

17TH ANNUAL NEUROMUSIC, McMASTER UNIVERSITY

MENTAL HEALTH IN YOUNG AND OLD PEOPLE AND MUSIC LISTENING IN TIME OF PANDEMIC

Preliminary results

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PROBLEMATIC : IMPACT OF THE PANDEMIC OF MENTAL HEALTH

Younger and older Canadians population are impacted by the pandemic.

For both populations, recent studies report an increase of loneliness, stress, anxiety and depression ^{1,2,3,4,5}

As psychological care is difficult to access, alternative and complementary strategies to improve mental well-being of young and older people are needed.

MENTAL HEALTH BENEFITS OF MUSIC LISTENING

- ▶ Music listening is the most effective strategy to cope distress⁶.
- ▶ Efficient in regulating mood and reducing loneliness⁷.
- ▶ People with depressive or anxiety symptoms use more music to regulate their mood⁸.

AIMS

1. Evaluate the impact of the pandemic on mental health;
2. Explore the effects of music listening on comfort and stress, prior and during the pandemic according to their level of anxiodepressive symptoms (ADS).

Stress: *it calms me, it reduces my anxiety / stress, etc.*

Comfort: *it comforts me, it consoles me, etc.*

Relevance : Contribute to the development of accessible and non-pharmacological tool to improve mental health for young and old people during health crises.

METHOD

**Two
populations**

Younger Canadians

$N = 196$
18-35 years old
 $M = 26.3, SD = 4.4$

Older Canadians

$N = 127$
65-84 years old
 $M = 71.9, SD = 4.9$

Online survey

between Sept 1st and April 2021.

- ▶ **Depression:** WHO5¹¹, PHQ9¹².
Anxiety: GAD7¹³
- ▶ **Effect of music.** Before and since the pandemic.

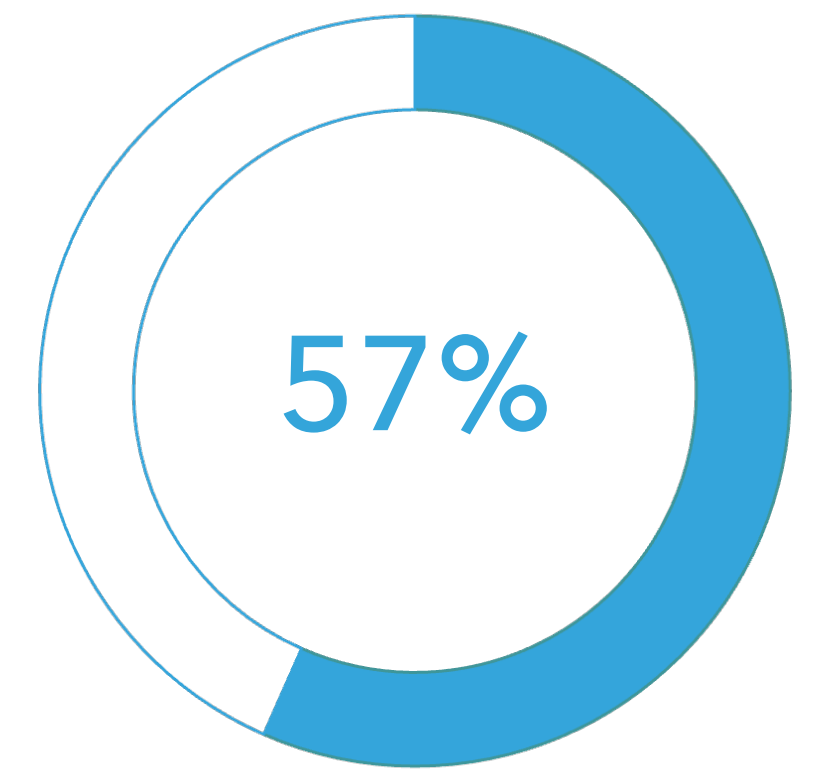
Analyses: Mixed ANOVA

(separately for younger and older people)

