



NeuRA

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SCHIZOPHRENIA Factsheet

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What is music therapy?

Music therapy utilises musical experiences and interactions designed to assist people with disorders such as schizophrenia to address issues they may have difficulty with, such as communication and self-regulation. It may be offered through group and individual programmes and does not require a client to have musical skills. Therapists are trained to respond to challenging behaviour using both musical and non-musical strategies. Music therapy can be active (including improvisation, producing music) or receptive (listening to either live or recorded music). The musical therapist can manipulate the rhythmic or harmonic structure to alter therapy intensity. The therapist can also direct the focus of the session to be concentrating on the processes within the music itself, or to focus more on the client's emotional responses to the music.

What is the evidence for music therapy?

Moderate to high quality evidence suggests music therapy can improve social and overall functioning (medium to large effects). Moderate quality evidence finds music therapy can also reduce catatonic behaviour.

Moderate to low quality evidence finds improvements in negative, depression and anxiety symptoms, quality of life, perceived social support, and attention, memory, and abstract thinking.

For further information see the technical table



NeuRA

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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.

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