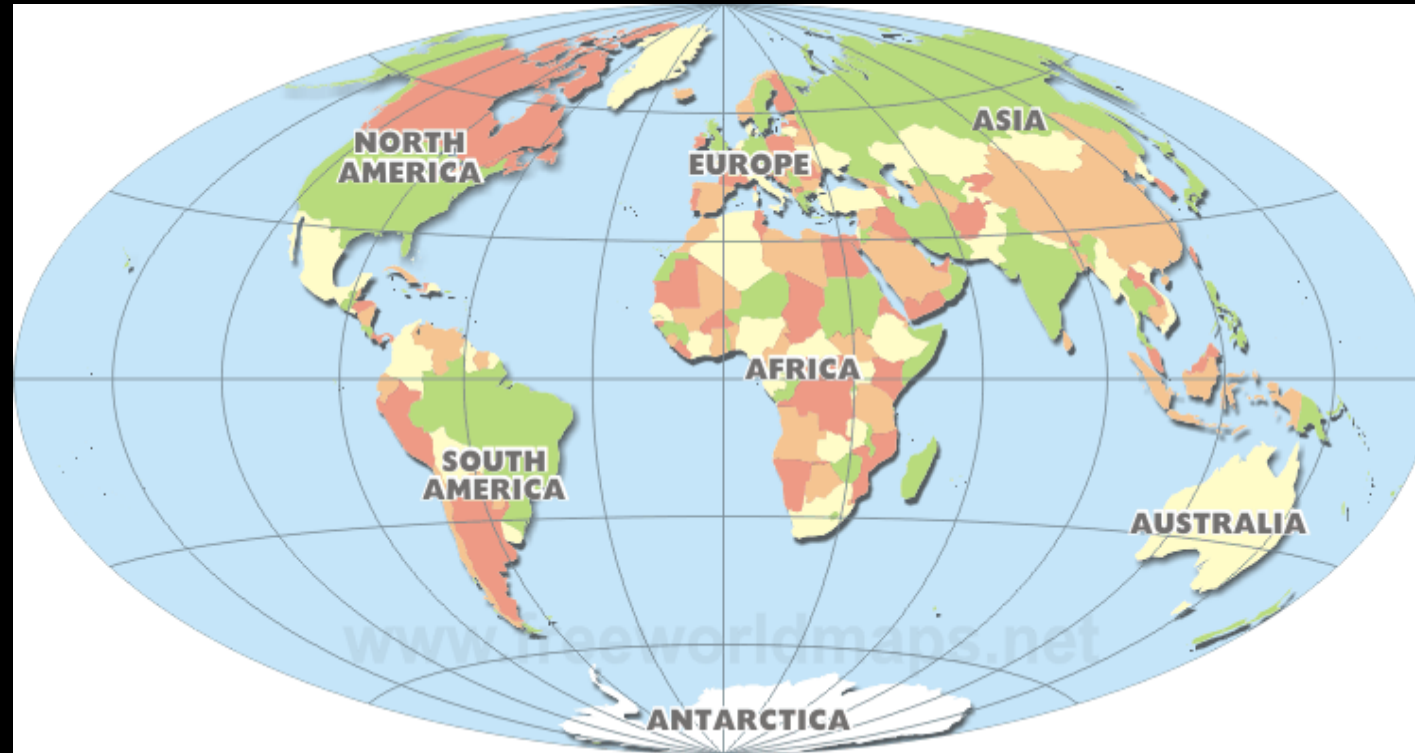


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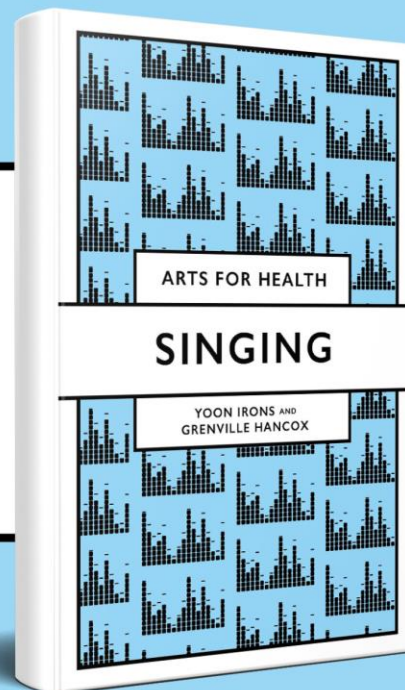


Background



- South-Korea
- Heidelberg, Germany
- Romford, Essex/
London, UK
- Brisbane, Sydney, Australia
- Derby, UK

“We’re hard-wired to sing”



