

Special Issue

Interventions for Music Performance Anxiety

Message from the Guest Editor

Performing music is one of the most complex tasks related to human performance, incorporating both cognitive and sensorimotor skills. Performance anxiety is the most significant psychological issue experienced by performing musicians of any age. Individual differences abound with respect to the characteristics of anxiety, physiologically, cognitively, emotionally and behaviorally. This Special Issue aims to identify psychological interventions that can aid musicians with performance anxiety. The compendium will contain original, theoretically grounded and empirically validated studies of practical, applied approaches that enable musicians to respond to symptoms of anxiety in constructive ways in order to enhance their performance. The scope of these articles and reviews will enrich our understanding of interventions that aim to manage and transform performance anxiety in clinical, educational, and professional settings across the lifespan.

performance anxiety
musicians
music performance
treatment
prevention
coping strategies
education
peak performance
musician's health

Guest Editor

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Editor-in-Chief

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