TABLE OF CONTENTS:

1. Lars Ole Bonde & Töres Theorell: Music and Public health – an Introduction

PART ONE
EPIDEMIOLOGICAL RESEARCH IN MUSIC AND PUBLIC HEALTH IN THE NORDIC COUNTRIES

2. Ola Ekholm & Lars Ole Bonde (DK): Music and health in everyday life in Denmark. Associations between the use of music and health-related outcomes in adult Danes
4. Töres Theorell & Fredrik Ullén (S): Music practice and emotion handling

PART TWO
THEORETICAL PERSPECTIVES ON MUSIC AND PUBLIC HEALTH

5. Töres Theorell (S): How does music translate itself biologically in the body?
6. Hanne Mette Ridder (DK): How music and social engagement provides healthy aging and prevents behavioral and psychological symptoms of dementia
7. Suvi Saarikallio & Margarida Baltazar (SF): Music as a forum for social-emotional health
9. Karette Stensæth (N): Music as participation! Exploring music’s potential to avoid isolation and promote health

PART THREE
MUSIC AS A PROPHYLACTIC RESOURCE – EXAMPLES OF PROJECTS AND INITIATIVES

10. Tora Sönderström Gadén & Gro Trondalen (N): Bonding through Music: Music Therapy as Health Promotion for Mothers and Children at a Public Health Clinic
12. Eva Bojner Horwitz (S): Humanizing the working environment in health care through music and movement – The importance of embodied leadership

ABOUT THE CONTRIBUTORS
ABOUT THE CONTRIBUTORS

Editors:

TÖRES THEORELL is a professor emeritus at the Karolinska Institute. He served as a clinician (cardiology, internal medicine, occupational medicine and social medicine) 1967-1990. He became a professor, from 1995 also director, of psychosocial medicine in 1980 at the National Institute for Psychosocial Medicine in Stockholm. At the same time he was appointed professor of psychosocial medicine at the Karolinska Institute. Since his retirement in 2006 he has served as scientific consultant at the Stress Research Institute, Stockholm University. His stress research has been focused on physiological mechanisms, epidemiological observations and controlled intervention studies. He has been doing research on culture and health since the 1980s, mainly in the music area. He has written more than 450 articles in international scientific journals and authored and edited several books, among them: Psychological Health Effects of Musical Experiences. Theories, Studies and Reflections in Music Health Science (2014).

LARS OLE BONDE, PhD, is professor in music therapy at Aalborg University (DK) and professor II at Center for research in Music and Health (CREMAH) at the Norwegian Academy of music (N). He is certified music therapist and clinical supervisor. In the 1980s and 90s he worked as music and concert producer. He served as associate editor of the Nordic Journal of Music Therapy until 2017. Current research projects include: Music and public health, Music therapy for people suffering from schizophrenia, Monographs on the Danish composers Bent Lorentzen and John Høybye. He as published numerous books, book chapters and articles on the theory and practice of music therapy, music psychology, music education, music theatre – and music and health.

Authors:

OLA EKHOLM, PhD, is a senior advisor at the National Institute of Public Health at the University of Southern Denmark, Denmark. His main research interests are in the areas of using population-based health surveys in epidemiological studies. He has authored/co-authored more than 85 research papers in international peer-reviewed journals. He is also a supervisor for several PhD students.

BENTE LØKKEN is PhD fellow in culture, activity and mental health at the faculty of medicine and health science at the Norwegian University of Science and technology (NTNU), and employed at Nord University, faculty of nursing and health science. Her current fields of interest are: Public health, epidemiology, register data. She is currently lecturing in the subject public health and health-related behavior. The title of her PhD project is “Leisure time cultural activities in the population; mortality, sickness absence and use of health care - cohort analyses from the HUNT 3 Survey (2006-08)”. The main objective of the PhD is to investigate how attendance in leisure time cultural activities, both receptive and creative, affect different aspects of health in the population; mortality, sickness absence and use of health services.
STEINAR KROKSTAD is a professor of social medicine and general manager of the HUNT Research Center, Department of Social Medicine and Nursing, Faculty of Medicine and Health Sciences at NTNU. He is a former specialist in general medicine and now a specialist in psychiatry and general practitioner at the Clinic for Mental Health and Substance Abuse, Levanger Hospital, Helse Nord-Trøndelag HF. He is the deputy chairman of the National Center for Cultural Health and Care in Norway. He has a doctorate in social epidemiology / social medicine, and his research projects include socioeconomic causes of bad health, illness, mortality and disability plus research in psychiatric epidemiology and national health services. He has contributed several book chapters in community medicine, social medicine and medical sociology. He has been heavily involved in preventive and health promotion, in cooperation with local, regional and national authorities in Norway.

