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Introduction

Autism Spectrum Disorder (ASD) affects social communication and behavior. Music has shown potential for improving social skills, emotional regulation, and well-being in autistic individuals. This poster reviews key methodologies used in research on music therapy for autistic adults and identifies gaps and future research directions.

Objectives

- Review methodologies in studies on music therapy for autistic adults.
- Highlight gaps in the literature and propose future directions.

Conclusion

- More RCTs and longitudinal studies are needed to assess long-term outcomes.
- Increased use of neuroimaging to explore how music affects the brain.
- Involvement of autistic individuals as co-researchers to ensure more inclusive research.

Musical Interventions in Autism Spectrum Disorder: Methodological Approaches and Future Directions

- **Social Interaction:** Music improves social behaviors such as eye contact and verbal communication.
 - **Emotional Regulation:** Music helps autistic individuals explore and manage their emotions.
 - **Methodologies:** Most studies use qualitative methods; more randomized controlled trials (RCTs) are needed.
- Neuroimaging is an emerging approach to understanding the neural mechanisms behind music therapy.

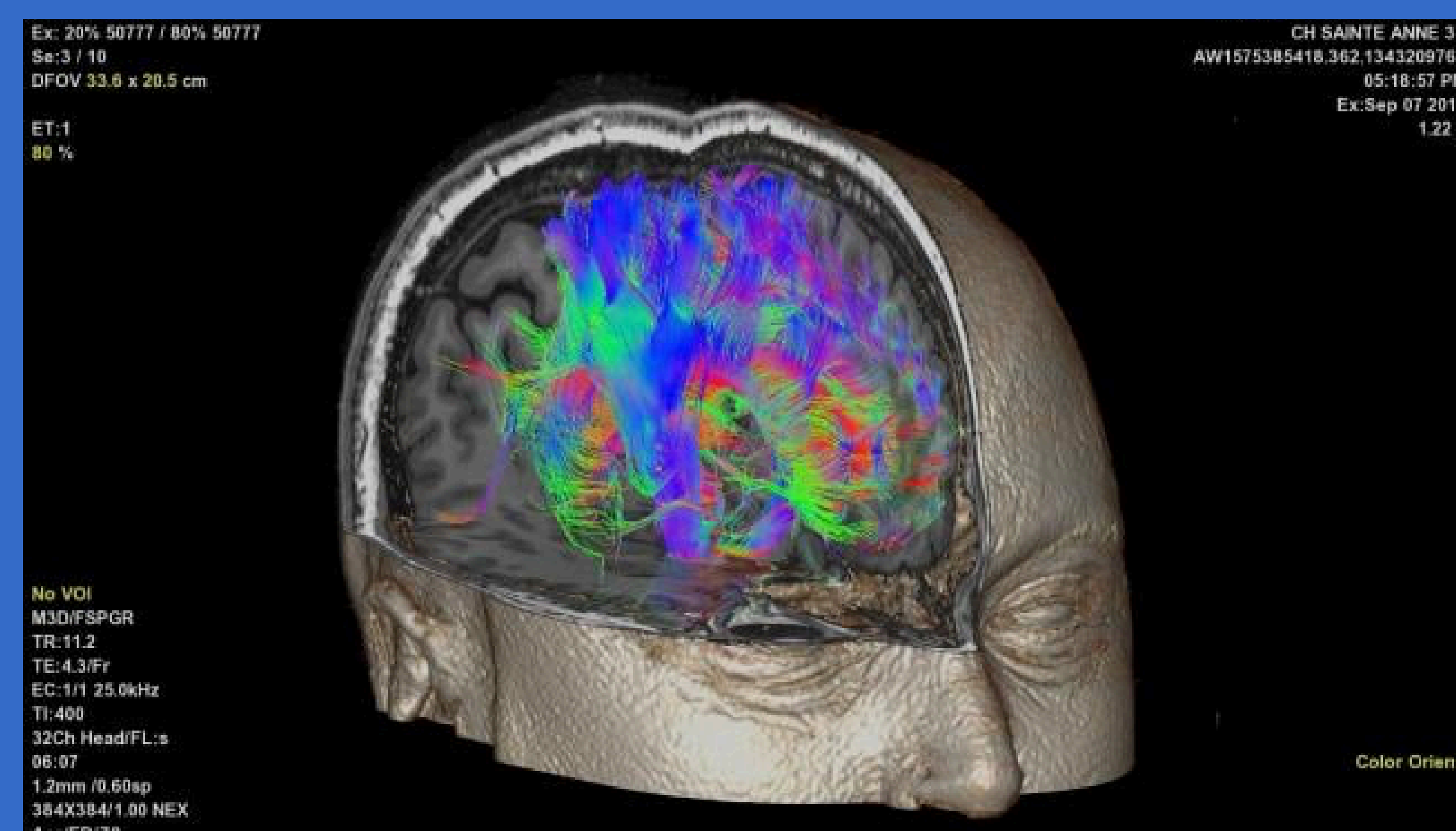
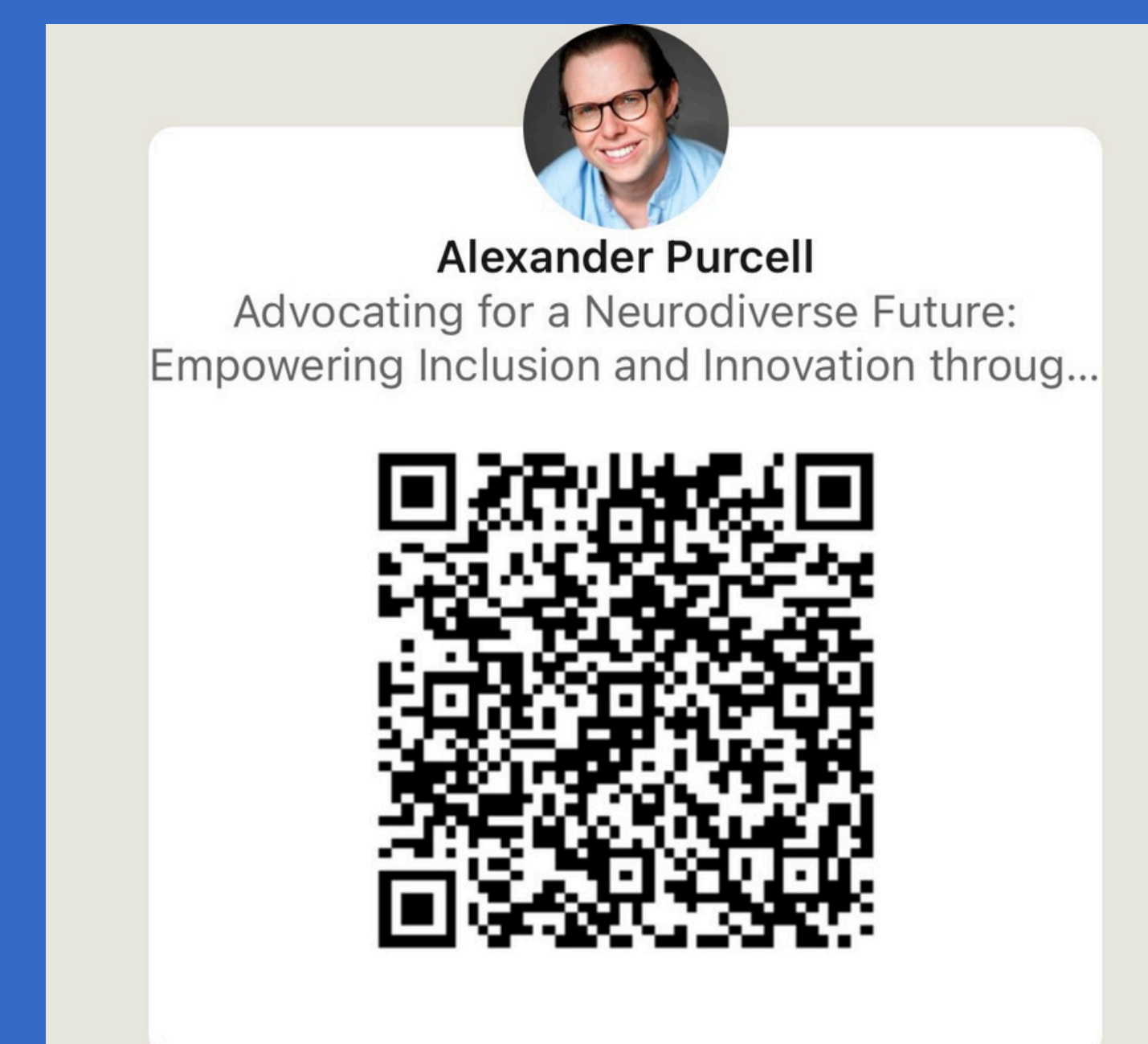


Image
Imaging Technology News. (2023, September 28). Machine learning uncovers new insights into the human brain through fMRI. <https://www.itnonline.com/content/machine-learning-uncovers-new-insights-human-brain-through-fmri>



Analysis

A desk-based review was conducted by analyzing studies from databases such as PubMed, JSTOR, and Google Scholar. Studies focusing on music interventions for autistic adults, published between 1980 and 2024, were prioritized. Both qualitative and quantitative studies were included, with a focus on identifying key trends and gaps in research.

