



Interdisciplinary Society for Quantitative Research in Music and Medicine

2015 Conference Abstracts, Immaculata University

## **Research Results and Reflections: The Effect of Music-Imagery and Art on Professional Burnout**

Lillian Eyre<sup>1</sup>  
Andrea Hunt<sup>1</sup>

<sup>1</sup>Immaculata University, USA

### **ABSTRACT**

In today's healthcare environment, there is an urgent need to address job burnout because of its negative impact on medical personnel and consequently, service delivery to patients. This presentation will reflect on the research process and discuss the results of a study of the effect of music-imagery, art, and journaling on self-reported burnout for medical and psychiatric professionals. Sixty-five medical personnel who had direct patient contact participated in a two-arm randomized controlled mixed-methods trial. Quantitative measures were used to evaluate the sense of coherence and job satisfaction in nursing personnel, and qualitative analysis examined the participants' perceptions of the experience through an analysis of their journals and mandalas (art and drawings in the shape of a circle). Results revealed that there were no statistically significant differences in change scores between the control and experimental groups for self-reported burnout, sense of coherence, and job satisfaction. Qualitative results on the subjects' self-report of the interventions indicated that the music-imagery and art experience helped them to relax, rejuvenate, and re-focus, enabling them to complete their shifts with renewed energy. The authors will discuss various reasons for the differences between the qualitative and quantitative results as well as implications for future research. [The author can be reached at [leyre@immaculata.edu](mailto:leyre@immaculata.edu) or [ahunt1@immaculata.edu](mailto:ahunt1@immaculata.edu)]