

On the way to an app-based  
assessment in music therapy  
testing MARA app –  
an exploratory pilot study

Thesis 2020 - Simea Anina Schoenenberger

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# Music Therapy Background



Clients

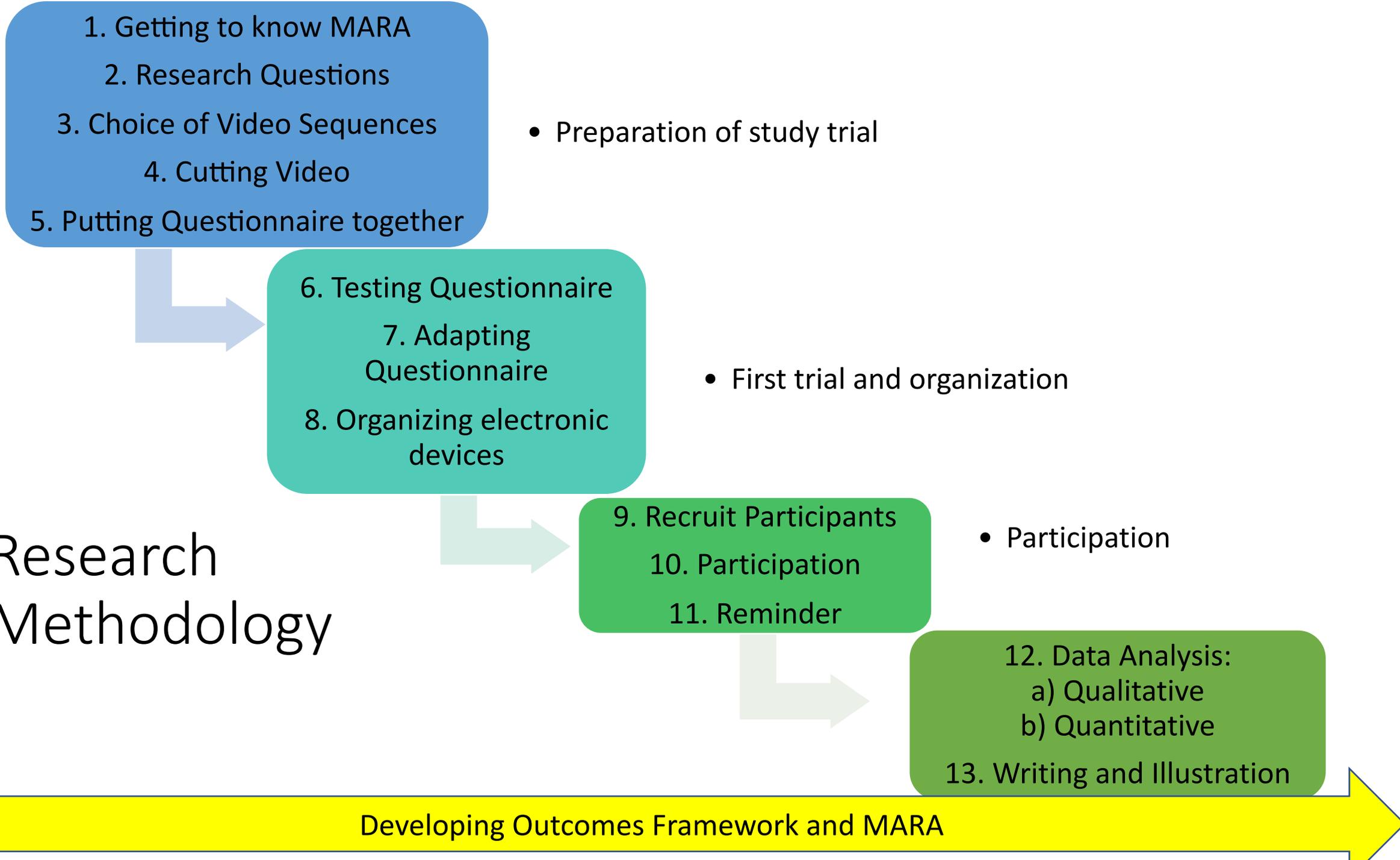


Use of electronic  
devices in MT



Assessment and  
evaluation tools in  
MT

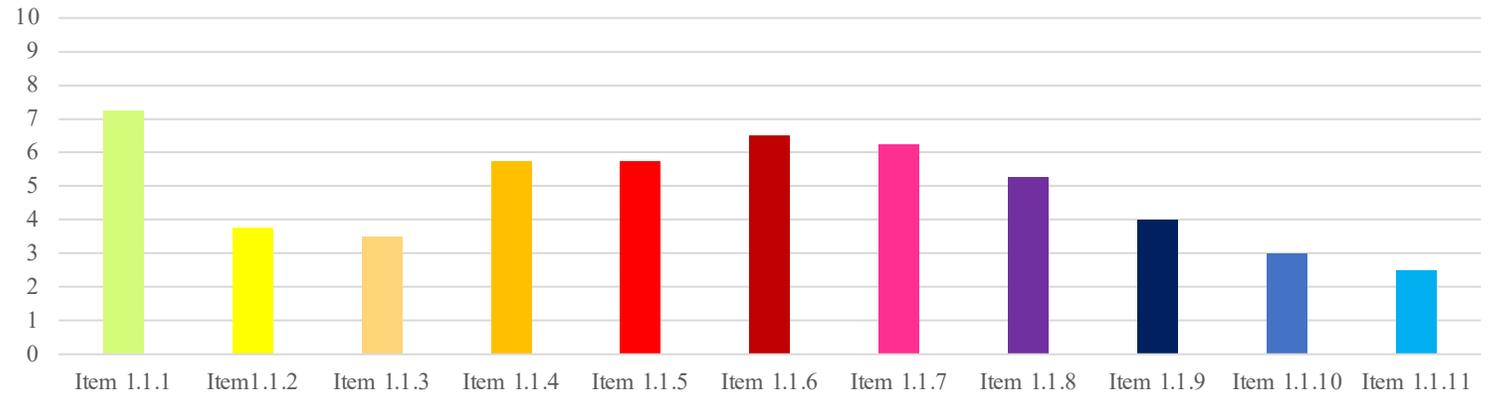
# Research Methodology



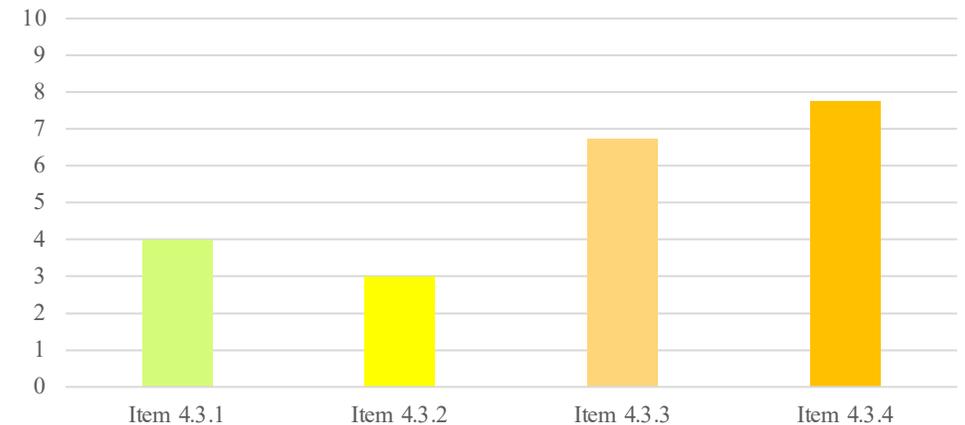
# Summary of Findings



Comparison of averages of sub-domain 1.1 Body parts: awareness, activation, connection



Comparison of averages of sub-domain 4.3 Executive function



# Suggested Structure for use in Music Therapy

1. Musical

2. Cultural

3. Emotional

4. Cognitive

5. Social

6. Integration

1.1 Instrument

2.1 Creativity and  
aesthetic sense

3.1 Emotional  
