



Module 3 – Jo Warren

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PROJECT PRESENTATION

Project Title

Impact of singing/vocalising on mental wellbeing and quality of life in a person diagnosed with both Parkinson's Disease and Motor Neurone Disease – an exploration



Background

- Community musician - aim to improve mental wellbeing and quality of life
- Benefits of group singing on mental health and wellbeing
- Parkinson's Disease and Motor Neurone Disease

Dysarthria

- “a group of neurologic speech disorders that reflect abnormalities in the strength, speed, range, steadiness, tone, or accuracy of movements required for the breathing, phonatory, resonatory, articulatory, or prosodic aspects of speech production” (Duffy, 2013, p. 4)

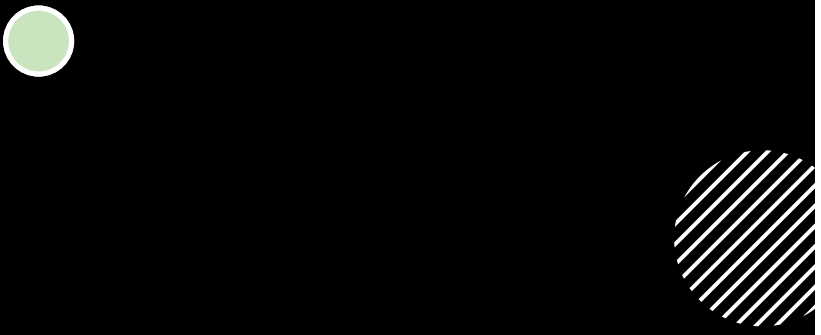
Research Aims

1. Develop an understanding of whether, and if so, how, singing/vocalisations impact mental wellbeing and quality of life
2. Identify any resulting benefits to speech and vocal communication
3. Participant enjoyment / benefit





Methodology and Methods



Participant - 'Mark'

Qualitative Case
Study (IPA)

Questions
Audio recordings
Observation

DB, MTVP, SOVTE
and VIT

Ethics and Insider Research



Ethics

Professional practice

‘Mark’



Insider Research

Emotions

Bias

Findings



Theme 1:
Meaningful
Connection

Sub-Theme:
Disconnection



Theme 2: Accessibility



Theme 3: Music

Theme 1: Meaningful Connection



RELATIONSHIPS AND
HUMOUR



SOCIAL ACTIVITIES



EMOTIONS AND MEMORIES

Sub-Theme: Disconnection



Voice – communication difficulties
– “it’s poor, frustrating”



Social withdrawal



Audio recording – ‘Sky’
(session three)



Theme 2: Accessibility

- Barriers to participation

Transport

Content – song tempo/pitch



Theme 3: Music



Listening – therapeutic



Difficulties - playing
guitar and singing

Conclusions and Recommendation



Research Aim 1

Mental wellbeing and QoL - connection with practitioner and session content



Research Aim 2

Speech and communication - minimal short-term secondary benefit in speech clarity



Research Aim 3

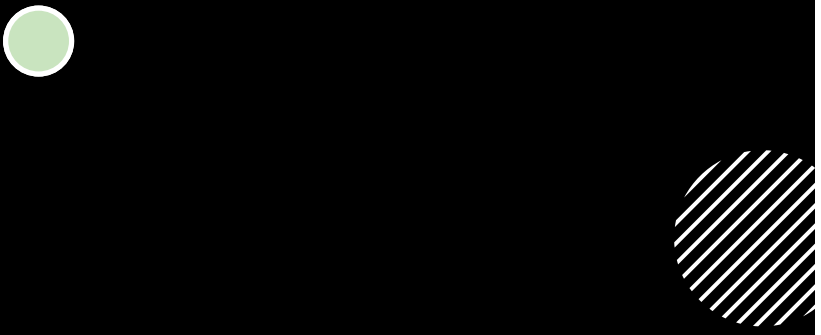
'Mark' enjoyed all sessions. Independently corroborated by his wife.



Recommendations – more participants; measurement of underlying biological/neurological changes.



Learning Experience



Basic understanding of PD
and MND and research
process



Interventions underpinning
practice – MT / SLT
boundaries



Challenging first research
project

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