

Music Mental Health Survey Results

Yash Pratap Singh

January 2023

1 About The Dataset

Dataset “Music therapy, or MT, is the use of music to improve an individual’s stress, mood, and overall mental health. MT is also recognized as an evidence-based practice, using music as a catalyst for ”happy” hormones such as oxytocin. However, MT employs a wide range of different genres, varying from one organization to the next. The MxMH dataset aims to identify what, if any, correlations exist between an individual’s music taste and their self-reported mental health. Ideally, these findings could contribute to a more informed application of MT or simply provide interesting sights about the mind.”

2 Data collection

Data collection was managed by @catherinerasgaitis via a Google Form. Respondents were not restricted by age or location. The form was posted in various Reddit forums, Discord servers, and social media platforms. Posters and ”business cards” were also used to advertise the form in libraries, parks, and other public locations. The form was relatively brief so that respondents would be more likely finish the survey. ”Harder” questions (such as BPM) were left optional for the same reason.

”

3 Motivation

Music therapy is the clinical use of music to accomplish individualized goals such as reducing stress, improving mood and self-

expression. It is an evidence-based therapy well-established in the health community. Music therapy experiences may include listening, singing, playing instruments, or composing music. Music is considered by many to be a universal language, that can elicit emotion from people all over the world. It is an art form that not only gives us pleasure but also works as a medicine for both mind and body. Listening to music has been shown to decrease heart and respiratory rate, as well as the level of stress hormones. Scientific studies prove that music can improve your motivation. Music can cause the brain to release dopamine, a chemical which works to regulate motivation and goal-oriented behaviour. Music therapy has been proved to reduce anxiety, improve sleep quality, reduce epileptic seizures etc

4 Interpreting data

Block 0: Background Respondents answer generic questions focused on musical background and listening habits.

Block 1: Music genres Respondents rank how often they listen to 16 music genres, where they can select:

Never

Rarely

Sometimes

Very frequently

Block 2: Mental health Respondents rank Anxiety, Depression, Insomnia, and OCD on a scale of 0 to 10, where:

0 - I do not experience this.

10 - I experience this regularly, constantly/or to an extreme.

5 How To Use The Dataset

Features Information

Timestamp: Date and time when form was submitted

Age : Respondent's age

Primary streaming service : Respondent's primary streaming service

Hours per day : Number of hours the respondent listens to music per day

While working : Does the respondent listen to music while studying/working?

Instrumentalist : Does the respondent play an instrument regularly?

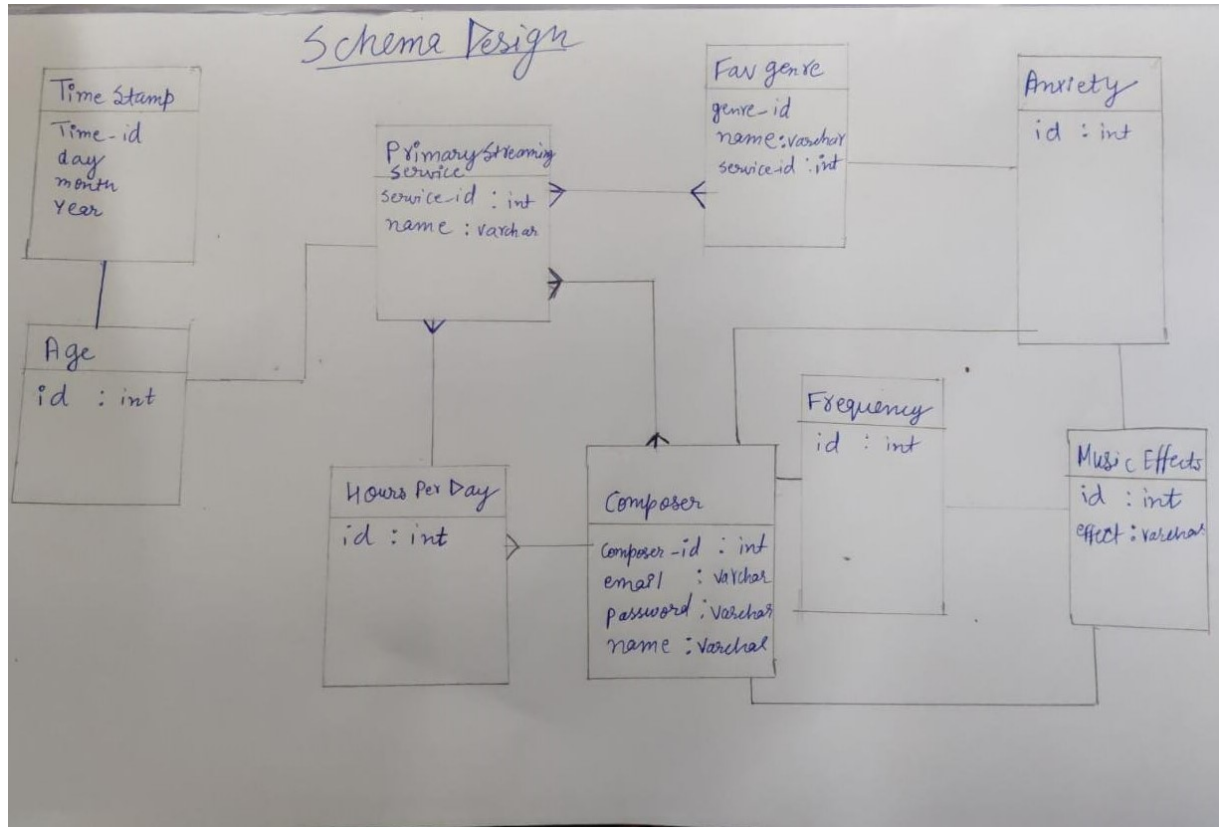
Composer : Does the respondent compose music?

Fav genre : Respondent's favorite or top genre

Exploratory ; Does the respondent actively explore new artists/genres?

Foreign languages : Does the respondent regularly listen to music with lyrics in a language they are not fluent in?

6 SCHEMA DESIGN



7 References

1) Rahman, Jessica Gedeon, Tom Caldwell, Sabrina Jones, Richard Jin, Zi. (2021). Towards Effective Music Therapy for Mental Health Care Using Machine Learning Tools: Human Affective Reasoning and Music Genres. Journal of Artificial Intelligence and Soft Computing Research. 11. 5-20. 10.2478/jaiscr-2021-0001.

2) Gold, Christian Mössler, Karin Grocke, Denise Heldal, Tor Tjemsland, Lars Aarre, Trond Aarø, Leif Rittmannsberger, Hans Stige, Brynjulf Assmus, Jörg Rolvsjord, Randi. (2013). Individual Music Therapy for Mental Health Care Clients with Low Therapy Motivation: Multicentre Randomised Controlled Trial. Psychother-

apy and psychosomatics. 82. 319-331. 10.1159/000348452.

3) Gold, Christian Mössler, Karin Grocke, Denise Heldal, Tor Tjemsland, Lars Aarre, Trond Aarø, Leif Rittmannsberger, Hans Stige, Brynjulf Assmus, Jörg Rolvsjord, Randi. (2013). Individual Music Therapy for Mental Health Care Clients with Low Therapy Motivation: Multicentre Randomised Controlled Trial. *Psychotherapy and psychosomatics*. 82. 319-331. 10.1159/000348452.