

Health education for music students and teachers: A scoping review

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Background

The high prevalence of performance-related health problems (PRHP) amongst musicians at professional, student and amateur levels of diverse genres and cultures is well-documented^{1,2}. School-aged children studying music already commonly suffer PRHPs, with reported prevalence rates between 67% and 88% in adolescent musicians before starting tertiary studies^{3,4,5}. Research indicates that preventative education is imperative, with ongoing advocacy for university-level musicians' health interventions^{6,7}, yet the literature suggests that current musicians' training provides inadequate health information⁸. Whilst a small amount of research into the content, implementation and efficacy of musicians' health education exists, it is still not typically embedded in music training⁹. There is also a need for health education resources to be tested with the secondary school music community.

Aims

The study seeks to evaluate the range of evidence from health education interventions trialled at secondary schools or tertiary music institutions globally and across all genres of music. The research questions are: 1) What are the enablers or barriers with implementing a health education module into curriculum at a music institution; and 2) What types of strategies have been implemented and evaluated? The secondary aim is to ascertain whether and how prior intervention strategies with tertiary musicians can be accommodated for use in secondary school contexts.

Method

A scoping literature review was conducted. Scoping reviews aim to map the key concepts that underpin a research area¹⁰. A three-step approach was used to search available published literature and reports of research involving health education trials with both tertiary and secondary school music students across all music genres. A total of 90 records were identified for full-text review, with a final inclusion of 27 records for data extraction.

Results

Data extraction and analysis is currently ongoing. The data will be charted, and a descriptive summary will outline key information. The 'map' of the results will be presented, and the descriptive summary discussed. Characteristics of the research such as design, intervention, key findings, and recommendations will be examined. Examples of outcome measures of interest include a reduction of PRHP and/or increased performance quality.

Conclusion

The results will synthesize the existing body of knowledge on health promotion intervention trials in secondary and tertiary music educational contexts. These findings may potentially inform health promotion strategies and curriculum development for implementation and evaluation with secondary school cohorts of instrumental musicians.

Keywords

Instrumental musicians; health promotion; prevention; interventions; performance-related health problems.

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