## Accepted Manuscript

Title: Artful Wellness: Attending Chamber Music Concert Reduces Pain and Increases Mood and Energy for Older Adults

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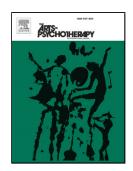
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## ACCEPTED MANUSCRIPT

#### **Title Page**

Artful Wellness: Attending Chamber Music Concert Reduces Pain and Increases Mood and Energy for Older Adults

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#### **Highlights**

- Chamber music concerts offer benefits to older adults
- Statistically significant changes in pain reduction pre- to post-test
- Statistically significant changes in increased mood & energy pre-to post-test
- Psychosocial benefits included: engagement, enjoyment, meaning, & connection.
- Music therapist consultation for performers was crucial in the success of concerts

#### Abstract

The purpose of this study was to examine the experience of providing professional chamber music to cognitively intact and cognitively impaired older adults in various long-term care and community settings. A total of 30 concerts involving 4 types of chamber music performances were prepared and offered to the participating facilities over a 6-month period. 3 participant groups were involved in the data collection: performing musicians, staff at the long-term care and community centres, and older adults. Data were collected via surveys of the 3 participant groups, pre- and post- tests of

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