

Author, Year	Institutional Affiliation	Title of Paper	Purpose (Thesis, Dissertation, fun?)	Author C	Clinical population, N	Type of study/Design	Findings	Link
Beaton, 2012	The New Zealand School of Music, Wellington, New Zealand	Establishing an understanding of group dynamics and process within single-session music therapy groups open to both adolescents with mental illness and mental health staff.	Master in Music Therapy	Yes	Acute adolescent mental health unit (N = 7 groups)	Exploratory with qualitative data	Single music therapy sessions follow a group development process; 5 key factors influencing group dynamics were identified	<a href="https://mro.massey.ac.nz/bitstream/handle/10179/3264/02_whole.pdf?sequence=1&amp;isAllowed=y">https://mro.massey.ac.nz/bitstream/handle/10179/3264/02_whole.pdf?sequence=1&amp;isAllowed=y</a>
Benz, 2010	Ball State University, Muncie, Indiana	Therapeutic effects of music therapy on anxiety and quality of life for chronically ill adults with mental illness	Masters of Science	Unclear	Outpatient mental health clinic	Prospectus	N/A	<a href="http://cardinalscholar.bsu.edu/bitstream/handle/123456789/194669/BenzA_2010-1_BODY.pdf?sequence=1&amp;isAllowed=y">http://cardinalscholar.bsu.edu/bitstream/handle/123456789/194669/BenzA_2010-1_BODY.pdf?sequence=1&amp;isAllowed=y</a>
Davis, 2008	State University of New York, New Paltz, New York	The effect of music therapy techniques in a coping skills group for individuals with a dual diagnosis of mental illness and substance dependence	Master of Science in Music Therapy	Yes	Day treatment program; adults w/ dual-diagnosis (N = 8)	Concurrent schedule/alternating treatments single subject design	Significant difference was found between music and non-music groups regarding attendance rates and the degree to which issues of chemical dependence were discussed. No significance difference found between groups in terms of the reported level of helpfulness, enjoyment, accomplishment, expression, insight and being supported.	<a href="https://dspace.sunyconnect.suny.edu/bitstream/handle/1951/45537/DavisTHESIS12-2008.pdf?sequence=1&amp;isAllowed=y">https://dspace.sunyconnect.suny.edu/bitstream/handle/1951/45537/DavisTHESIS12-2008.pdf?sequence=1&amp;isAllowed=y</a>
Garber, 2008	The New Zealand School of Music, Wellington, New Zealand	Exploring processing and reflection methods and how they can be utilized in music therapy sessions at an adolescent acute psychiatric ward	Masters in Music Therapy	Yes	Acute psychiatric unit for adolescents	Exploratory with qualitative data	Prominent themes identified: importance of meeting the client where they are, empathy and intuitive response, awareness of countertransference, and assisting client's with self-reflection	<a href="https://mro.massey.ac.nz/bitstream/handle/10179/1502/02_whole.pdf?sequence=1&amp;isAllowed=y">https://mro.massey.ac.nz/bitstream/handle/10179/1502/02_whole.pdf?sequence=1&amp;isAllowed=y</a>
Halligan, 2012	Victoria University of Wellington, New Zealand	a transition school focused on supporting adolescents with mental health needs, relate to the key competencies of the New Zealand curriculum?	Master of Music Therapy	Yes	Transition school for adolescents with mental health needs	Grounded theory	Significant relationship was found between music therapy practice and the key competencies of the school curriculum	<a href="http://researcharchive.vuw.ac.nz/bitstream/handle/10063/2158/thesis.pdf?sequence=2">http://researcharchive.vuw.ac.nz/bitstream/handle/10063/2158/thesis.pdf?sequence=2</a>
Hodgson, 2014	The New Zealand School of Music; Wellington, New Zealand	He oro hauora: How do kaupapa Māori models of health relate to my music therapy practice in an adolescent acute mental health unit?	Master of Music Therapy	Yes	Acute adolescent mental health unit	Grounded theory	Parallels between kaupapa Māori health frameworks and MT practice identified; specifically, the concepts of mana, mauri and whutumanawa	<a href="https://mro.massey.ac.nz/bitstream/handle/10179/6561/02_whole.pdf?sequence=2&amp;isAllowed=y">https://mro.massey.ac.nz/bitstream/handle/10179/6561/02_whole.pdf?sequence=2&amp;isAllowed=y</a>
Jackways, 2014	The New Zealand School of Music; Wellington, New Zealand	The relationship between music therapy goals, health goals and education goals in a transition school for adolescents with mental health needs	Master of Music Therapy	Yes	Transition school for adolescents with mental health needs	Theoretical	MT, IEP, and ITP goals generally overlapped with each other; the author suggested that this indicates collaboration between professionals	<a href="http://researcharchive.vuw.ac.nz/bitstream/handle/10063/4976/thesis.pdf?sequence=1">http://researcharchive.vuw.ac.nz/bitstream/handle/10063/4976/thesis.pdf?sequence=1</a>
