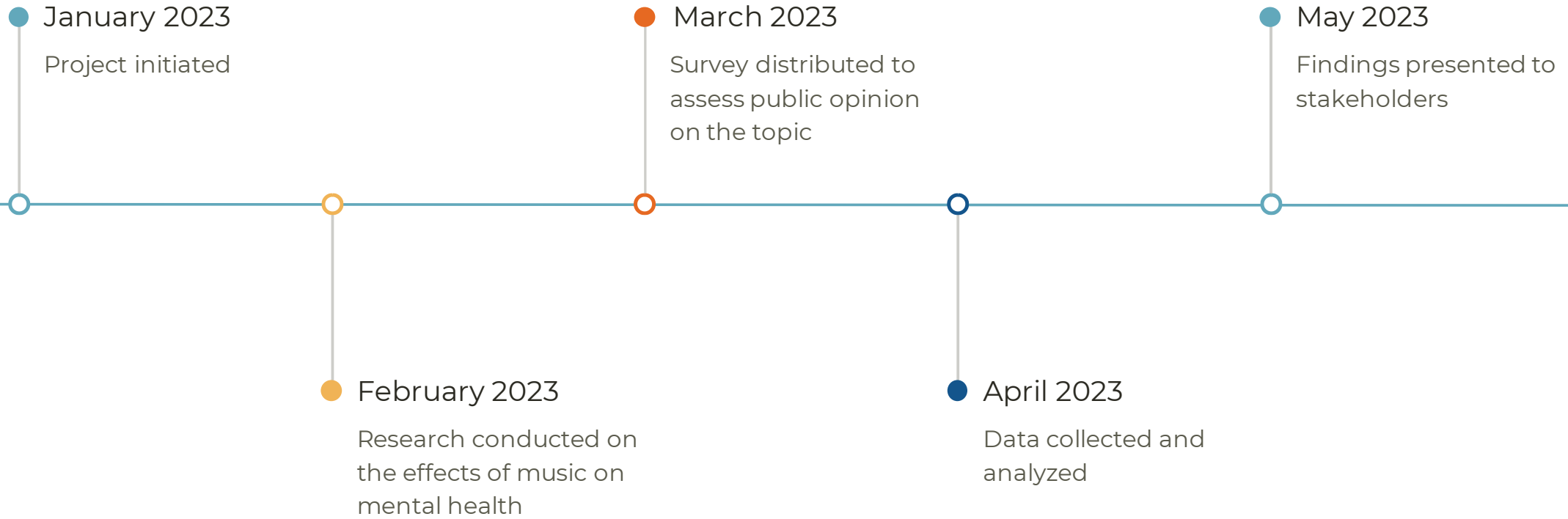


A person is sitting on a bed, wearing a grey long-sleeved shirt and light-colored striped pants. They are holding a vinyl record over a black portable record player. The record player has a turntable with a black record on it. In the foreground, there is a stack of vinyl records. The background is a simple room with a white wall and a bed.

Analyzing Music & Mental Health

JB Music Therapy

Project Background



Project Objectives



Increase awareness of the positive effects of music on mental health

Educate the public on the potential of music to improve mental health and well-being



Develop strategies to use music in therapy

Explore ways to incorporate music into therapeutic practices



Evaluate the effectiveness of music-based interventions

Measure the impact of music-based interventions on mental health outcomes

This project seeks to explore the potential of music to improve mental health and well-being, and to develop strategies for using music in therapeutic practices.



Learning About JB Music Therapy

JB Music Therapy: Overview

JB Music is a leading provider of music therapy services, helping individuals of all ages and backgrounds to improve their mental health and well-being through the power of music.

It is a powerful tool for improving physical, emotional, and mental health.

Services Provided by JB Music



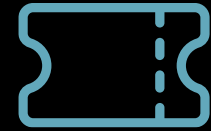
Music Therapy Sessions

JB Music provides individual and group music therapy sessions for clients of all ages.



Instrument Instruction

JB Music offers private and group instruction on a variety of instruments.

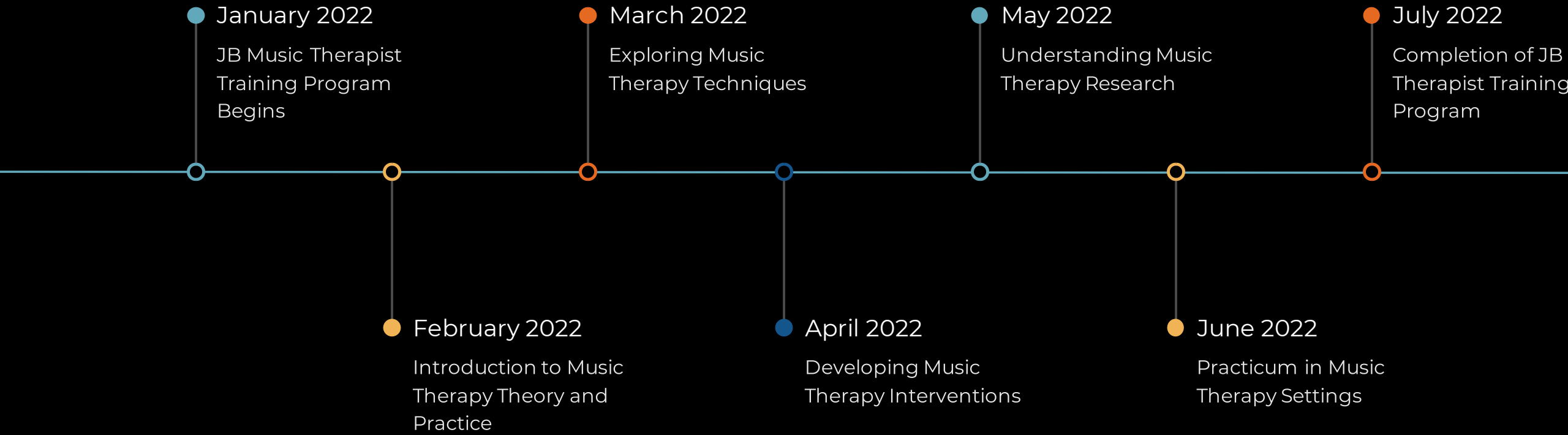


Performance Opportunities

JB Music provides performance opportunities for clients to showcase their musical talents.

JB Music offers a variety of services to help clients reach their musical goals.

