovery-oriented, and evidence-based community **mental health services with care and respect**, innovation and continuous drive for excellence and professionalism.

- 4 core subvented services:
  - Residential services
  - Vocational training
  - Community service
  - ASD service
- Other: clinical psychological, family support...

- No particular services for musician group
- Helps to identify work-related issues

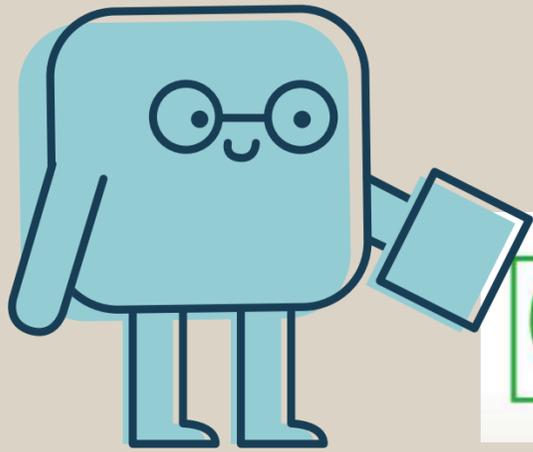


Kusala Education

To provide and promote manifold educations, to encourage and empower people to take more loving, caring and compassionate acts, and to cultivate **a higher level of well-being and happiness** within ourselves, **both physically and mentally**.

- Mental and physical services

- Runs programs especially designed for musicians



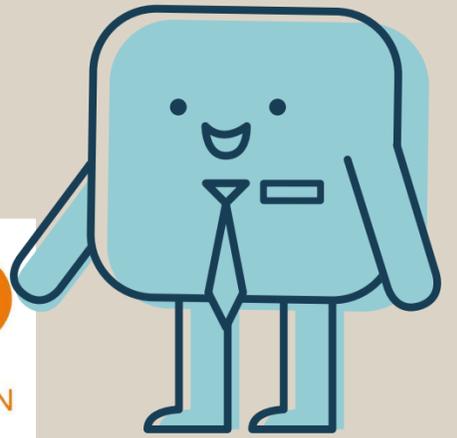
# NPO Intervention Findings



New Life



Kusala Education



Helpline services for psychological support are **commonly available** in HK, but **not targeted at specific occupational groups**.

## (1) Telephone Helplines

*"Due to **limited size and human resources**, our telephone helpline was held by two people in turn, which was **ineffective**."*

Provide **physical form** practice intervention in musicians-oriented programs

## (2) Prevention Through Practice

**Physical, social, educational training**, and **spiritual support** to empower musicians with **performance** and **interpersonal skills**.

**Thematic workshops** (Art and handicrafts...)  
*"...we got peers, so we got support. When we sing and voice out, it is a kind of energy in and out. So it makes things become flowing."*

## (3) Peer Support

**Mild intervention, walk-in meditation, 24-hour support group.**

# NPO Intervention Findings



## (4) Therapy and Counseling

### Goal:

Let the musician **understand the relationship between his/her emotions and the music** through **cognitive therapy**.



