

Dear University of the Third Age,

We are currently inviting men and woman who are 65 years and over and who experiencing stress, anxiety, depression or distress to participate in a research study to learn more about the role and value of music in reminiscence therapy to improve later-life wellbeing. We hope the findings of this study may help us to improve wellbeing programs in such individuals.

The study involves completing:

- A brief telephone interview,
- Attending a single session lasting approximately two hours at the Swinburne University of Technology or in your place of residence to complete questionnaires, participate in a brief session while we record your brain activity through an Electroencephalogram (EEG), and a brief interview.

The EEG is non-invasive, and involves wearing a cap on your scalp that records the electrical energy of your brain while you do some tasks. During the brief session, you may be asked to either remember particular things about your childhood and a time where you have successfully solved a problem, choose and listen to a piece of music that you enjoy, or to watch videos. After the session, a brief interview will ask you about your experiences and satisfaction.



You are invited to participate if you are:

- 65 years or over
- Are currently experiencing stress, anxiety, depression or other psychological distress
- Can speak English fluently
- Have no cognitive impairment or formal diagnosis of dementia.

Participants will be offered \$30 in compensation for time and travel costs, and may be offered snacks and refreshments.

If you are interested, or for further information about the project please do not hesitate to call or email the research team on 0451 534 360 or rengelbrecht@swin.edu.au

Research team:

Primary investigator: Professor Sunil Bhar,

Co- investigator: Associate Professor Joseph Ciorciari

Student investigator: Romy Engelbrecht