JB Music Therapist **Training** Timeline



The **Team** at JB Music Therapy



John Brown
Founder



Samantha Smith
Music Therapist



Karen Jones
Music Therapist



Paul Williams
Music Therapist



Amy Taylor
Administrative Assistant

“**Music** is the **mental** bridge
between the physical and
spiritual worlds.”

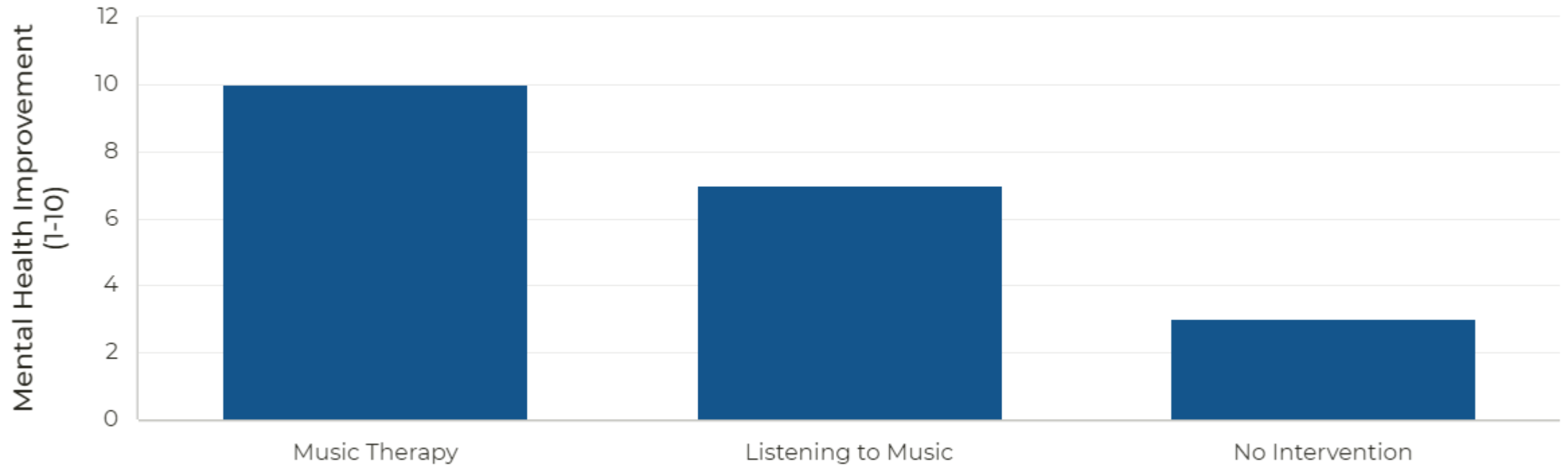
HERBIE HANCOCK



Data Cleaning & Processing

Data cleaning and processing are essential steps in understanding the impact of music on mental health. By ensuring that data is accurate and up-to-date, researchers can gain valuable insights into how music can be used to improve well-being.

Data Visualisation Results



Music interventions have a positive effect on mental health.

*Data from the National Institute of Mental Health.

Survey Results - Insomnia



Insomnia Severity Index
Score



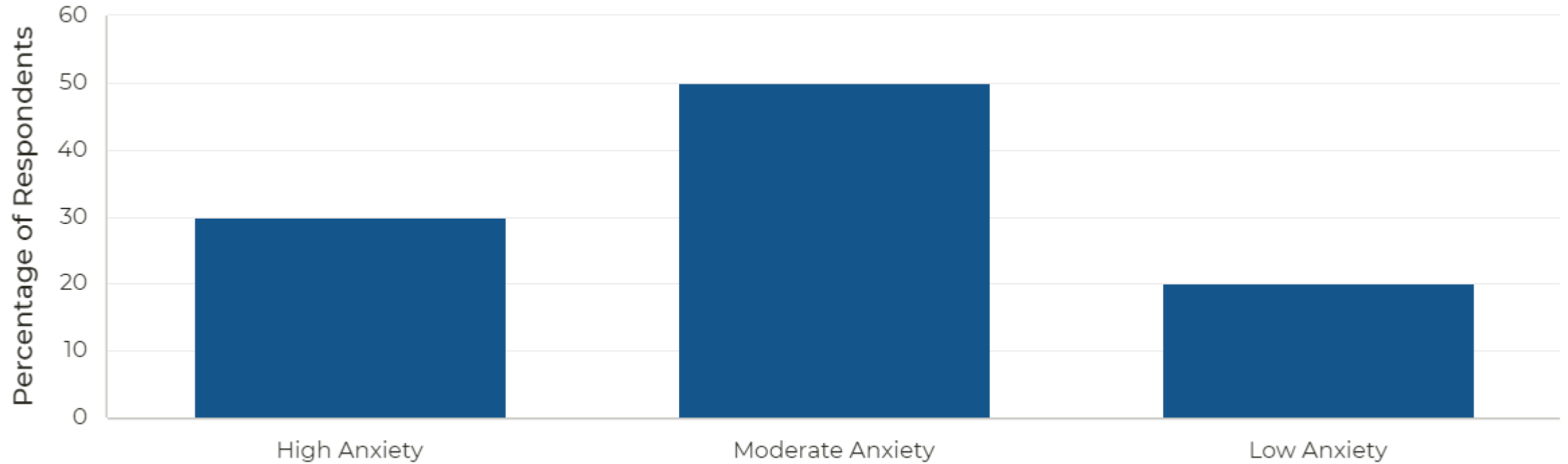
Sleep Quality Index Score



Sleep Latency Index Score

The survey results show that insomnia is a significant issue for many people.