expression

4.1 Attention

5.1 Managing  
self in relation to  
others

6.1 Sense of  
Integration within  
oneself

1.2 Musical  
parameters: Melody

2.2 Cultural  
appreciation and  
belonging

3.2 Emotional  
regulation

4.2 Memory

5.2 Active  
communication

6.2 Sense of  
Integration  
between self and  
outside world

1.3 Musical  
parameters: Dynamics

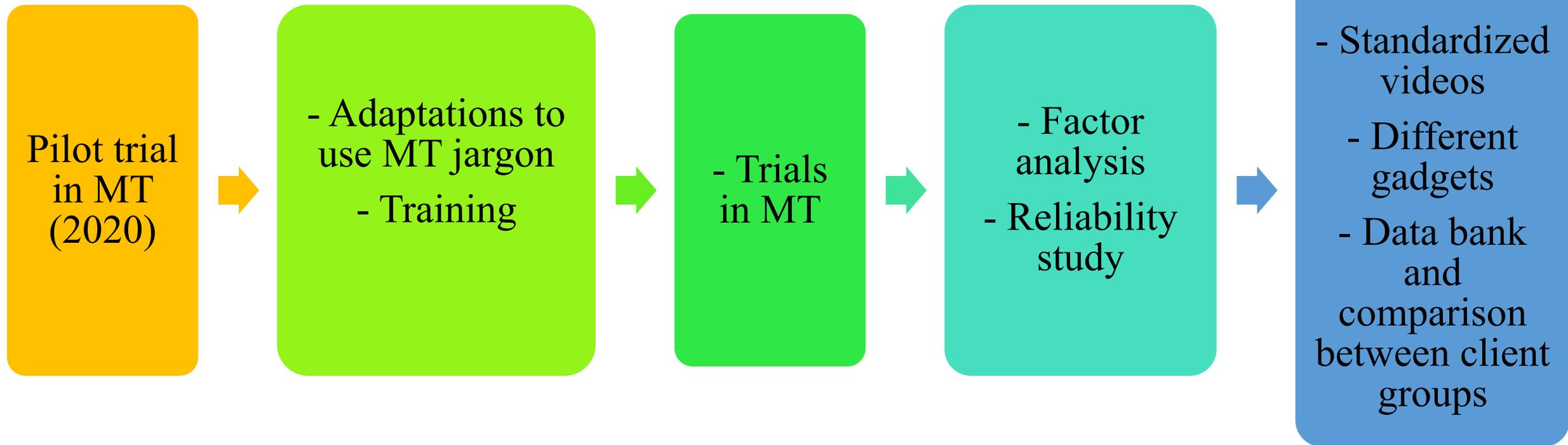
1.4 Musical  
parameters: Rhythm

1.5 Musical  
parameters: Form

1.6 Musical  
parameters: Harmony

# Discussion

- Suitability
- Changes
- Difficulties and Limitations



# Conclusion and Recommendations



Suitability and changes for MARA



Self-assessment



Introduction and training course



One tool including different media



Speeding up processes



Enriched communication



Pioneer

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