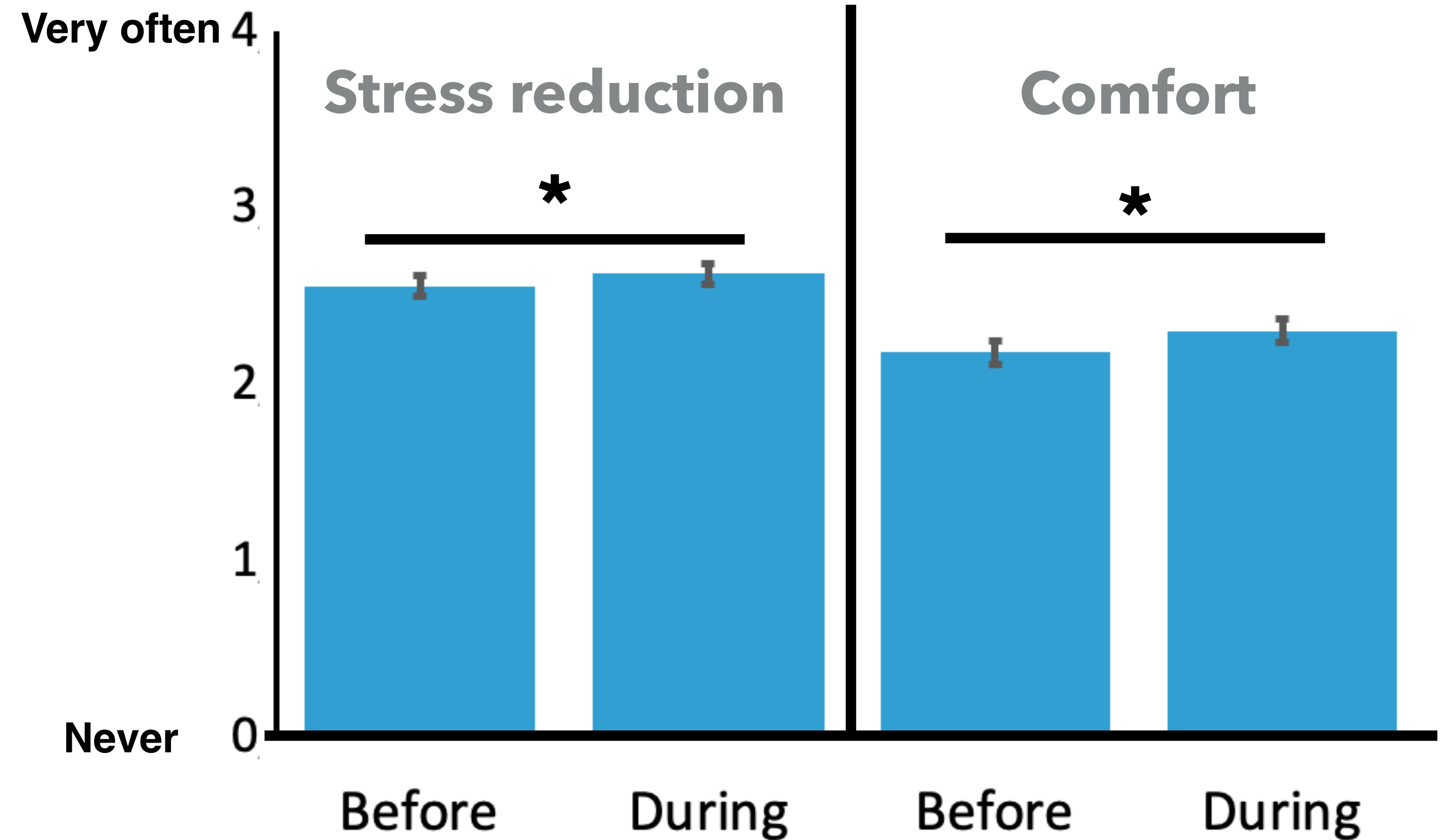
- ▶ Context
(prior vs during the pandemic)
- ▶ Group
(low vs high ADS)