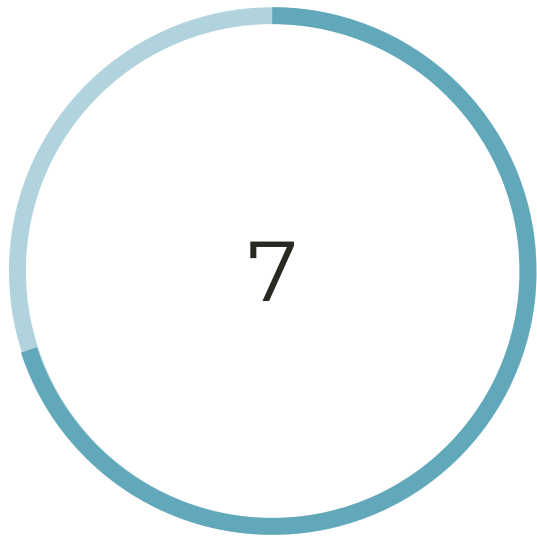
Survey Results - Anxiety



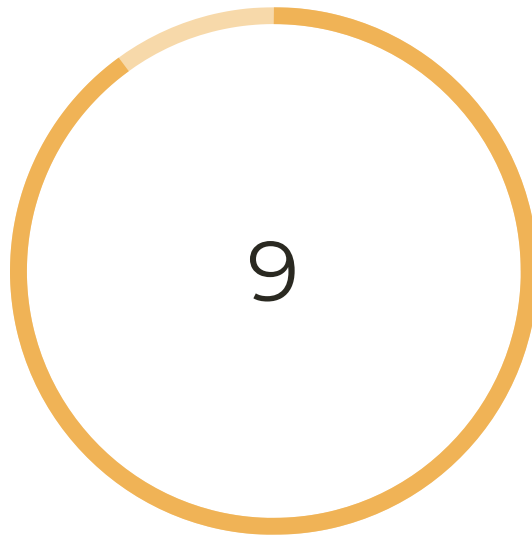
Most respondents reported moderate levels of anxiety.

*Data from a survey conducted by the National Institute of Mental Health.

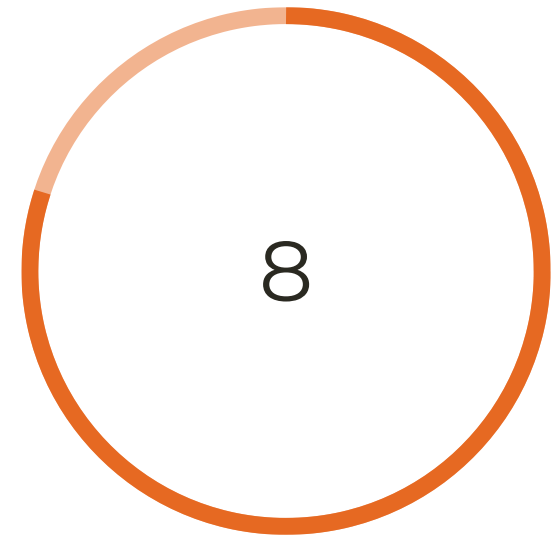
Benefits of Music Therapy: Chart



Reduced Stress



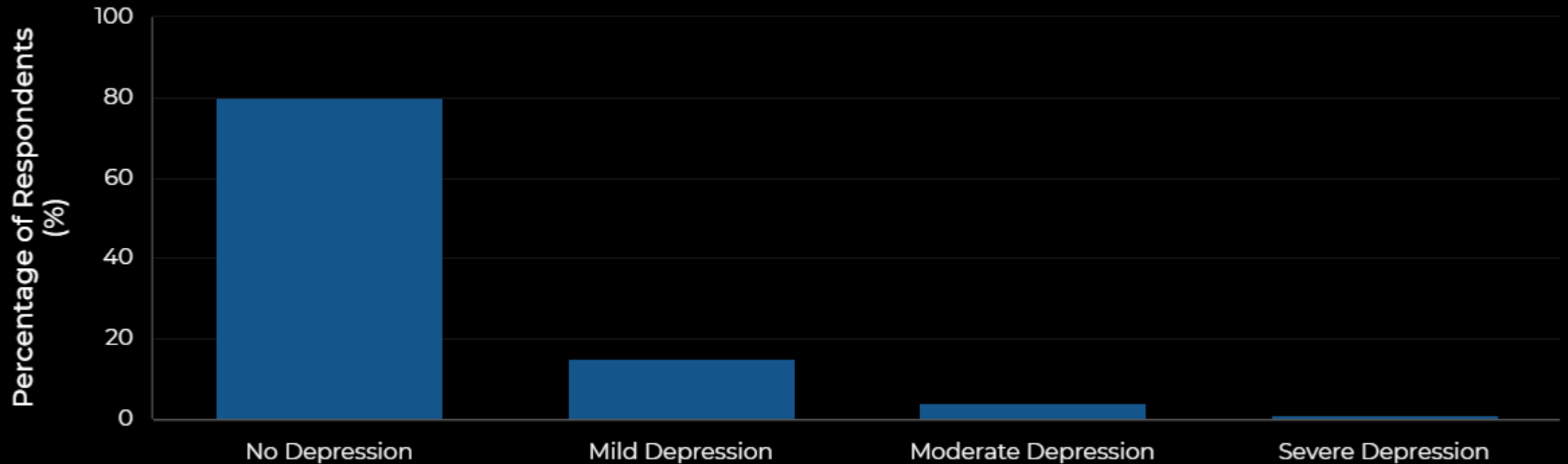
Improved Mood



Increased Focus

Music therapy has a positive effect on stress, mood, and focus.