### Physical:

#### (1) Body Alignment

- **Professional knowledge of Chinese and western medicine**

#### (2) Chanting

- **Let chanting as a first aid kit**
- **Re-establish a new safety concept**

#### (3) Instrumental Therapy

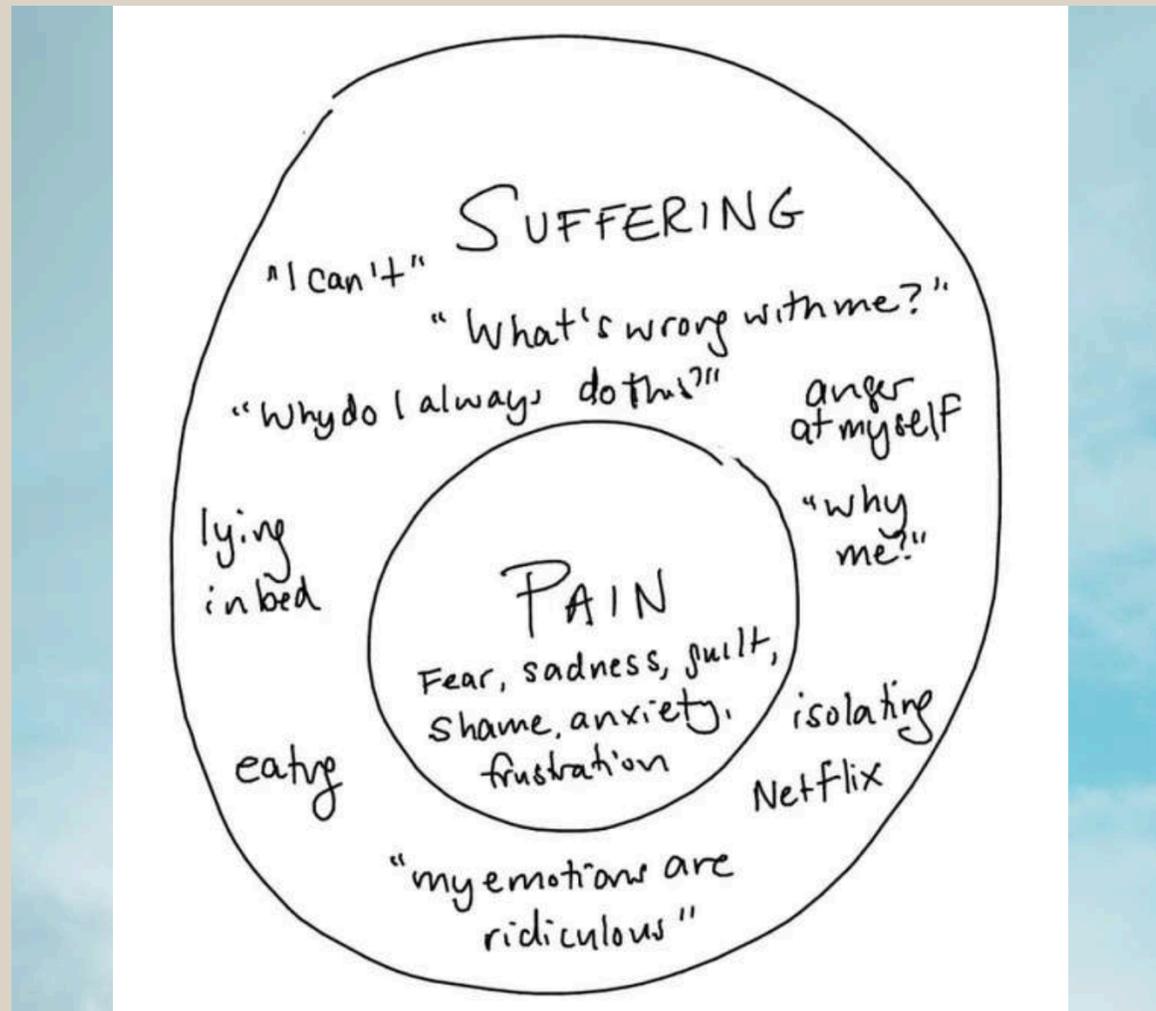
- **Regulate and sort out emotions by using different tone**
- *Emotional fluctuations use a wooden voice unpitched, emotional blockage use pitched*

# NPO Intervention Findings



## (4) Therapy and Counseling

**Goal: Separate pain (inevitable) & suffering (optional)**



Meantal: 8-12 Sectional Counseling  
1-4 (intense)

- **Establish spiritual awareness, guide the expression** of the real problem he wants to solve, **identify** the unchangeable & changeable suffering.
- Use **instruments** he/she's **not good at** to find out the **habitual pattern**.
- Access he/she can **seek help** & have **adequate peer support** in life.