RESULTS - YOUNG PEOPLE



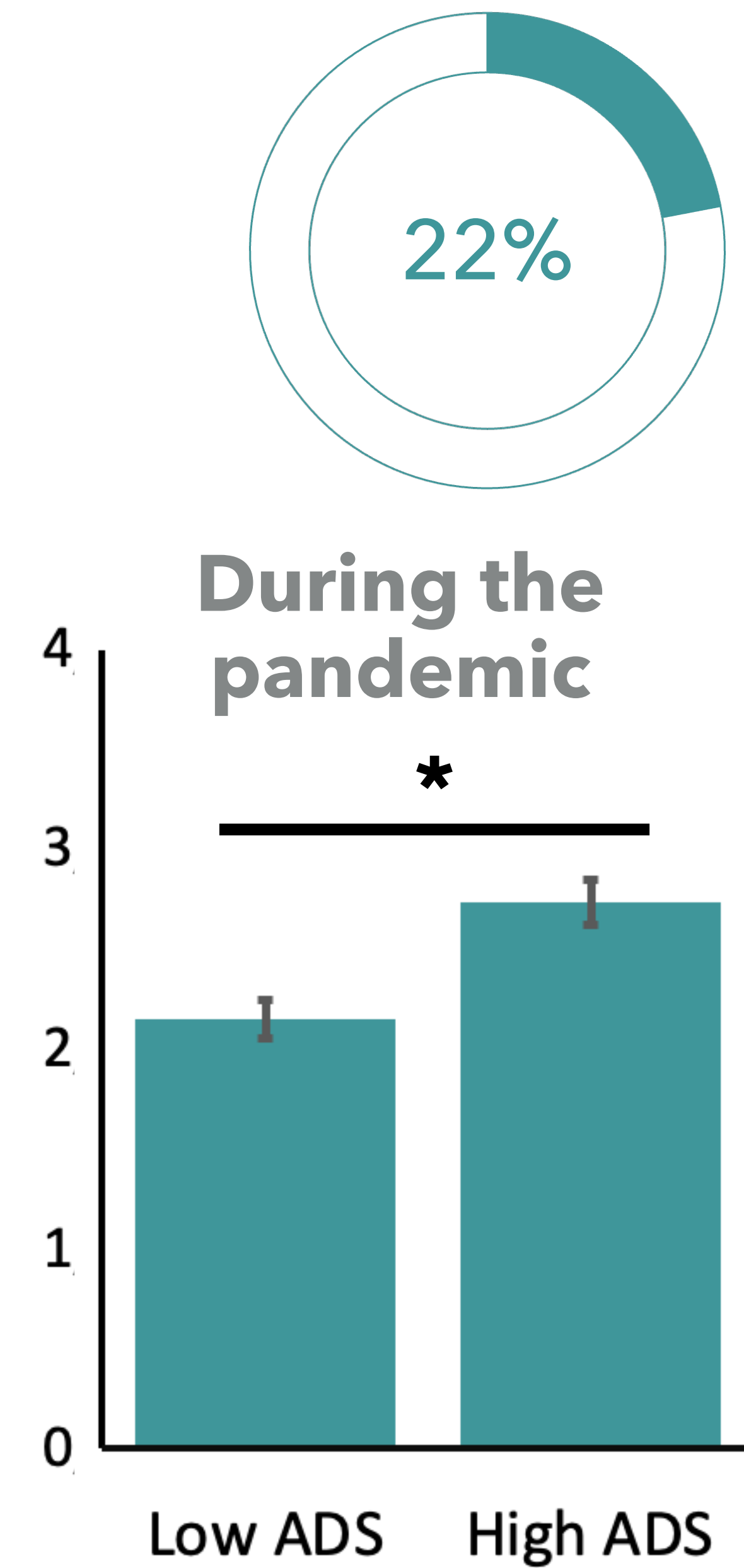
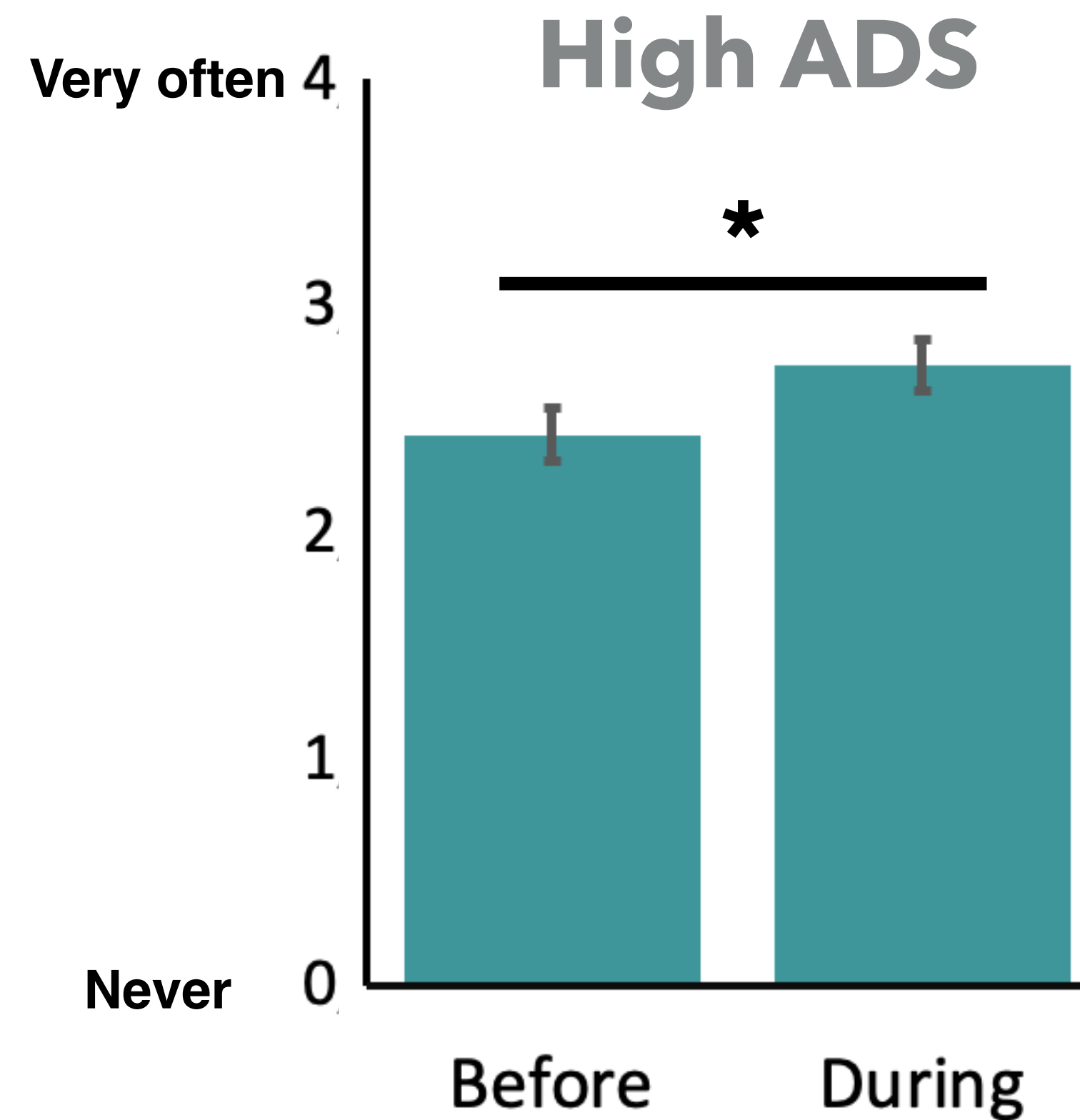
- ▶ **Stress reduction:** More often relaxing during the pandemic than before.
- ▶ **Comfort:** More often comforting during the pandemic than before.
- ▶ No difference between low and high ADS



