

# Music's Versatility and Impact on Our Health and Well-being



University of Washington Retirement Association

June 11, 2024

Sarah McKiddy, PhD Candidate, UW School of Nursing

**Music**

**as a**

**Way of**

**Knowing**

01

**The Linguistics of Music:**  
"The Universal Language"

02

**Biopsychosocial Processes:**  
Cognitive, Physiological,  
Emotional, Spiritual, Cultural  
Implications

03

**Sense of  
Connection:**  
To Self and Others

04

**The Intersection of  
Music, Health, &  
Wellness in Research:**  
Where We Are Today

05

**Why This Matters**

# MUSIC-BASED INTERVENTIONS (MBI)

- **Musical components:** melody, harmony, rhythm
- **Modes of delivery:** receptive and active
- **Challenges:**
  - Versatility and complexity inherent in music
  - Lack of personalization and contextualization of music
  - Gaps in evidence for dosage determination

## A Musical Components



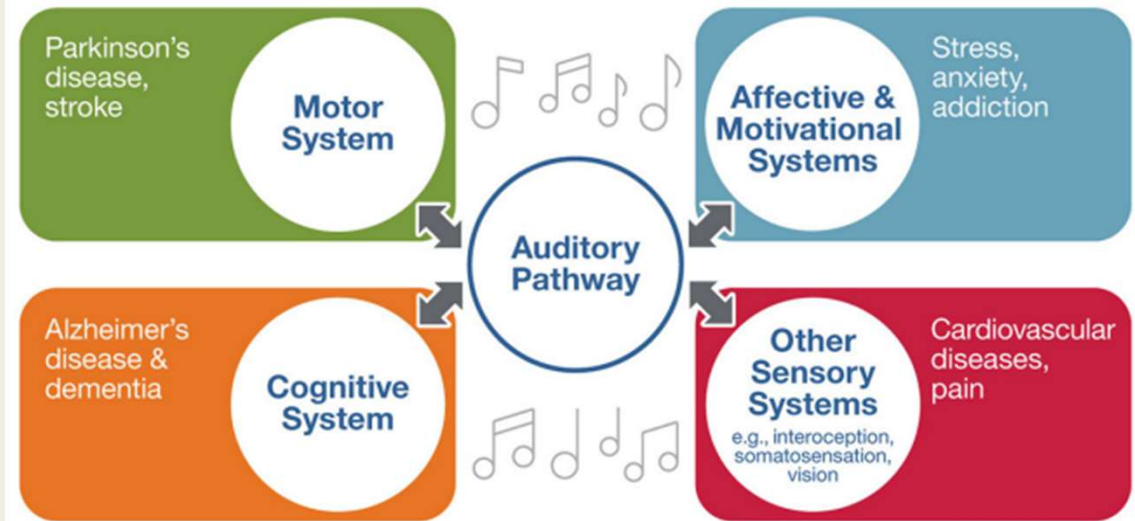
## B Music-Based Interventions



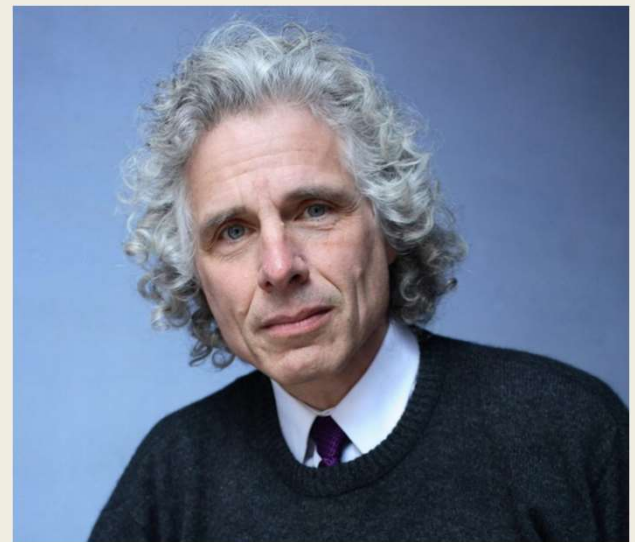
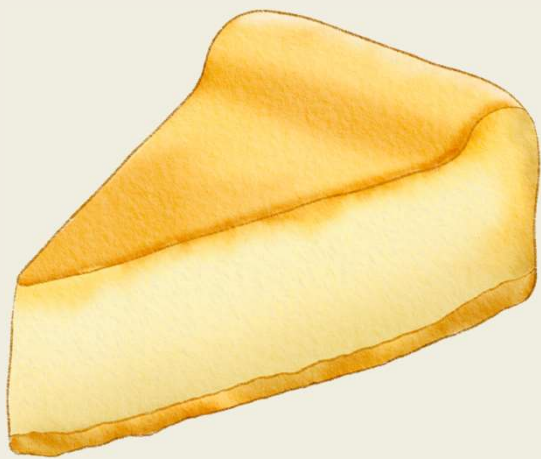
# THERAPEUTIC EFFECTS OF MUSIC

- Longitudinal fMRI results in healthy older adults show increased functional connectivity from the auditory cortex to the reward system after an 8-week receptive MBI
- Systematic engagement with music is suggested to change the connectivity of auditory and reward systems, offering a measurable impact of MBI dosage
- Despite complexity, the responsiveness, sensitivity, and connectivity of activated brain circuits offer compelling quantitative measures

## C Brain Circuitries and Potential Therapeutic Effects



# Is music *auditory cheesecake*?



# Thank You!

sm256@uw.edu

## Book recs!

