

MRCMHR Research Symposium

Saturday, 25 July 2026

Title: The potential of focused music listening experiences for well-being promotion

Authors:

Dr Amanda Krause, James Cook University, amanda.krause1@jcu.edu.au

Ms Zannat Puri, James Cook University, zannatpuri.zannatpuri@my.jcu.edu.au

Ms Kelly Strickland, James Cook University, kelly.strickland@my.jcu.edu.au

Dr Teneale McGuckin, James Cook University, teneale.mcguckin@jcu.edu.au

Mr Matt O'Leary, Sonaur, matt@sonaur.com

Abstract:

Recent research suggests that communal, focused music listening experiences have real potential for improving individual well-being, but research is needed to understand how these types of events are developed as well as their specific well-being impacts. The present research was guided by two research questions: (1) What outcomes (e.g., benefits to mood, self-regulation, mind/body awareness) arise from people experiencing focused listening experiences; and (2) What role do programming elements (e.g., physical space, acoustics, music, facilitation) have on people's attendance motivations and outcomes? Individuals ($n = 26$ [$M_{age} = 36.42$]) who attended a focused listening experience ($n = 4$ sessions) were invited to participate in individual, semi-structured interviews following their session participation. Our thematic analysis is underway. Discussion of the results will centre on people's subjective experiences, including their perceived impact on self-regulation and connection to self and others, alongside the role that programming elements play in perceived outcomes.