

Music and Autism Study

Are you or do you know an autistic individual who would like to learn to play the piano?

Researchers involved

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What is this research about?

This study wants to find out what the impact of piano lessons might be on the daily life of autistic teenagers. Through interviews and piano lessons, we will look at any potential changes in their emotion and behaviour management.

What will the pupil be asked to do?

They will receive up to 14 weeks of lessons and will be asked to practice 3 times a week. The lessons will take place at home or in the teacher's home. They will receive a portable keyboard on loan to use during the 14 weeks of lessons and practice.

At the beginning of the study the pupil will be asked to talk to me, through video call, about their daily experiences. For example, I will ask them if they ever feel out of control of their emotions or behaviour. They will also be asked what they would like to get out of the piano lessons and if there is anything specific they would like to learn.

After the 14 lessons they will be asked to talk to me again, through video call, about their daily experiences and how they feel after the lessons. They will also be asked what they thought of the lessons and what they did and did not like.

Eligibility

To be eligible to participate in this study, the autistic individual must:

- Have an autism diagnosis (including Asperger's syndrome, autism, ASD)
- Be between the ages of 12 and 18.
- Attend regular school.
- Not previously have had one to one music lessons.
- Not have difficulty following instructions and sticking to a schedule.
- Be aware of their autism diagnosis.

Ethical approval was granted by the University of Edinburgh Ethics Committee and all researchers involved are part of the Protecting Vulnerable Groups (PVG) Scheme. The study has been risk assessed in relation to Covid-19, and we have measures in place to keep everyone safe and stick to the Scottish Government advice.

