

Background

Group singing has been shown to mitigate some of the social and psychological challenges faced by older adults.



- ✓ Enhanced mood
- ✓ Increased social connectivity
- ✓ Increased pain threshold
- ✓ Decreased stress

Research questions

1. To what extent is enhanced mood contingent on singing as a group?
2. What are some of the socio-biological underpinnings of this benefit

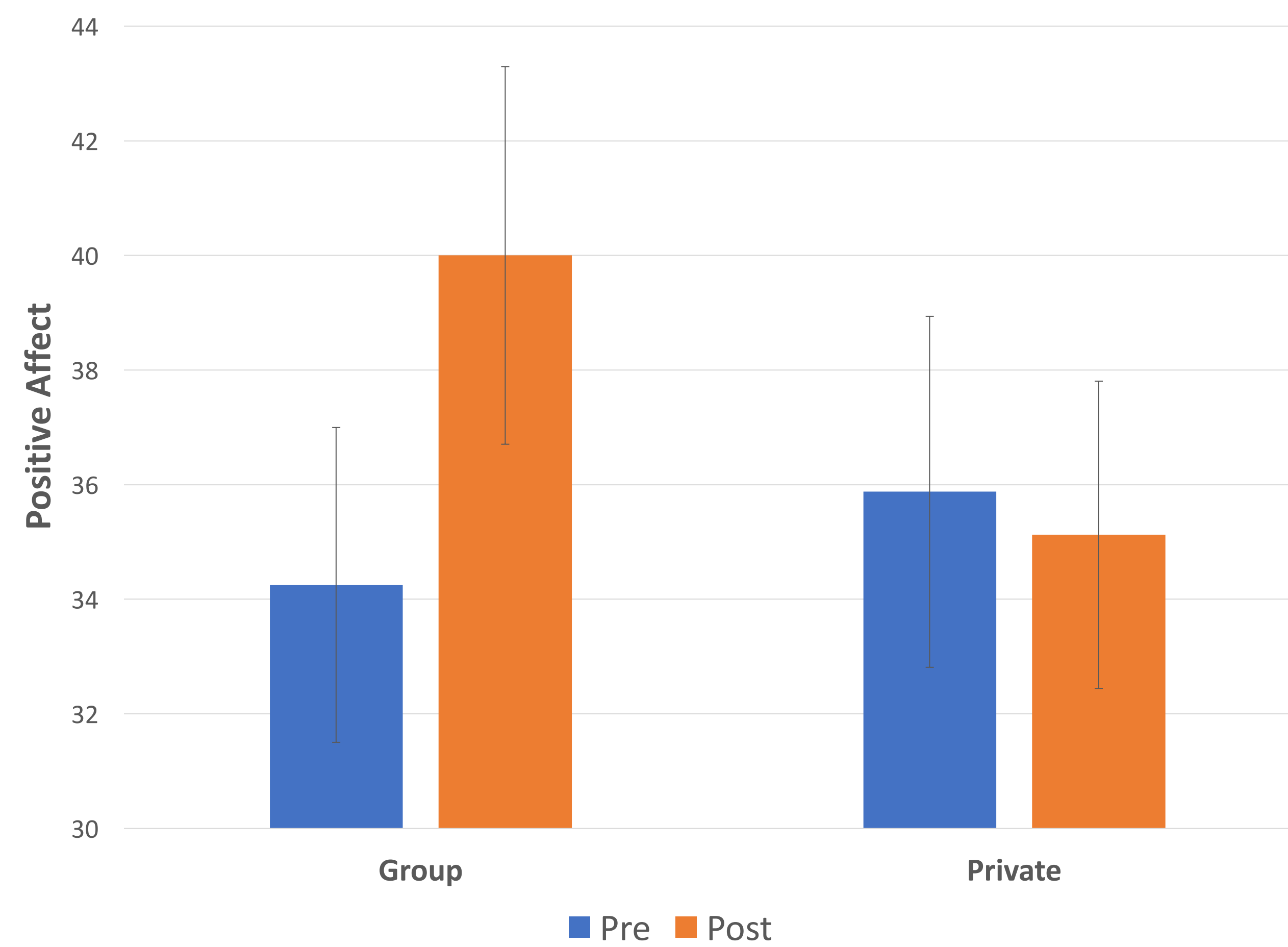
Design

- Pre test
- Singing (Group/Private)
- Post test

Ryerson
University

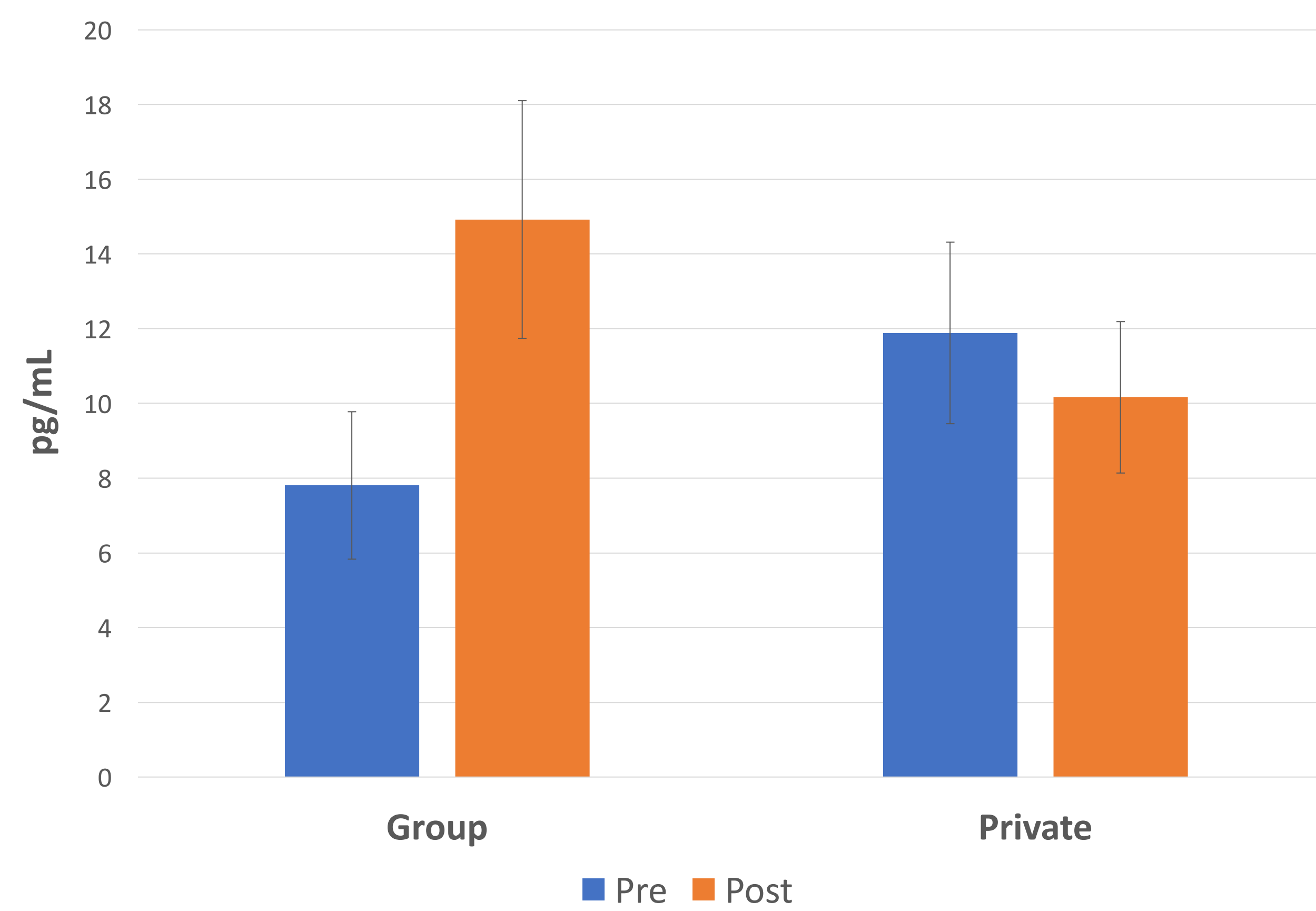