DAFNA MEROM is a professor of physical activity and health at Western Sydney University, NSW Australia. She is internationally known expert in the area of physical activity epidemiology, measurement, surveillance and promotion. Merom has been awarded more than $3.5million research grants, including being a recipient of the National Health and Medical Research postgraduate award. These grants have been used to develop and evaluate interventions to promote active living to various population groups and in various settings including the first international large-scale study on the effect of social dancing on falls and cognition among older adults.

ERIK R. SUND is a research scientist at the department of public health and nursing, NTNU, and an associate professor at the faculty of health sciences and nursing, Nord University. He has a PhD from NTNU on the topic social and geographical inequalities in health. He has a wide range of research interests within public health but with a particular interest in statistical modeling. He is currently involved in research on gene-environment interactions and cognitive and mental health in the elderly.

VEGAR RANGUL is PhD in Public Health and General Practice, behavioral epidemiology. He is a specialist in physical activity epidemiology and has extensive experience with the use of large epidemiological data sets to resolve issues tie into the health effects of physical activity and its interaction with general health behavior and cardiovascular disease risk in particular. He has expertise in behavioral epidemiology, measurement of physical and cultural activities and epidemiological population studies. Chairman of The Norwegian Centre of Arts and Health and project-leader of the National educational program in music based environmental treatment, with integrated use of music, song and movement.

FREDRIK ULLÉN is Professor of Cognitive Neuroscience at the Department of Neuroscience, Karolinska Institutet, since 2010. His research focuses on the neuropsychology of expertise and creativity, i.e. the various brain mechanisms that allow us to perform at a very high level within a specific field, using music as a model domain. Methodologically his team combines neuroimaging with experimental psychology and behavior genetic analyses. He is currently heading a larger research programme Humans Making Music that involves collaborations with the Swedish Twin Registry and other research groups both within and outside Sweden. In addition to his career as a scientist, Professor Ullén is active as a professional pianist.
Professor Ullén is a fellow of the Swedish Royal Academy of Music (2007) and Academia Europaea (2017).

HANNE METTE RIDDEN, PhD, DMTF, music therapy supervisor, is professor and head of the Doctoral Programme in Music Therapy at Aalborg University, Denmark. She has long clinical experience in dementia care, leads research on music therapy in dementia and neurocognitive disorders, and is engaged in various international research networks. She has published extensively, and recently edited a Danish/ Norwegian book on music therapy in healthy aging - *Musikkterapi og eldrehelse* - together with Dr. Brynjulf Stige.

SUVI SAARIKALLIO, PhD, Docent of Music Psychology, works as a senior researcher at the Center for Interdisciplinary Music Research, Department of Music, Art and Culture Studies, University of Jyväskylä, Finland. She is an expert in music psychological research on emotion regulation, youth psychosocial development, and emotional wellbeing. After completing a PhD in Music Education in 2007 Saarikallio has rapidly established an internationally acknowledged research career combining approaches from music psychology, music therapy, and music education, using methods from qualitative theory development to motion capture, neural measures, and psychometrics, and actively publishing her work in the top journals of the field.

MARGARIDA BALTAZAR studied Clinical Psychology in the University of Lisbon. She has worked as a psychologist and as a piano teacher, and the motivation to conciliate the sciences of the mind and music has been long present. Now she is doing her doctoral studies at the Department of Music, Art, and Culture Studies of the University of Jyväskylä. Her research interests are affect self-regulation through music, musical emotions, and wellbeing. Her work has been focusing both on theoretical and daily life implications of music use.

BRYNJULF STIGE, PhD, is Professor of Music Therapy at the University of Bergen and Head of GAMUT - The Grieg Academy Music Therapy Research Centre, University of Bergen & Uni Research Health, Norway. Stige has founded two international peer-reviewed journals: *Nordic Journal of Music Therapy* and *Voices: A World Forum for Music Therapy*. He is currently the founding leader of POLYFON knowledge cluster for music therapy, a partnership that enables collaboration between research institutes, hospitals, municipalities, and counties on service development, research, education, and dissemination. Stige’s research explores relationships between music therapy, culture, and communities of practice.

