



Supporting
Military Families
Through Research
and Outreach

PUTTING RESEARCH TO WORK FOR MILITARY FAMILIES

Military Veteran's Use of Music-Based Emotion Regulation for Managing Mental Health Issues

Zoteyva, V., Forbes, D. & Rickard, N.S. (2015). Military Veterans' use of music-based emotion regulation for managing mental health issues. *Psychology of Music*, 1-17. doi:10.1177/0305735614566841.



205 Australian Veterans participated in a study to explore how they use music in their everyday lives, and how music might be helpful in managing their mental health. Veterans reported frequently listening to music for both emotional and cognitive reasons.

Key Findings:

- Veterans frequently enjoyed music; they reported listening to music daily, usually in the background.
- Veterans with mental health problems listened to music for both emotional and cognitive reasons.
- Music listening as a diversion, mental work, for emotional reasons, and as a discharge for negative emotions explained 7% of the depression scores.
- Music listening did not significantly predict general health or perceived stress.

Implications for Programs:

- Programs could encourage Service members and family members to listen to music as a pleasant engaging activity.
- Programs could host musically oriented social events for Service members and families such as concerts or dances.
- Programs could partner with music therapists, incorporating some musical activities as part of programming.

Implications for Policies:

- Policies could provide funding for musical events for Veterans and their family members.
- Policies could allocate additional funding for music therapy for Veterans.
- Policies could recommend that installations be provided funding to purchase musical instruments as a vehicle for Service members to engage in a music lab.

Avenues for Future Research:

- Future research could assess how listening to music changes mental health symptoms over time.
- Additional studies could examine how a mindfulness practice to music could impact overall health functioning.
- Future research could examine how sharing in musical activities as a family is related to family functioning.
- Future research could replicate this study with a sample of United States Veterans.

Prepared by the Military REACH Team.

For additional information, please visit reachmilitaryfamilies.umn.edu

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Background Information

Methodology:

- Veterans at an intake appointment for a lifestyle management program were recruited; 88% agreed.
- Participants completed measures of distress, depression, stress, alcohol use, negative and positive interactions with family and friends, and music listening.
- Correlations and hierarchical regressions examined the relationships among the variables.

Participants:

- 205 Australian Veterans participated (91% males).
- Average age=59.57 years (SD=0.83 years).
- 77% were married, and 61% had completed secondary school or college.

Limitations:

- The study was correlational and any causal conclusions are not appropriate.
- The sample was treatment seeking, and these results may not generalize to other groups.
- The measures were all self-reported.

Assessing Research that Works

Research Design and Sample					Quality Rating:
	Excellent (★★★★)	Appropriate (★★★☆☆)	Limited (★★★☆☆)	Questionable (★★★☆☆)	
The design of the study (e.g., research plan, sample, recruitment) used to address the research question was....	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	★★★☆☆
Research Methods					Quality Rating:
	Excellent (★★★★)	Appropriate (★★★☆☆)	Limited (★★★☆☆)	Questionable (★★★☆☆)	
The research methods (e.g., measurement, analysis) used to answer the research question were...	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	★★★☆☆
Limitations					Quality Rating:
	Excellent Minor Limitations (★★★★)	Appropriate Few Limitations (★★★☆☆)	Limited Several Limitations (★★★☆☆)	Questionable Many/Severe Limitations (★★★☆☆)	
The limitations of this study are...	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	★★★☆☆
Implications					Quality Rating:
	Excellent (★★★★)	Appropriate (★★★☆☆)	Limited (★★★☆☆)	Questionable (★★★☆☆)	
The implications of this research to programs, policies and the field, stated by the authors, are...	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	★★★☆☆
<input type="checkbox"/> Not applicable because authors do not discuss implications					
Overall Quality Rating					★★★☆☆