5-8

- **Separate pain and suffering**

9-12

- Have the **motivation to change independently**

# Discussion & Suggestions

## AI consultation



## Talents training channels and policy support

Lack of targeted resources

Insufficient legitimacy

Utilize technologies to enrich helpline resources

Understand the mental health needs musicians



Build resilience beforehand as mental equipment

Training improves mental and physical performance collectively

Diverse, conventional resilience training

Anti-stereotype towards musicians

Avoid overgeneralizing the status of musicians

Professional peer support workers



# Limitations & Further Research

Limitations	<i>Musician Occupation Stress Survey (MOSS)</i>
	<i>Causality or content crossover between the different scales (e.g., MHC-SF and CD-RISC-10)</i>
	<i>The absence of qualitative input from musicians</i>
Further Research	<i>Research on specific music genres</i>
	<i>Long-term follow-up studies</i>
	<i>Drinking Problem/Sleeping Disturbance</i>
	<i>To intervene the psychology of musicians through AI</i>



HELP



Transformation  
Game + Project H  
= TransH Game

**A PRACTICAL TOOL FOR  
NPOS PROVIDING  
MENTORSHIP & PEER  
SUPPORT;  
THE TRIAL GAME**

# TransH Game

Supported by Professional coach: Canaan Fong



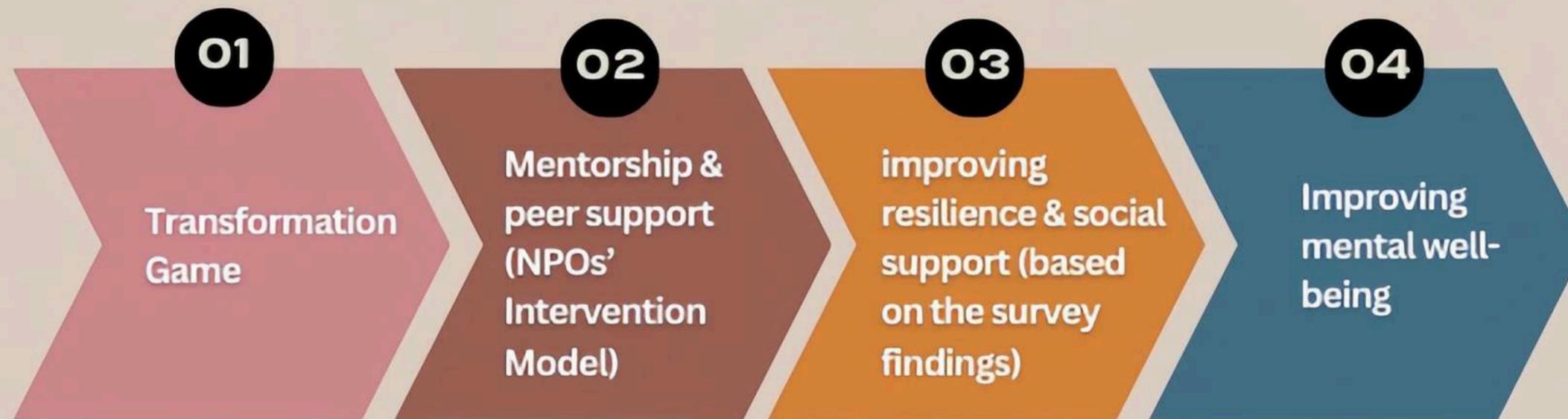
Interview

Limitations & Further Research

Final Deliverable

# TransH Game

## HOW IT WORKS



# Mentorship & Peer Support



Interview

Limitations & Further Research

Final Deliverable

# Trial Game



Project H musicians' TransH Game

Date: July 21 & 21, 2024

Time: 19:00 July 20- 00:30 July 21

Venue: 1 / F, 15 Staunton Street, Central

Participants: Jing Wong, Roseann, Sunny Wu

Facilitator: Canaan Fong

Theme: "I want to be a \_\_\_\_\_ performing musician"

Game Theme: I want to be a \_\_\_\_\_ performing musician.



Jing Wong (Singer Songwriter)

*Self-sufficient*



Sunny Wu (Violinist)

*Financially-stable*

*Comfortable*

*Influential*

*Touring*



Roseann (Singer Songwriter)

# Participant Feedback



Jing Wong (Singer Songwriter)

**“** *The coach helped manage the entire experience, the pace, and everyone's emotions. I think it was a therapeutic experience.*

**”**



Sunny Wu (Violinist)

**“** *This game helped me learn much more about the kind of person I want to be in music.*

**”**



Roseann (Singer Songwriter)

**“** *This game helped me express myself and get to know myself better. Also, through everyone's reactions, I gained a deeper understanding of myself.*

**”**

# TransH Game – Why it works



2 min highlight video

Interview

Limitations & Further Research

Final Deliverable

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