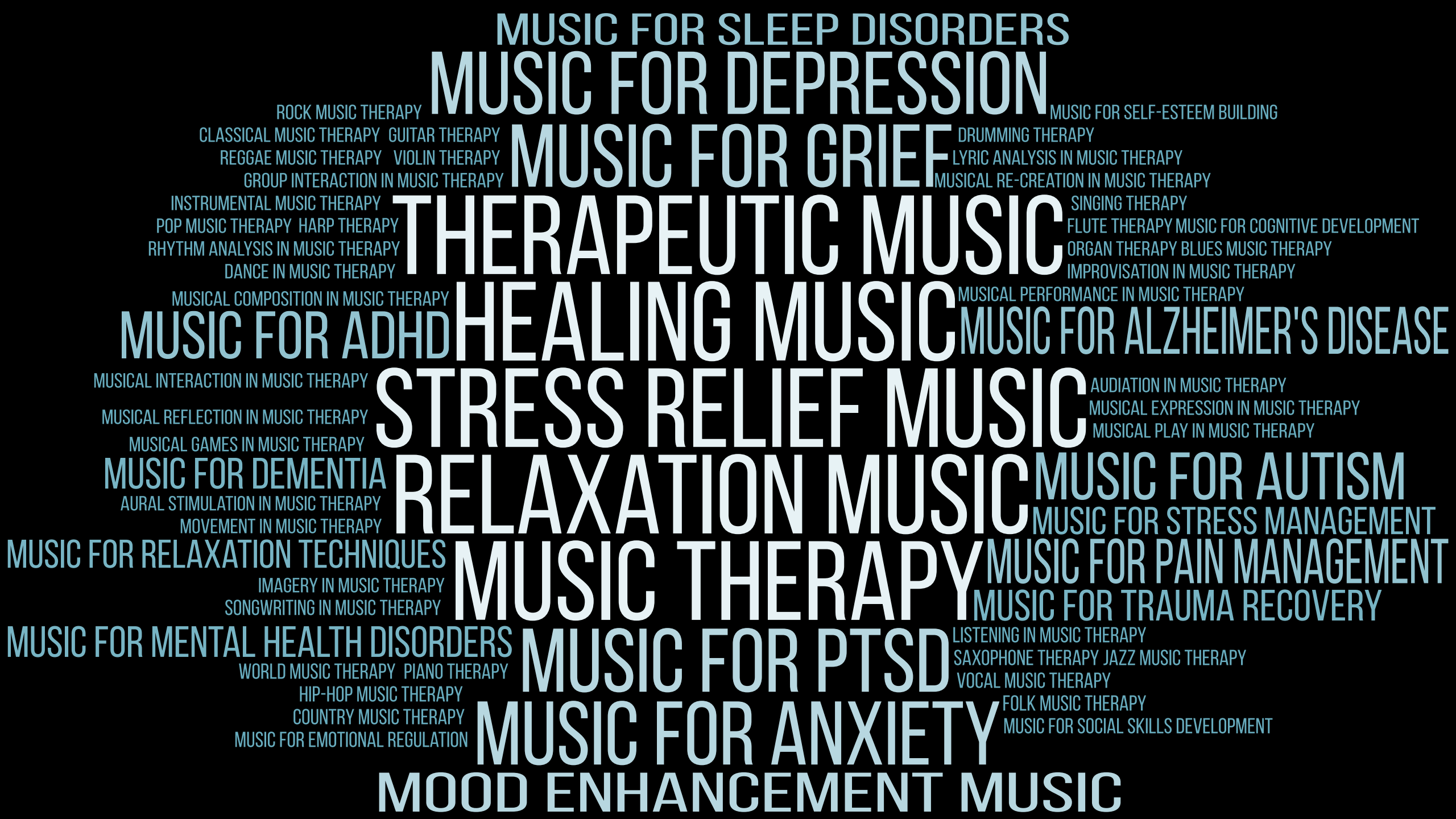
Survey Results - Depression



Most respondents reported no depression.

*Data from a survey of 500 people conducted by the National Institute of Mental Health.

“Music is the **therapy** that
has no side effects.”



Survey Results - OCD

Survey results show that music can be a powerful tool in managing symptoms of OCD. Music therapy has been found to be an effective way to reduce anxiety and improve overall well-being for those with OCD.



Questions & Discussion



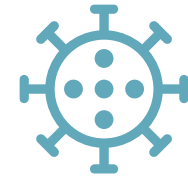
What is the relationship between music and mental health?

Discuss the current research and findings on the connection between music and mental health.



What are the potential benefits of music therapy?

Explore the potential benefits of music therapy for mental health.



What are the challenges of using music to treat mental health issues?

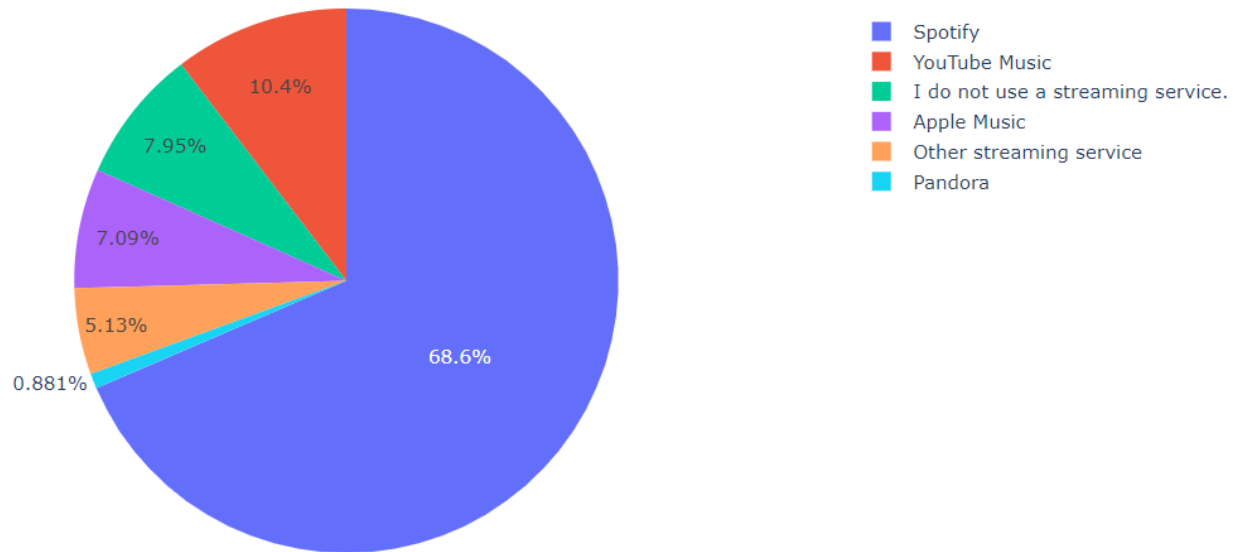
Examine the challenges of using music to treat mental health issues.

This slide provides an overview of the questions and discussion topics related to analyzing music and mental health that will be explored in this presentation.

