

Keywords: Music psychology; Music therapy; Psychometric scale

Introduction

Recently, studies have investigated the differences between musicians and non-musicians in terms of neuroanatomical [18], physiological [19,20] and neuropsychological [21-23] differences. Little is known instead about differences in terms of music preferences [24] and mental health. Some scholars have claimed that musicians tend to be more neurotic and even more religious than non musicians [25,26] but these findings should be investigated in more depth.

Material and Methods Keywords:

a mean age of 29.49 ± 9.01 years, with an age range of 18-54 years, females were 22 (27.16 % of the total population), while musicians were 17 (20.99% of the total population), and immigrants 9 (11.11 % of the total population), properly classified as immigrants according to their self-reported nationality.

From tables 4 and 5, we observed that gender and age have no effect on music preferences in a statistically significant way. As far as use of music is concerned, 17 subjects (20.99% of the total population) chose non-instrumental/emotional option and if we compare among the groups, we found statistically significant difference between non-musicians and musicians (p-value 0.000), between migrants and musicians (p-value 0.015), but again not between migrants and Italians.

Discussion

The current study attempts to study correlations between music (musical attitudes, use of music, music complexity, and music preferences) and mental health. This topic is of great importance in the frame of music therapy.

Some scholars emphasized that in order to fully exploit music benefits only theory-driven theory should be designed and used in clinical practice and that the lack of theoretical study can lead to the failure of the therapeutic project [29,30].

Studying musicians' personality could foster further development in both music therapy research and music therapy applications and help us to understand why and how music therapy is really effective.

From our experimental findings, music is a universal factor [31]: in our sample we found no statistically significant differences for age, gender and nationality among the groups. Different preferences between musicians and non-musicians may reflect a different sensibility and personality trait, as can be seen from higher SCL90-R scores and statistically significant difference for depression, anxiety, phobic sub-

scales. We speculate that this could have motivated the person to wish to become a musician: music as auto-medication, as a kind of self-administered therapy. Musicians in fact use music to modulate and enhance their feelings and emotion and prefer well-structured and complex music such as jazz and classical music, suggesting that complex music can strengthen their personality, feeding and spiritually nourishing them.

is could help to select and design music therapy programs ~~and~~ ad hoc. Moreover, these programs can be extended to immigrants with mental di culties currently in Italy, since there are no limitations, music being a universal value and language.

Further research is needed in order to establish and nd other potential link and correlation useful in music therapy clinical routine practice.

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