KARETTE STENSÆTH, PhD, is associate professor in music therapy at the Norwegian Academy of Music, where she also works as the Director of the Centre for Research in Music and Health (CREMAH). Her research interest is broad and involves social and philosophical perspectives on music and health. Karette has edited several books in the CREMAH Series. Her fresh monography is on responsiveness in music therapy improvisation inspired by Mikhail Bakhtin’s ideas. Karette has much clinical experience as a music therapist working with children and youth with special needs. She sings, plays and composes music in her spare time.

TORA SØNDERSTRØM GADEN, MA-MT, Music therapist, graduated from The Norwegian Academy of Music in 2015 with the masters thesis *Song, Interplay and Bonding* based on her music therapy practice project at a Public health clinic with first time mothers and their young
infants. She is currently working at Akershus University Hospital's pediatric department, where she is also leading a project on adapting international models and methods for music therapy in neonatal intensive care to the context of Norwegian health care and neonatal intensive care units.

GRO TRONDALEN, Ph.D., Special education Teacher, Music Therapist, Fellow of AMI, is Professor in Music Therapy and Director of the Centre for Research in Music and Health (CREMAH) at the Norwegian Academy of Music in Oslo, Norway. She is an experienced music therapy clinician and supervisor, and maintains a private practice in The Bonny Method of Guided Imagery and Music (GIM).

ANNE HAUGLAND BALSNES, PhD, is professor of music and manager of research at University of Agder and Ansgar University College at Kristiansand, Norway. Her Ph.D.-degree from The Norwegian Academy of Music was based on the thesis Learning in choirs – Belcanto as a community of practice (2009). This study was followed by the postdoctoral project Choral singing for a better life which resulted in the book Choral singing – ideal for human fellowship? (2014). In addition, Balsnes has written several articles on choral singing and health in journals and anthologies. She is also a practicing conductor and singer.

EVA BOJNER HORWITZ, PhD, RPT, and Reg DMT, is a medical doctor, a cultural health researcher and specialized in psychosomatic medicine and creative arts. She is a co-founder and director of education at the Center for social sustainability, CSS, Karolinska Institutet (KI) Sweden and researcher at the Department of Clinical neuroscience KI and Department of Public health and Caring sciences, Uppsala university. She is anchored in interdisciplinary research, has doctoral students, authored scientific articles, books and book chapters. Her research expertise covers: interventions with dance/music/theatre, alexithymia, creative achievement, embodiment, emotional regulation, nature related activities, fairy tales, public health, quantitative and qualitative research methods.

STINE LINDAHL JACOBSEN, PhD, is Associate Professor and Head of the Music Therapy MA Programme at Aalborg University, Denmark. She co-founded and runs a cross sector knowledge and research center for culture and health in Denmark (Nordjysk Center for Kultur og Sundhed). Jacobsen regularly lectures at universities in Germany, Austria, Spain and Norway. She has published various articles and chapters in the area of families at risk, standardized assessment tools and effect studies. Jacobsen actively takes part in public and political debates on the use of music and other art disciplines to promote health.

HELLE NYSTRUP LUND is a Music Therapist and ph.d. student at the Unit for Psychiatric Research at Aalborg University Hospital, Denmark. Her area of research is depression and music listening to improve sleep quality and to promote health. She is an experienced teacher and clinician - and co-inventor of The Music Star app. She publishes in the area of music therapy and music listening and has presented to international audiences for health professionals. She is also a professional jazz pianist and composer, performing with her jazz trio 'Helle Lund Trio'. Combining workshops and performances she has toured in Norway, Finland, Scotland and France.

LARS RYE BERTELESEN is a doctoral student at the Doctoral Programme of Music Therapy at
Aalborg University, Denmark. He founded and runs a private music therapy clinic community since 1999, and holds a position as clinician and research assistant at the Music Therapy Research Clinic at the Aalborg University Hospital – Psychiatry since 2005. He is co-inventor of "The Music Star" application, and he regularly gives lectures and workshops on music as communication, as well as being a part time professional musician.

KARI BJERKE BATT-RAWDEN, PhD, is associate professor at the Institute of Health Science, The Norwegian University of Science and Technology (NTNU). She is head of the master study in “Health Promotion and Community Care” at NTNU. Batt-Rawden also belongs to the Sociology of the Arts Group [SocArts] at Exeter University and the Research Group “Health Promoting Communities” at NTNU in Gjøvik in conjunction with Center for Health Promotion Research at NTNU in Trondheim. She has published several international, scientific research papers on links between music, health and quality of life, mainly based on the use of qualitative methods and a salutogenic perspective.