Karvonen, 2015	University of Jyväskylä, Jyväskylä, Finland	My body moves in music therapy: Body movements and their role in music therapy in the treatment of depression and an eating disorder	Master of Music Therapy	Yes	Individual diagnosed w/ depression and anorexia nervosa (N = 1)	Case study with qualitative data	Client's self-esteem strengthened through use of music and body movement	<a href="https://jyx.jyu.fi/dspace/bitstream/handle/123456789/47211/URN%3ANBN%3af%3ajyu-201509283272.pdf?sequence=1">https://jyx.jyu.fi/dspace/bitstream/handle/123456789/47211/URN%3ANBN%3af%3ajyu-201509283272.pdf?sequence=1</a>
Moore, 2015	Florida State University, Tallahassee, Florida	Quantitative and qualitative research of music therapy interventions with adult mental health populations: A descriptive analysis to guide future research and clinical practice	Master of Music	Yes	MT & MH/CD studies (N = 42)	Descriptive analysis of published music therapy papers in JMT, MTP and AIP	Most frequently studied populations were psychiatric inpatients and substance/addiction diagnoses; Most frequently studied MTT's were lyric analysis, music listening, and songwriting; Moore (2015) noted the small percentage of studies that fit the inclusion criteria, speculating it could be due to various environmental difficulties	<a href="http://diginole.lib.fsu.edu/islandora/object/fsu%3A253120">http://diginole.lib.fsu.edu/islandora/object/fsu%3A253120</a>
Morgan, 2007	The University of Western Sydney, Sydney, Australia	Music therapy in the management of acute psychosis	Doctor of Philosophy	Yes	Inpatient psychiatric unit (N = 60)	RCT & Review of clinical case notes	improved communication and social interaction skills	<a href="http://researchdirect.westernsydney.edu.au/islandora/object/uws%3A2480/">http://researchdirect.westernsydney.edu.au/islandora/object/uws%3A2480/</a>
Odell-Miller, 2007	Aalborg University, Aalborg, Denmark	The practice of music therapy for adults with mental health problems: The relationship between diagnosis and clinical method	Dissertation	Yes	Music therapy centres (N = 5)	Descriptive with qualitative and quantitative data	Decisions music therapy centres make are linked to client diagnosis; Different techniques used for psychotic and non-psychotic diagnoses; Techniques used were commonly from a psychoanalytical approach	<a href="http://vbn.aau.dk/ws/files/41635432/odell_miller.pdf">http://vbn.aau.dk/ws/files/41635432/odell_miller.pdf</a>
Proctor, 2013	University of Exeter, Exeter, England	ethnography of music therapy in a community mental health resource centre	Doctor of Philosophy in Sociology	Yes	Community mental health resource centre	Ethnography	Presented observations through three broad themes of self-awareness and identity, intimacy and conviviality	<a href="https://ore.exeter.ac.uk/repository/bitstream/handle/10871/11101/ProcterS.pdf?sequence=2&amp;isAllowed=y">https://ore.exeter.ac.uk/repository/bitstream/handle/10871/11101/ProcterS.pdf?sequence=2&amp;isAllowed=y</a>
Punkanen, 2011	University of Jyväskylä, Jyväskylä, Finland	Improvisational music therapy and perception of emotions in music by people with depression	Dissertation	Yes	Adults with and without depression; 1st study (N = 79); 2nd study (N = 109); 3rd study (N = 109)	Combination of three studies; 1st paper = RCT; 2nd & 3rd papers = experimental design	Participants in the 1st study showed greater improvement in depression symptoms, anxiety symptoms and general functioning when receiving music therapy and standard care versus standard care alone; In the 2nd study, participants displayed moderate but consistent negative self-report biases; No significant differences were found between groups in the 3rd study, however, the experimental group consistently displayed lower ratings of high, energetic music when compared to the control group	<a href="https://jyx.jyu.fi/dspace/bitstream/handle/123456789/27199/9789513943042.pdf">https://jyx.jyu.fi/dspace/bitstream/handle/123456789/27199/9789513943042.pdf</a>
Purvis, 2007	Lakehead University, Thunder Bay, Canada	Music therapy in schizophrenia: A guide for clinicians	Master of Public Health	Yes	Schizophrenia	Development of a resource for music therapists	Outcome of the project was a resource and guide for MT's working with individuals diagnosed with Schizophrenia	<a href="http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.585.6797&amp;rep=rep1&amp;type=pdf">http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.585.6797&amp;rep=rep1&amp;type=pdf</a>