Results

1. ENHANCED MOOD

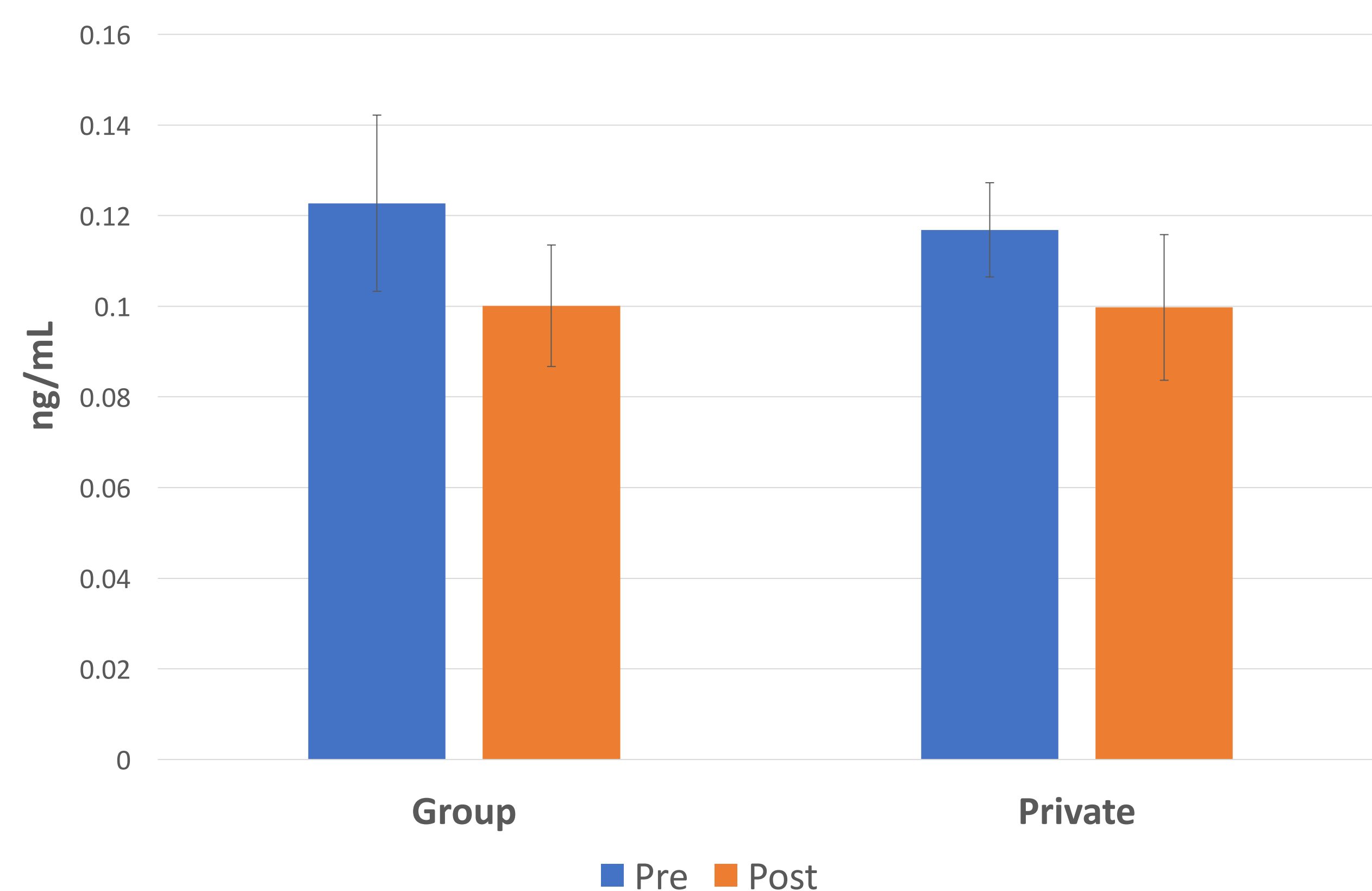


2. SOCIOBIOLOGICAL UNDERPINNINGS

OXYTOCIN



CORTISOL



Group singing, but not private singing, elevates mood and increases oxytocin in older adults

Arla



Arla Good, Fran Copelli,
Alex Pachete, Frank Russo