RESULTS - OLDER PEOPLE

▶ Stress reduction effect:

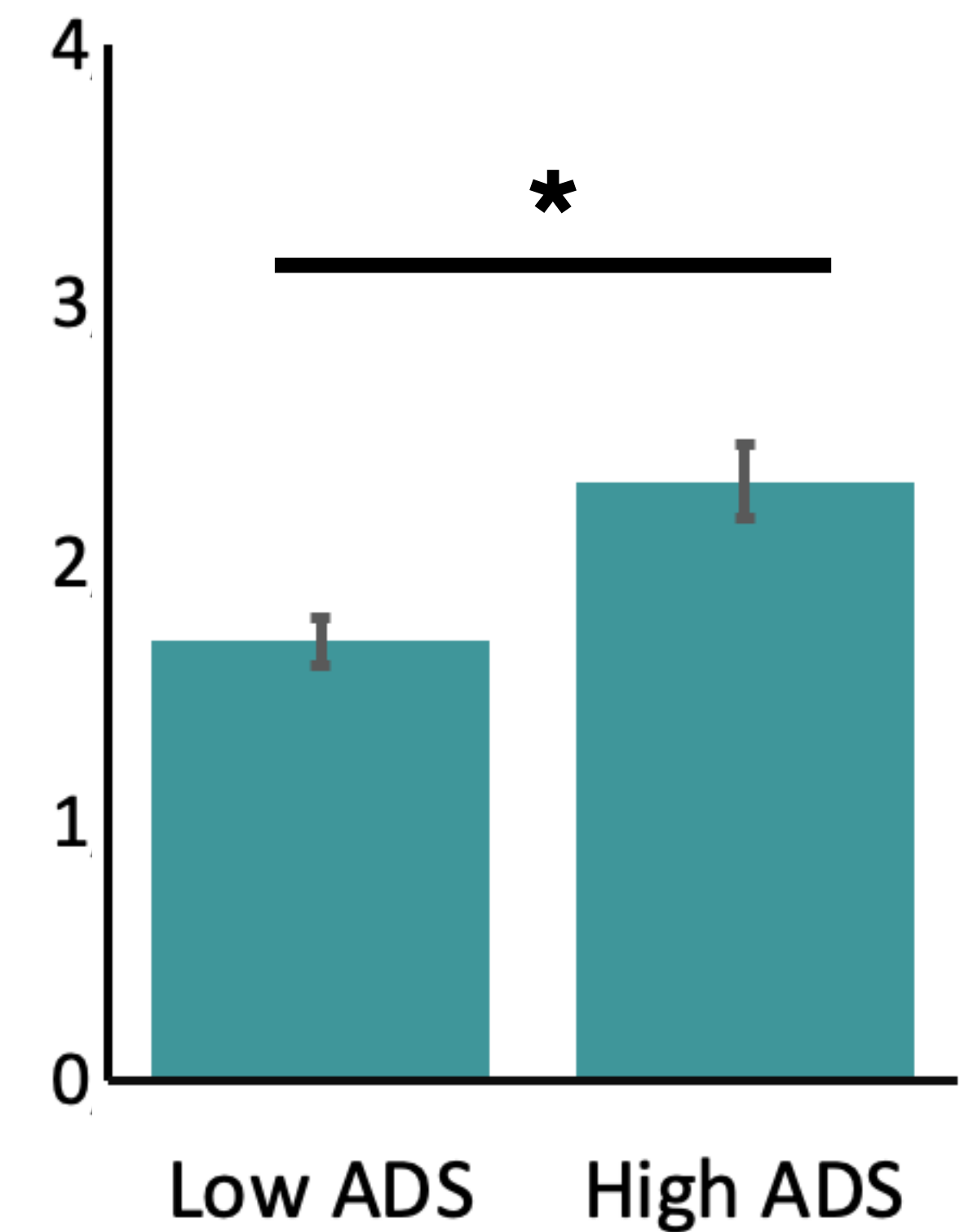
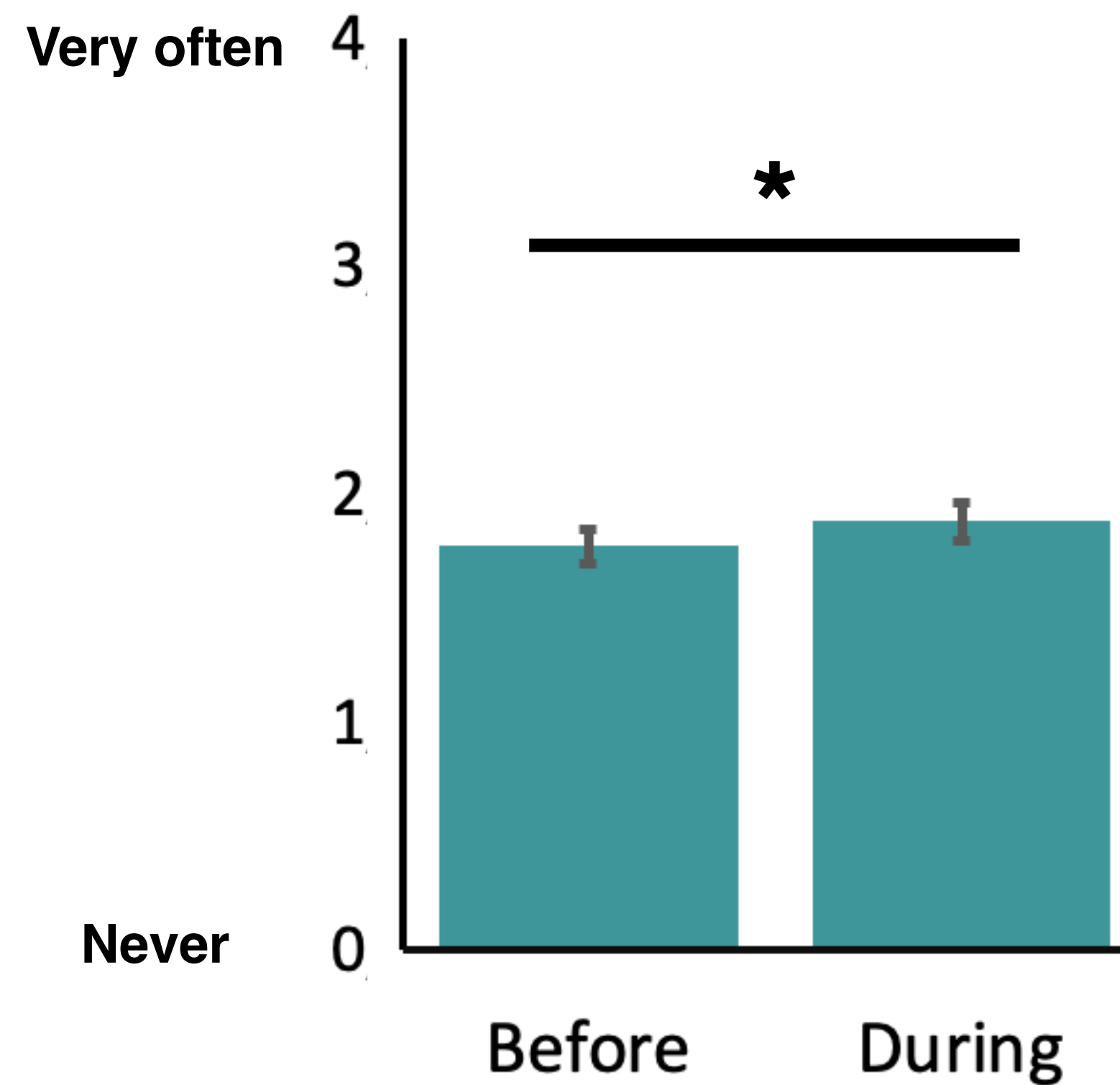
- ▶ More often relaxing during the pandemic than before, but only for people with high ADS.
- ▶ More often relaxing for people with ADS compared to people with low ADS during the pandemic.



