

“MUSIC” IN SELF-HELP GROUPS

APPLYING AND EXPANDING ON THE “SINGING EXPERIENCE SCALE”



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HOW DOES SINGING LINK TO SELF-HELP GROUPS?

Self- help groups such as Alcoholics Anonymous

- aim to enable members to live with or overcome a problem by sharing experiences with others who have similar concerns
- depend on building trust among members. (Corey, 2004)

Singing in a group

- rapidly increases positive attitudes towards members (Pearce, Launay & Dunbar, 2015).
- Benefits the immune system (Beck, Cesario, Yousefi & Enamoto, 2000).
- Improves mood (Chanda & Levitin, 2013; Gick, 2011; Unwin, Kenny & Davis, 2002).

Surprising limited past research on use of singing or music in self-help groups

Aim of present study to determine whether:

1. Compare scores on Singing Experience Scale (SE) (Busch & Gick, 2013) for members of addiction recovery groups vs. a choir
2. Use the Singing Experience Scale in new settings (1st application)

METHOD

GROUPS

1. Addiction groups
 - A.A. members
(n = 6; 6 males);
mean age = 67.2 years
 - Other recovery group
(n = 10; 5 males);
Mean age = 41.56 years
2. Community choir group
 - “Playing with choir”
(n = 21; 1 male)

TESTING

- Hard copy or online version
- Contact with group rep; group rep provides questionnaires

Questionnaire items

- Demographic information
- Singing experience scale (SE) [30 items] (Busch & Gick, 2013)
- Singer status question (Busch & Gick, 2013)
- Perceived health status (Busch & Gick, 2013)
- Satisfaction with life scale (Diener, Emmons, Larsen & Griffin, 1985)
- Positive & neg affect schedule (PANAS) (Watson, Clark & Tellegan, 1988)
- Music in meetings (MIM)
- Singing in meetings (SIM)
- Success in goals quest

RESULTS AND DISCUSSION

	Addiction Group	Choir Group	Total
Mean Total Singing Experience Scale $t(21.74) = 4.64, p < .001$	52.47 [SD = 18.88]	75.55 [SD = 9.11]	65.46 [SD 17.87]
Mean pos affect –PANAS range 10-50	24.75 [SD = 4.61]	26.00 [SD = 3.83]	25.46 [SD=4.17]
Mean neg affect- PANAS range 10-50	26.44 [SD = 4.18]	27.10 [SD = 3.54]	26.81 [SD= 3.79]
Correlation (K tau) SE & Pos PANAS	$r(14) = .21, p < .14$	$r(19) = .21, p < .10$	$r(35) = .22, p < .02$
Correlation (K tau) SE & Neg PANAS	$r(14) = .22 p < .12$	$r(19) = .34, p < .003$	$r(35) = .32, p < .004$

- The Singing Experience (SE) scale distinguished members of a choir group from members of an addiction recovery group, whereas the PANAS mean scores did not. SE captures an aspect of life experience.
- Correlation with Positive Affect (PANAS) for the entire group is consistent with Busch & Gick (2013), but correlation with Negative Affect, found even in the choir group, was not.
- The present study, though likely underpowered, lays the groundwork for a future experiment (random assignment of members to addiction treatment groups – singing vs no singing) to further address the question of whether singing activities vs no singing activities in the group facilitates attainment of goals.