

Joint Special Issue

New Edition of Psychological Features, Music, and Well-Being: Theories and Applications

Message from the Guest Editors

We strongly believe in music and its power to affect well-being. Previous research has shown the positive effects of music interventions (both passive and active) on the physical and psychological symptoms of different populations. Based on this evidence, music can be considered effective in reducing stress and it can be a relevant tool for relieving stress-related symptoms, particularly during and after the global pandemic of COVID-19. When using music therapy, nonverbal forms of musical interaction are fundamental. Sound allows, regardless of meanings or specific language, a certain form of communication and, thus, relationality between people. Moreover, music is strongly related both to the expression of human personality and to brain functioning: it can reveal some implicit information about personal features and is able to affect the brain responses. Knowing how, when and why these effects occur can be helpful as a base for developing more effective music-based interventions aimed at enhancing well-being from a wide perspective.

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