

Development of the Web-based Music Therapy Techniques to Address Social and Emotional Functioning of Female Cancer Patients: Theoretical Considerations and Practical Application

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Introduction. Cancer survivors are in need of psycho-emotional support to be able to return to life as normal as possible, and music therapy can be effective to address personal and social outcomes of rehabilitation. Web-based interventions (or techniques) have the advantage of higher accessibility whereas lack of face-to-face contact with a therapist is a disadvantage resulting in lower adherence rates. In order to utilize the best features of the two approaches, authors are on their way for development of a blended-approach music therapy intervention where face-to-face contacts are combined and partly replaced by web-based activities. The ultimate objective of the whole study is to investigate the immediate, short- and long-term effectiveness of the blended music therapy intervention compared to usual care.

Aim, Materials and Methods. The aim of the study is to provide theoretical considerations for the development and reflection on the practical application of the Web-based music therapy techniques to address social and emotional functioning of female cancer patients.

Results. A multiple case study with eight 48 to 65 year-old breast cancer patients testing web-based music therapy techniques is examined. Preliminary results for contents/therapeutic approach section show better results for cognitive-behavioral therapy based active and receptive music therapy activities as well as mindfulness based e-interventions. A greater confidence is demonstrated when web-based techniques are being applied under the guidance of the researcher.

Conclusions. This study serves as valuable source for further tailoring of the web-based music therapy techniques to address the social and emotional functioning of female cancer patients.