



LECTURE SERIES  
**MUSIK &  
MEDIZIN**

Critical Reflections on Twenty Years  
of Research Exploring the Health and  
Wellbeing Benefits of Group Singing

Stephen Clift (Canterbury Christ Church University, Royal Society for Public Health, UK)  
and Vivien Ellis (Canterbury, UK)

January 20, 2022

18h Salzburg (CET) | 17h Canterbury (GMT)

Online Lecture (in English)

Participation free of charge. No registration required



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## Critical Reflections on Twenty Years of Research Exploring the Health and Wellbeing Benefits of Group Singing

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Stephen Clift and Grenville Hancox (2001) conducted one of the first research projects on singing wellbeing and health. Since that time there has been a considerable increase in research activity internationally exploring the potential health benefits of active engagement in group singing, f.e. Google Scholar shows that their paper has been cited by 465 subsequent publications (Sept. 2021). What have we learned from this research effort? How reliable or otherwise is the existing body of research evidence? And what difference has research made in promoting singing as a health-promoting activity in practice? These questions will be explored, taking as a starting point, findings reported by Clift and Hancox in 2001, and the extent to which their work has been built upon or extended in subsequent research. Attention will also be given to the quality and usefulness of systematic reviews in relation to promoting further developments in research and in practice.

Stephen Clift is Professor Em. of Health Education at Canterbury Christ Church University, Visiting Professor at York St John University and Professorial Fellow at Royal Society for Public Health.

Vivien Ellis is a Grammy-nominated singer, community choir leader, music researcher & trainer.

The Salzburg lecture series **MUSIK&MEDIZIN** presents scientific and artistic contributions from leading international experts in various disciplines to explore the interactions and mechanisms between the experience, processing and psycho-physiological impact of music on humans and to understand how music may promote health and wellbeing. – The lecture is part of an interdisciplinary course where the referents discuss themes of their fields of research. – **Idea & Direction:** Katarzyna Grebosz-Haring (*Systematic Musicologist | Programme Area (Inter)Mediation, Focus Area Science & Art | University Mozarteum Salzburg / Paris Lodron University Salzburg*) – **In cooperation with** Günther Bernatzky (*Biologist | Paris Lodron University Salzburg*) and Leonhard Thun-Hohenstein (*Child and Adolescent Psychiatrist, Paracelsus Medical Private University Salzburg*) – **Contact & Information:** Ingeborg.Schrems@plus.ac.at | Tel. +43 662 8044 2380

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