ARTS FOR HEALTH

SINGING

J.YOON IRONS AND GRENVILLE HANCOX

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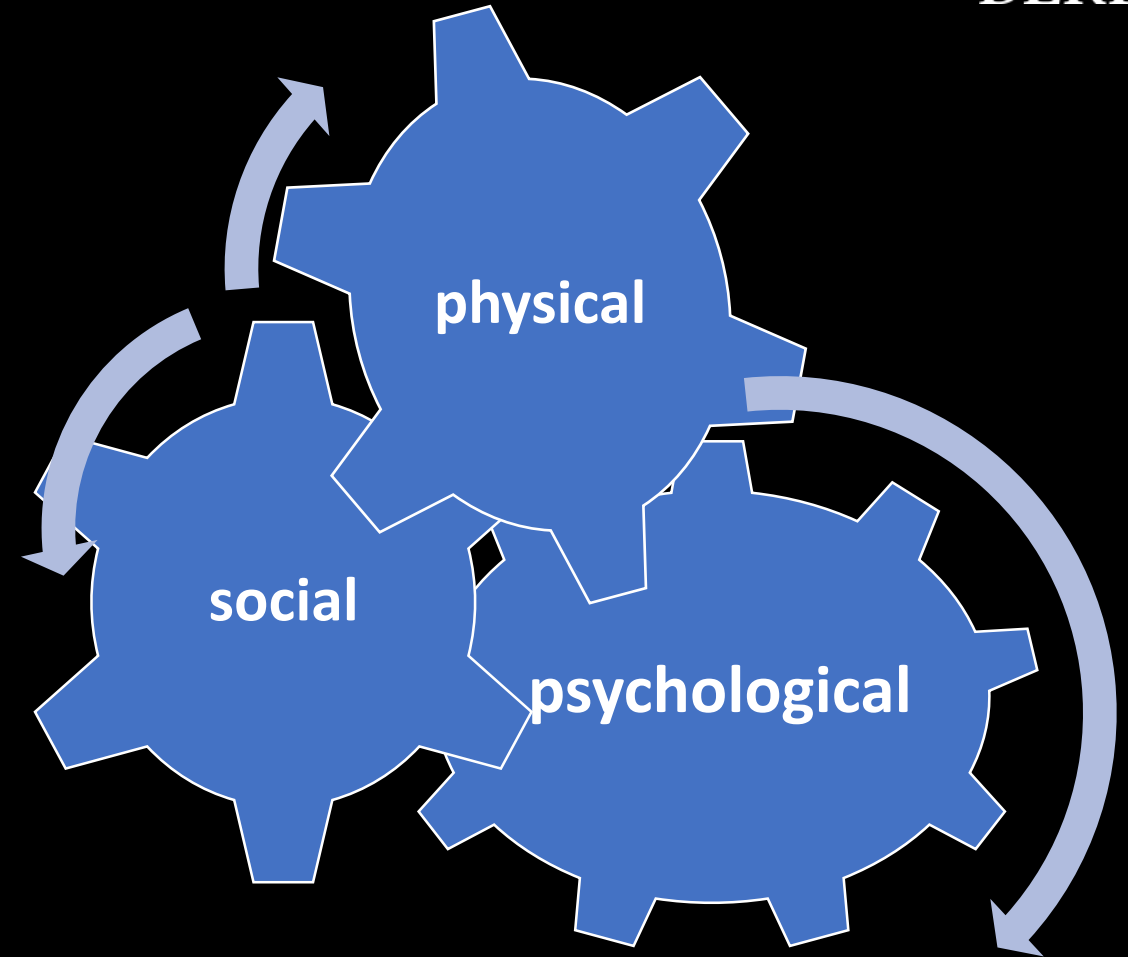
Michael challenges comedian Sindhu Vee to sing her heart out - revealing how singing can help your immune system and your brain.

Available now

🕒 14 minutes

Group Singing for Health & Wellbeing

- **Physical benefits**
- **Psychological benefits**
- **Social benefits**



Singing and Parkinson's

What does RESEARCH tell us?

Effects of group singing on

- **Respiratory function,**
- **Speech function,**
- **Motor function,**
- **Mental health, and**
- **Quality of life.**



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Singing for people with Parkinson's disease

✉ J Yoon Irons, Esther Coren, Megan K Young, Donald E Stewart, Manfred Gschwandtner, George D Mellick

Authors' declarations of interest

Version published: 26 February 2019

<https://doi.org/10.1002/14651858.CD013279>

[Collapse all](#)

Abstract

Respiratory function



Respiratory muscle strengths (Di Benedetto et al., 2009; Stegemoeller et al., 2016; Tamplin et al., 2019)



Maxim phonation time (Di Benedetto et al., 2009; Han at al., 2017)



Further impacts on speech and motor functions

Speech function

Speech intelligibility (Haneishi, 2001)

Loudness (Tanner et al., 2016; Butala et al., 2017; Tamplin et al., 2019 & 2020; Yinger, 2012)

Pitch (Tanner et al., 2016)

Dribbling (Evans et al., 2012)

- *Lee Silverman Voice Treatment (LSVT)*

Motor function

Walking/Gait (Harrison et al., 2018, 2019 & 2020)

Motor symptoms improvements in upper extremity bradykinesia, tremor, and walking (Stegemoeller et al., 2018)

Reduction in facial masking (Elefant et al., 2012)

Mental Health & Quality of Life

- Mental/emotional wellbeing
- Social wellbeing
- Stigma
- QOL

(e.g., Fogg-Rogers et al, 2015; Tamplin, et al, 2017; Stegemöller et al, 2018; Irons, et al. 2020)





Aging & Mental Health

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Group singing improves quality of life for people with Parkinson's: an international study

J. Yoon Irons, Grenville Hancox, Trish Vella-Burrows, Eun-Young Han, Hyun-Ju Chong, David Sheffield & Donald E. Stewart



www.singtobeat.co.uk

In summary...

Group singing has multiple benefits for people living with Parkinson's.



THANK YOU VERY MUCH!

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