Enhancing Core Functions

Streamlining leading services

Streamling Services per total Hours in a Day

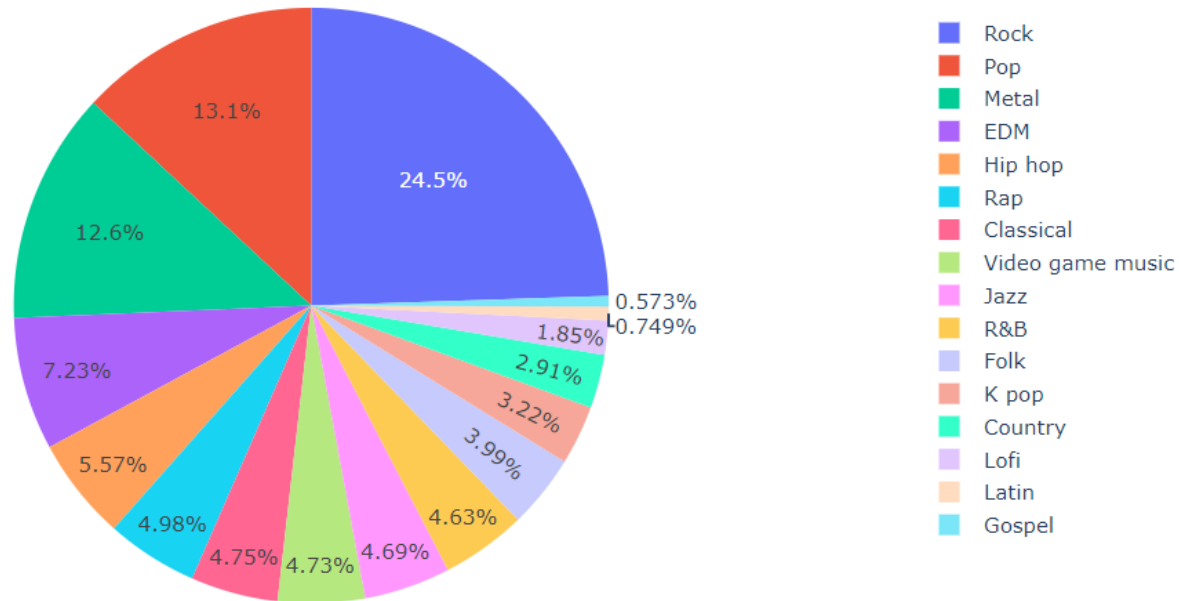


Spotify is pioneering streaming music listening with almost 70% of users. Listening to music is made easy with Spotify. There are a plethora of people who find pleasure in listening to music through the popular music streaming service, Spotify.

Popular music genres

What are the most popular genres of music?

Genre per total hours in a day

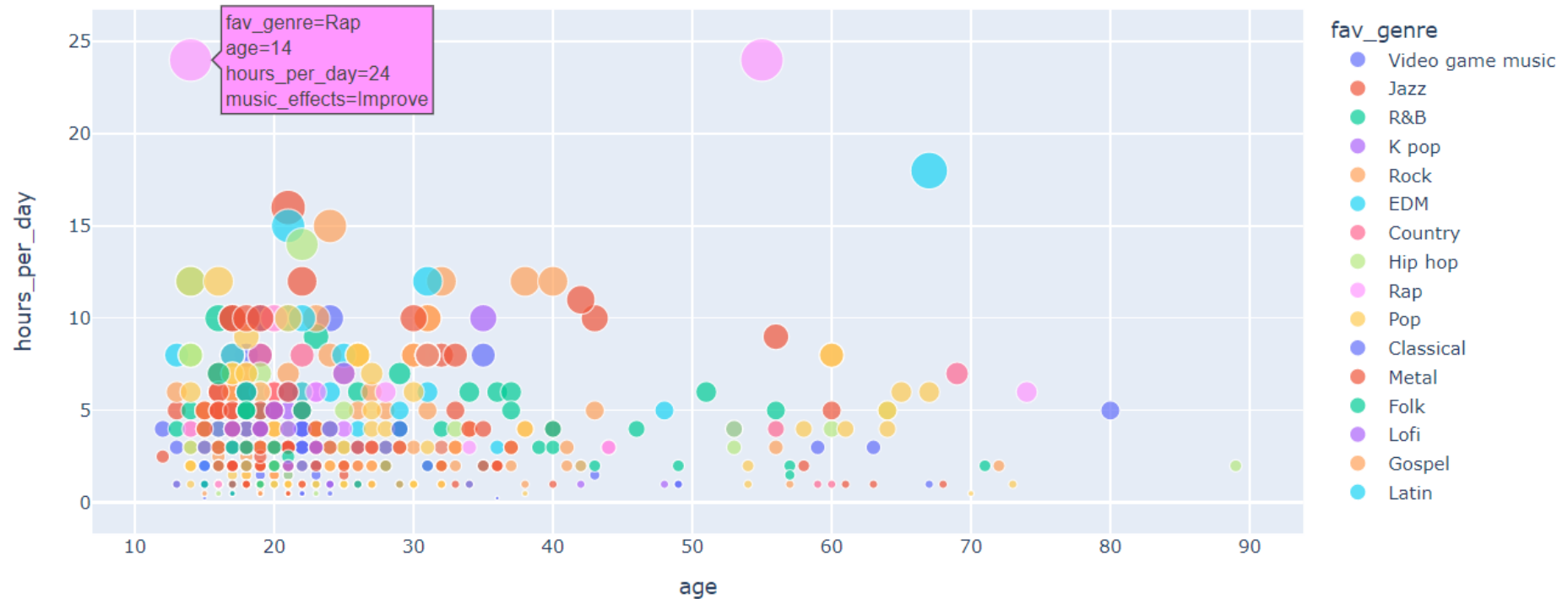


The most popular genres of music are Rock, Pop, and Metal, while the least popular genres of music are Gospel, Latin, and Lofi.

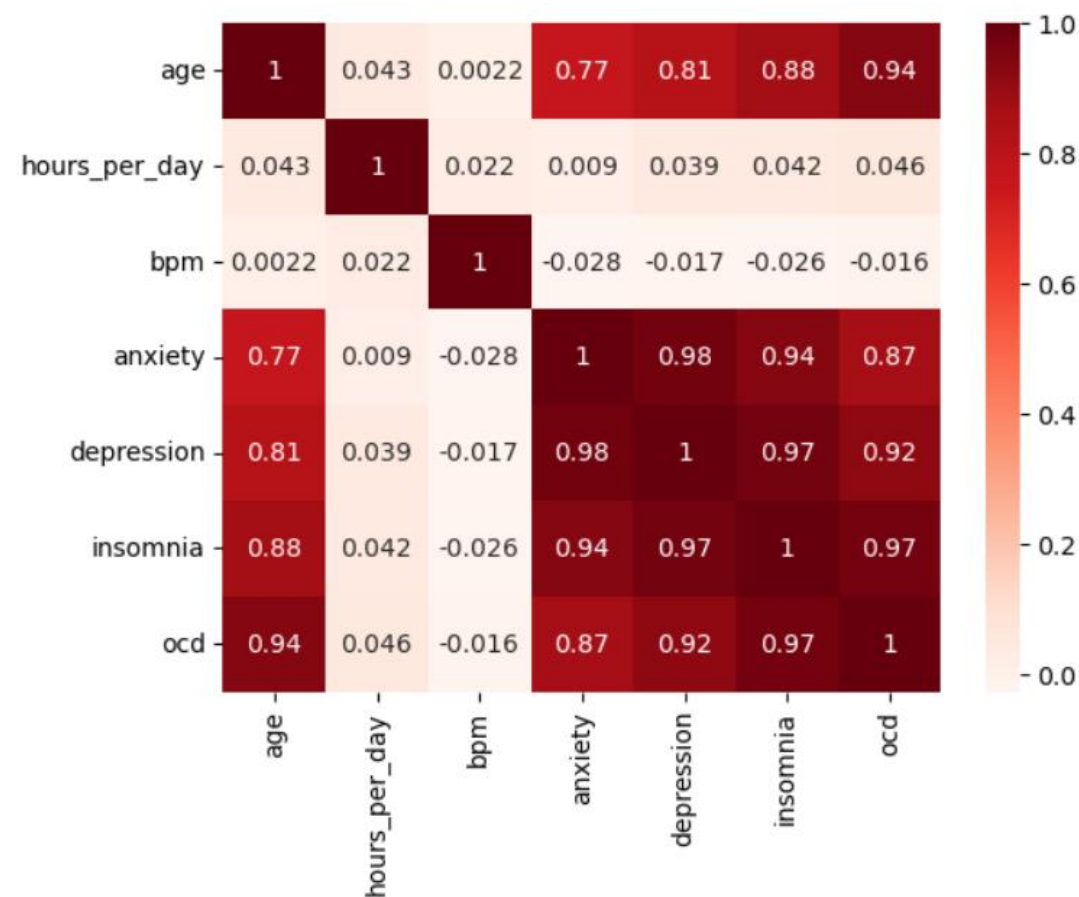
Rock and Rap are the most popular genres of music in terms of hours listened to per day.

