

Accepted Manuscript

Title: No Between-Group Difference but Tendencies for Patient Support: A Convergent Parallel Mixed Methods Pilot Study of a Resilience-Focused Music Therapy Protocol for Adults on a Medical Oncology/Hematology Unit

Authors: Lorissa Letwin, Michael J. Silverman

PII: S0197-4556(16)30246-5
DOI: <http://dx.doi.org/doi:10.1016/j.aip.2017.06.002>
Reference: AIP 1460

To appear in: *The Arts in Psychotherapy*

Received date: 22-12-2016
Revised date: 26-5-2017
Accepted date: 3-6-2017

Please cite this article as: Letwin, Lorissa., & Silverman, Michael J., No Between-Group Difference but Tendencies for Patient Support: A Convergent Parallel Mixed Methods Pilot Study of a Resilience-Focused Music Therapy Protocol for Adults on a Medical Oncology/Hematology Unit. *The Arts in Psychotherapy* <http://dx.doi.org/10.1016/j.aip.2017.06.002>

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No Between-Group Difference but Tendencies for Patient Support:
A Convergent Parallel Mixed Methods Pilot Study of a Resilience-Focused Music Therapy
Protocol for Adults on a Medical Oncology/Hematology Unit

Lorissa Letwin, MA, MT-BC

Michael J. Silverman, PhD, MT-BC

The University of Minnesota

Abstract

During hospitalization for cancer treatment, patients can experience adversities that negatively impact quality of life and hinder recovery. Thus, it is important for patients to develop resilience to help them adapt, cope, and potentially overcome stressors within hospital and home environments. The purpose of this study was to determine if and how a two-day resilience-focused music therapy (RFMT) intervention might impact resilience in adults on a medical oncology/hematology unit. Participants ($N = 15$) were randomly assigned to RFMT or a waitlist control condition. Participants in the RFMT condition received a two-day music therapy intervention: Resilience-themed patient-preferred live music (PPLM) on day one and RFMT through resilience-themed PPLM on day two. Experimental participants completed an individual semi-structured interview after the intervention. Quantitative results indicated no between-group difference at posttest. However, experimental participants tended to have slightly more

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