Salur, 2016	University of Jyväskylä, Jyväskylä, Finland	Aiming for change: Exploring the benefits of music therapy on patients diagnosed with schizophrenia in a Turkish university hospital	Master of Music Therapy	Yes	Adults diagnosed with schizophrenia, outpatient (N = 6)	One group pre-test post-test	Improving general functionality and personal and social performance, decreasing depression levels, increasing positive ways of coping with stress, reducing difficulties in emotional regulation	<a href="https://jyx.jyu.fi/dspace/bitstream/handle/123456789/51175/URN%3ANBN%3af1%3aiju-201609043951.pdf?sequence=1">https://jyx.jyu.fi/dspace/bitstream/handle/123456789/51175/URN%3ANBN%3af1%3aiju-201609043951.pdf?sequence=1</a>
Sheehan, 2013	Drexel University, Philadelphia, Pennsylvania	Music therapy treatment of depressive symptoms in adolescents in short-term inpatient psychiatric settings: A survey study	Master of Arts in Creative Arts in Therapy - Music Therapy	Yes	Music therapists working with adolescents in an acute inpatient psychiatric setting (N = 36)	Descriptive survey of music therapists	Majority of MT's (77.8%) collaborated with other team members when developing treatment goals; Lyric analysis, songwriting & rhythmic improvisation ranked within the top-three most effective interventions; Most important factors influencing successful treatment were reported as therapeutic relationship and the flexibility	<a href="https://idea.library.drexel.edu/islandora/object/idea%3A4157/datastream/OBI/view">https://idea.library.drexel.edu/islandora/object/idea%3A4157/datastream/OBI/view</a>
Solli, 2014	University of Bergen, Bergen, Norway	The groove of recovery: A qualitative study of how people diagnosed with psychosis experience music therapy	Dissertation	Yes	Consumers perspectives of music therapy in an inpatient psychiatric unit; 2nd paper (N = 9); 3rd paper (N = 1)	Combination of three studies; 1st paper = qualitative meta-synthesis; 2nd paper = multiple case study design; 3rd paper = single case study	Three key findings reported: 1) Experiences of music and music therapy were linked to positive mental health and well-being; 2) Positive experiences connected to music therapy specifically; 3) Music therapy supports recovery across multiple contexts and settings	<a href="http://bora.uib.no/bitstream/handle/1956/8753/dr-thesis-2014-Hans-Petter-Solli.pdf?sequence=1&amp;isAllowed=y">http://bora.uib.no/bitstream/handle/1956/8753/dr-thesis-2014-Hans-Petter-Solli.pdf?sequence=1&amp;isAllowed=y</a>
Trahin, 2011	Ball State University, Muncie, Indiana	Effects of group music therapy on psychiatric patients: Depression, anxiety and relationships	Master of Science	Unclear	Community outreach center for individuals diagnosed with a mental illness	Prospectus	N/A	<a href="http://cardinalsolar.bsu.edu/bitstream/handle/123456789/195228/TrahinC_2011-1_BODY.pdf?sequence=1&amp;isAllowed=y">http://cardinalsolar.bsu.edu/bitstream/handle/123456789/195228/TrahinC_2011-1_BODY.pdf?sequence=1&amp;isAllowed=y</a>
Travis, 2003	Florida State University, Tallahassee, Florida	Psychiatric inpatient and outpatient evaluation of music therapy and related treatments	Master of Music	Yes	Adults in an inpatient or outpatient psychiatric setting (N = 12)	Post treatment only survey	Music therapy reported as most helpful in increasing relaxation and social skills; Music listening was ranked as the most enjoyed intervention; Individual therapy with the clients primary therapist was ranked first in terms of helpfulness; music therapy ranked second for treatments in terms of helpfulness	<a href="http://dijonole.lib.fsu.edu/islandora/object/fsu%3A176040">http://dijonole.lib.fsu.edu/islandora/object/fsu%3A176040</a>
Wong, 2009	The New Zealand School of Music, Wellington, New Zealand	How can a music therapy student facilitate contributions by adolescent clients who have psychiatric disorders in group music therapy?	Master of Music Therapy	Yes	Adolescents in an acute inpatient psychiatric unit	Action research	Researcher reported an increased awareness of her own emotions and anxiety level when leading group sessions; verbal and nonverbal facilitating techniques improved; researchers ability to sit comfortably with silence for longer periods of time increased	<a href="http://researcharchive.vuw.ac.nz/bitstream/handle/10063/1003/thesis.pdf?sequence=1">http://researcharchive.vuw.ac.nz/bitstream/handle/10063/1003/thesis.pdf?sequence=1</a>
Young, 2010	The New Zealand School of Music, Wellington, New Zealand	Perspectives on developing a music therapy programme within an educational setting for adolescents with mental health issues	Master of Music Therapy	Yes	Staff and students at a transition school for adolescents with mental health needs (N = 12)	Exploratory with qualitative data	Participants reported music therapy was helpful with socialization, skill mastery, emotional management, confidence and self-expression, cooperation and risk-taking, and improving the environment	<a href="https://mro.massey.ac.nz/bitstream/handle/10179/2029/02_whole.pdf?sequence=1&amp;isAllowed=y">https://mro.massey.ac.nz/bitstream/handle/10179/2029/02_whole.pdf?sequence=1&amp;isAllowed=y</a>