



INSTITUTE FOR MUSIC IN  
HUMAN AND SOCIAL  
DEVELOPMENT  
[IMHSD]



## Music and Autism Study

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

### **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 you, the autistic individual, be asked to do?**

You will have 14 weeks of lessons and also practice 3 times a week. The lessons will be at your house or at the teacher's house. You will get a portable keyboard on loan to use during the 14 weeks of lessons and practice.

At the beginning of the study you will be asked to sit down and talk to me about your daily experiences. One thing I'm especially interested in, is if you ever get overwhelmed by emotion or feel out of control. You will also be asked what you would like to get out of the piano lessons and if there is anything you would like to learn.

After the lessons you will be asked to sit down with me again and talk about your daily experiences and how you feel after the lessons. You will also be asked what you thought of the lessons and what you 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.*