RESULTS - OLDER PEOPLE

► Comfort effect:

- More often comforting during the pandemic than before.
- More often comforting for people with high ADS.



DISCUSSION

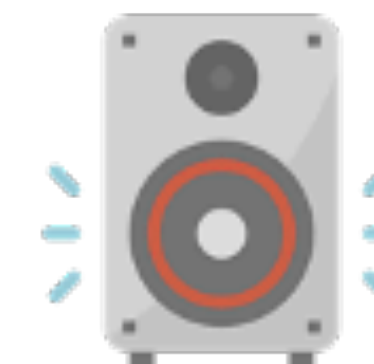
- ▶ **57% of young people** and **22% of old people** screened positive for depression and anxiety.
- ▶ The effect of music on **comfort** is experienced more often during the pandemic for both **young** and **old people**.
- ▶ The effect of music on **stress reduction** is more frequent during the pandemic for **old people with ADS** and **young people**.

Music listening have a positive impact on mental health for both **young and **old** people during the pandemic.**

It supports the idea that music could be a useful tool to cope stress and ADS in time of pandemic regardless of age.

To participate

ONLINE SURVEY MUSIC AND COVID-19



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<http://ls.sondages.umontreal.ca/842969?lang=en>

ACKNOWLEDGEMENTS



International Laboratory for
Brain, Music, and Sound Research



Observatoire interdisciplinaire
de création et de recherche
en musique



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ADDITIONAL SLIDES - SAMPLE DESCRIPTION

	Young <i>n</i> = 196	Older <i>n</i> = 127	Test
Woman	80 %	60 %	$X^2(1) = 15.54, p < .001$
Live alone	77 %	42 %	$X^2(1) = 12.85, p < .001$
Live in town	59 %	34 %	$X^2(1) = 20.99, p < .001$
Graduated	65 %	64 %	$p = .92$
