

## 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.