According to recent surveys, Rap is the highest listened genre amongst people aged 55 and 14 years old, while Rock is mostly preferred amongst 21-year-olds.

Age vs Music Genre



There is a high correlation between age, anxiety, depression, insomnia, and OCD.



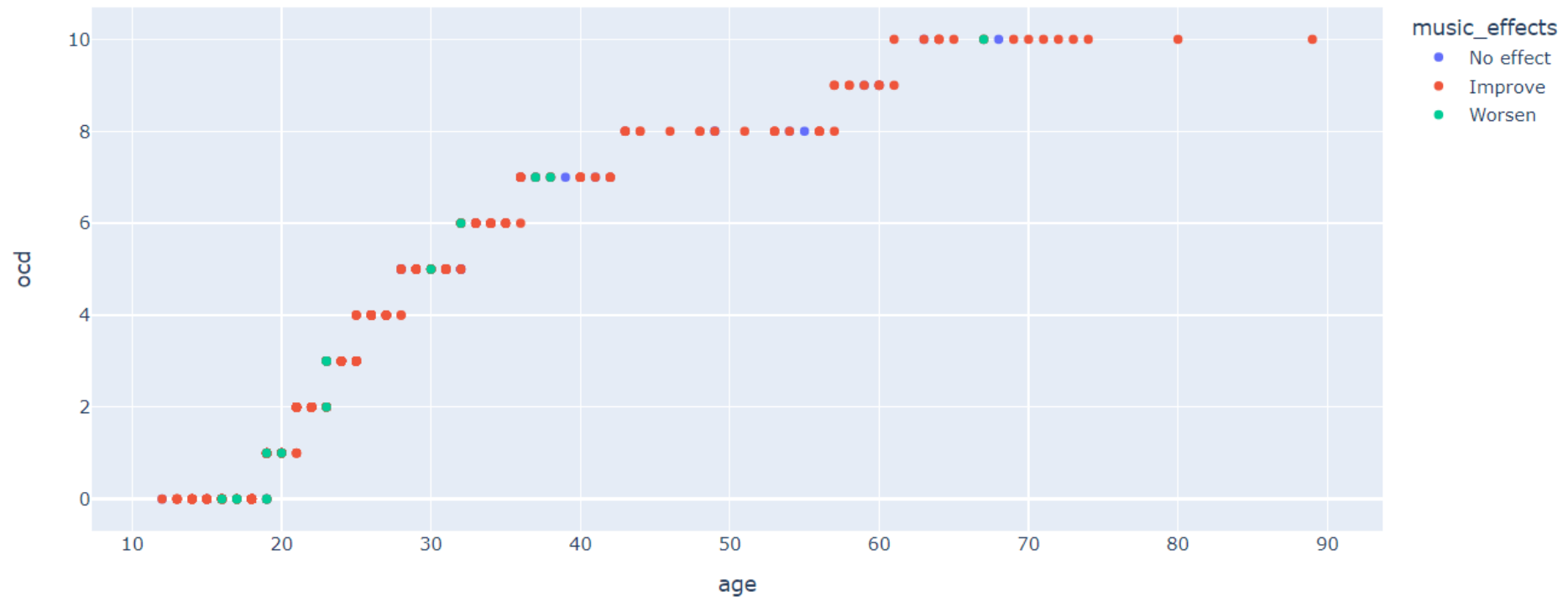
The below visualization will show the correlation between the various music genre and the state of mental health.



There is a strong link between age and OCD, with 94% of people with OCD exhibiting symptoms that grow increasingly severe with age. symptoms.

