

Musikphysiologie und Musikermedizin in anderen Publikationen

Developing a Screening Tool for Psychological Stress in Musicians: The Lübeck Inventory on Musicians' Psychological Stress (LIMIT)

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Med Probl Perform Art. 2025;40(4):97-113
<https://doi.org/10.21091/mpa.2025.04013>

Abstract: OBJECTIVES: Psychological stress concerns many musicians and poses a risk for their mental and physical health. However, there are thus far no instruments that measure psychological stress of musicians in particular. We aimed to fill this gap by developing a questionnaire designed specifically to detect components that increase psychological strain in musicians.

METHODS: The Lübecker Inventar für psychischen Stress bei Musizierenden (Lübeck Inventory on Musicians' Psychological Stress, LIMIT) was developed through consultation with experts from the field. Subsequently, the factorial structure was examined on a sample of N = 602 musicians. Multiple factor extraction methods were compared using model fit criteria to determine an adequate/representative number of factors and items. Reliability and validity of the questionnaire were tested.

RESULTS: The Kaiser-Meyer-Olkin criterion revealed an excellent sampling adequacy (0.945). Excluding non-fitting items, the final LIMIT is composed of 34 items loading on four factors: "self-efficacy," "depression," "time-management," and "pressure." The scale reached an excellent reliability (Cronbach's $\alpha = 0.938$) and fulfilled validation criteria.

CONCLUSIONS: The LIMIT can be a useful screening tool for assessing musician-specific psychological strain, enabling musicians and practitioners to identify stress at an early stage and to seek out support in good time. An English validation is in progress.

Psychotherapeutic Treatment of Attachment Trauma in Musicians with Severe Music Performance Anxiety

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Behav. Sci. 2025;15(9):1270
<https://doi.org/10.3390/bs15091270>

Abstract: The aim of this paper is to contribute to the further development of a coherent theory of music performance anxiety (MPA) and its treatment. I have previously proposed three forms of MPA-focal, MPA with social anxiety, and MPA with panic and/or depression. An attachment disorder was proposed as a possible underlying psychopathology for this third type of MPA. Accordingly, open-ended in-depth assessment interviews of three professional musicians presenting with severe MPA that included panic attacks and depressed mood were analyzed from an attachment theory perspective. Two of these musicians participated in short-term psychodynamic psychotherapy. It was hypothesized that the musical performance setting re-triggers unprocessed feelings related to early attachment trauma, and that performance anxiety can be a manifestation of the emergence into consciousness of these powerful early feelings. As hypothesized, severely anxious musicians suffered both early and current relational trauma that was expressed through symptomatology in their MPA manifestations. The assessment interview of the first musician demonstrated how MPA can arise in the midst of other challenging current