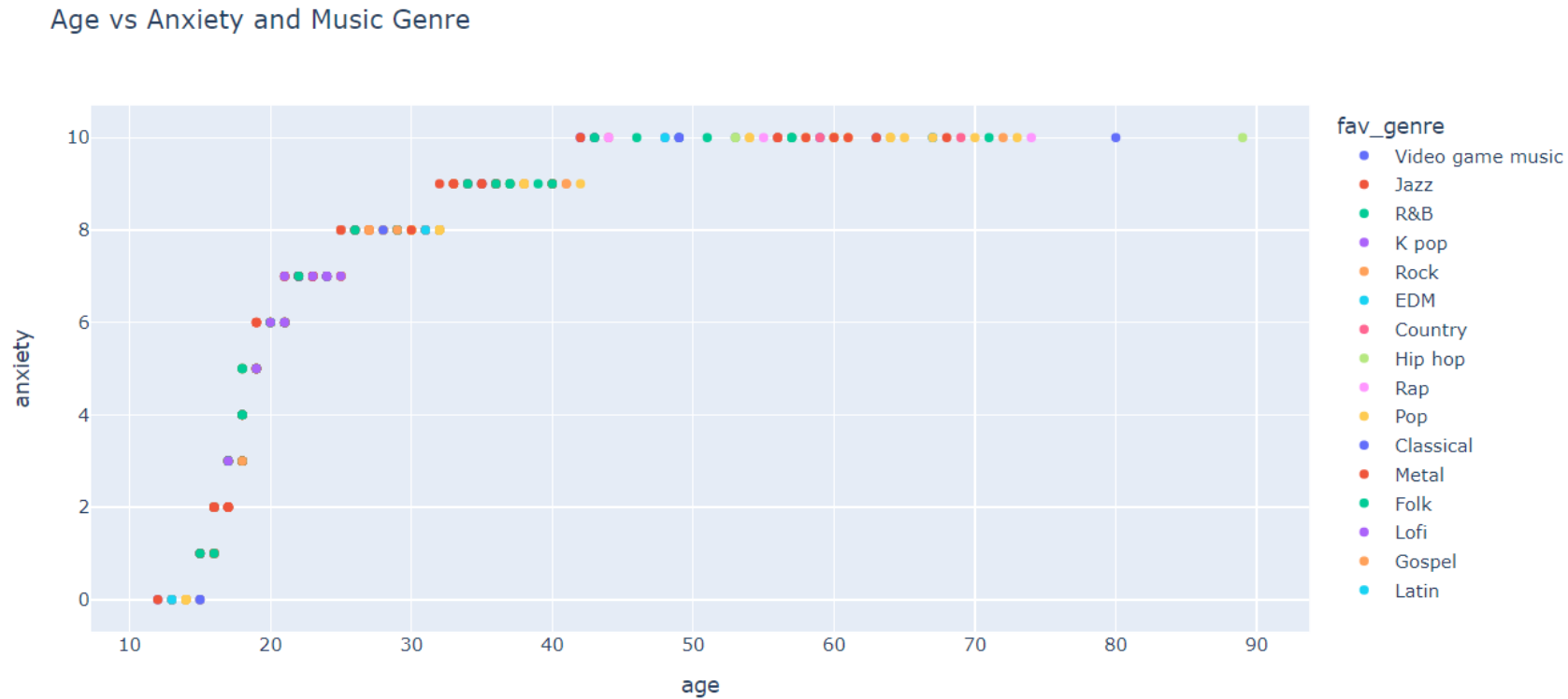
Music has been proven to be an effective tool in improving the lives of people of all ages, regardless of the severity of their OCD.

Relationship between OCD vs Age in relation to Music effects

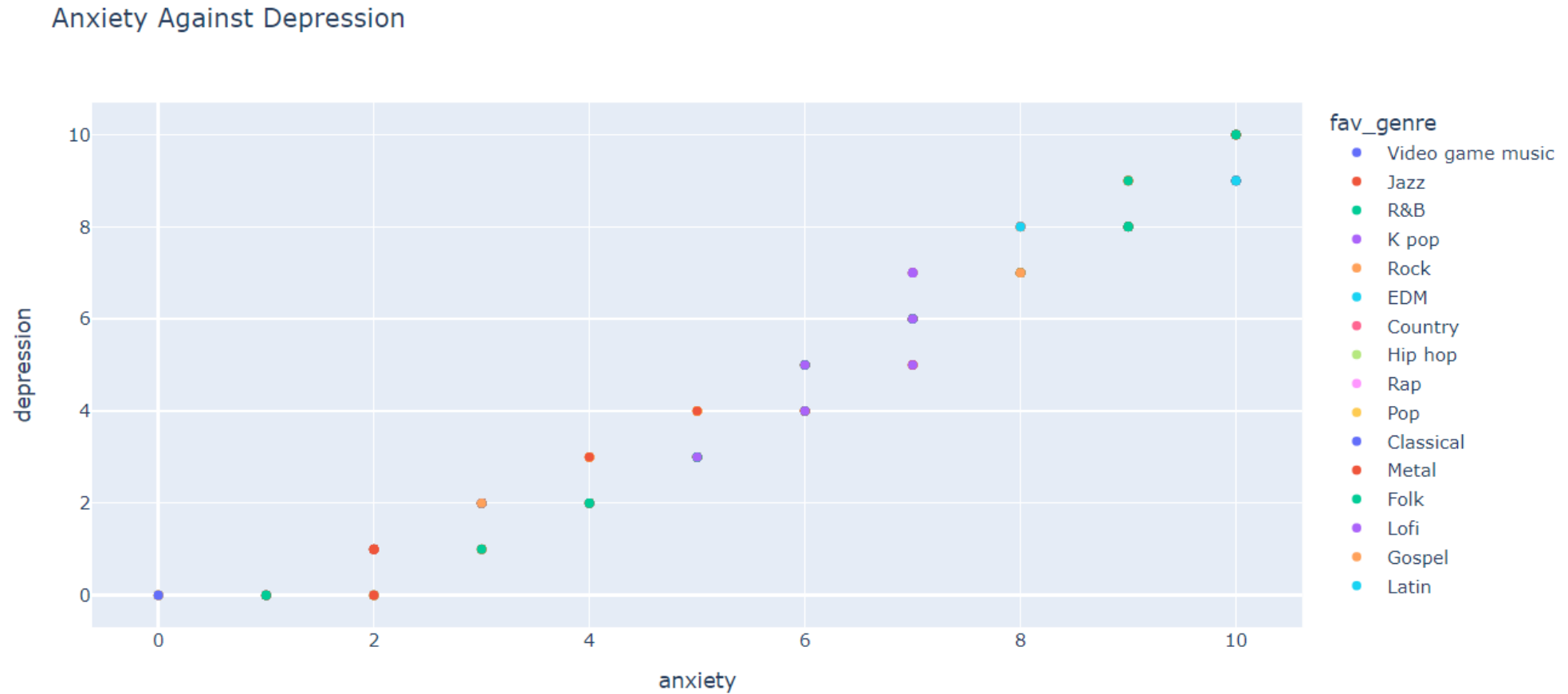


The population within this age range tends to listen to most genres of music, excluding EDM, gospel, jazz, and Lofi.

As age increases, the anxiety levels also increase. Research has found a strong positive correlation of 77% between age and anxiety, with the highest levels of anxiety occurring between the ages of 42 and 89.

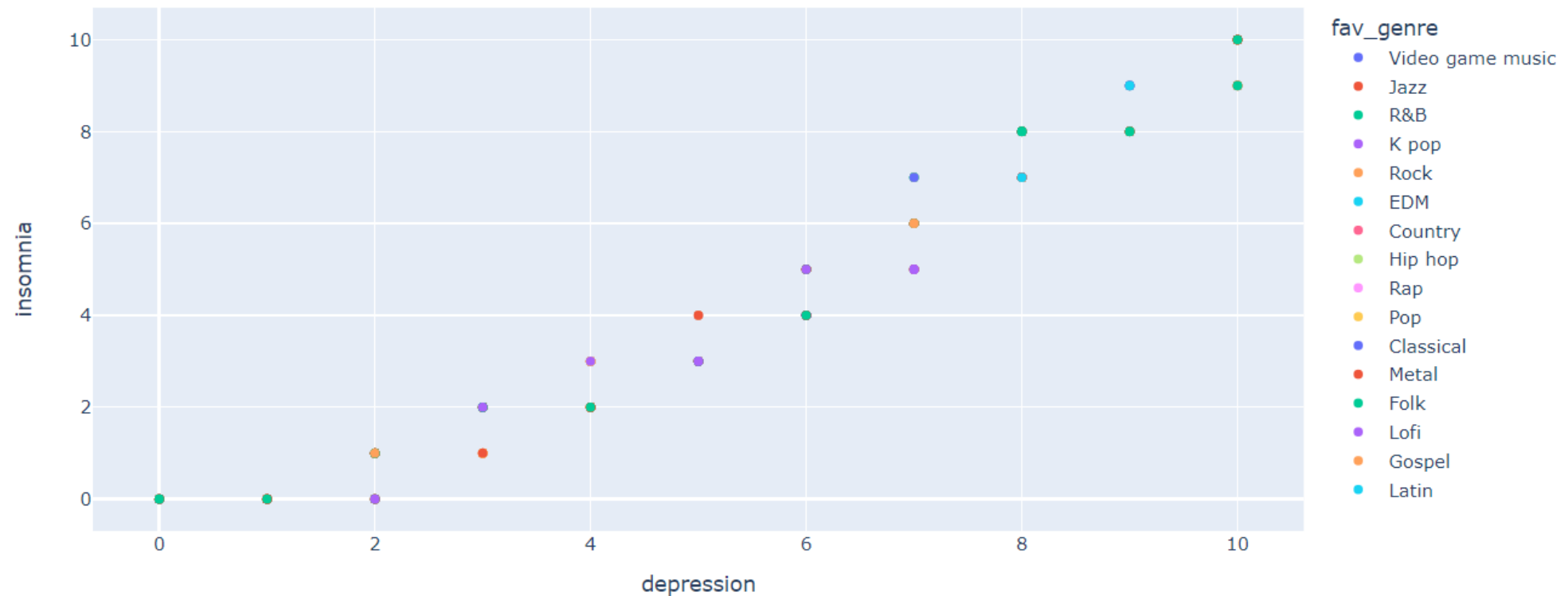


People who are feeling anxious and depressed often listen to Folk and Latin music.

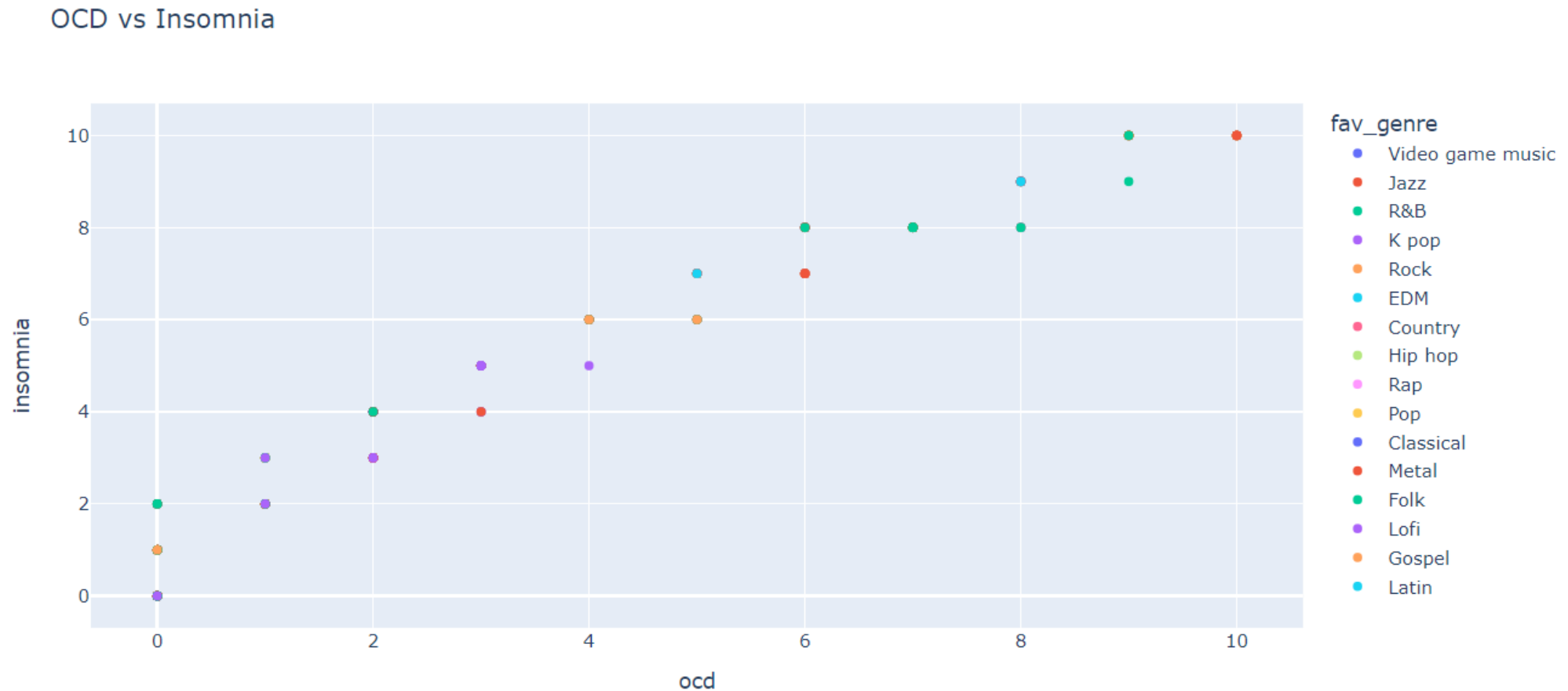


People who are experiencing intense depression and lack of sleep often listen to Folk music.

Depression vs Insomnia



Individuals with Obsessive Compulsive Disorder (OCD) and Insomnia often have a strong positive correlation, and they tend to listen to metal and folk genres of music.



[illegible]



Impact of Music on Mental Health:

Music has been proven to have a positive impact on mental health and can be used as a tool to help manage stress and anxiety. It is important to recognize the potential of music to improve mental health and well-being.