

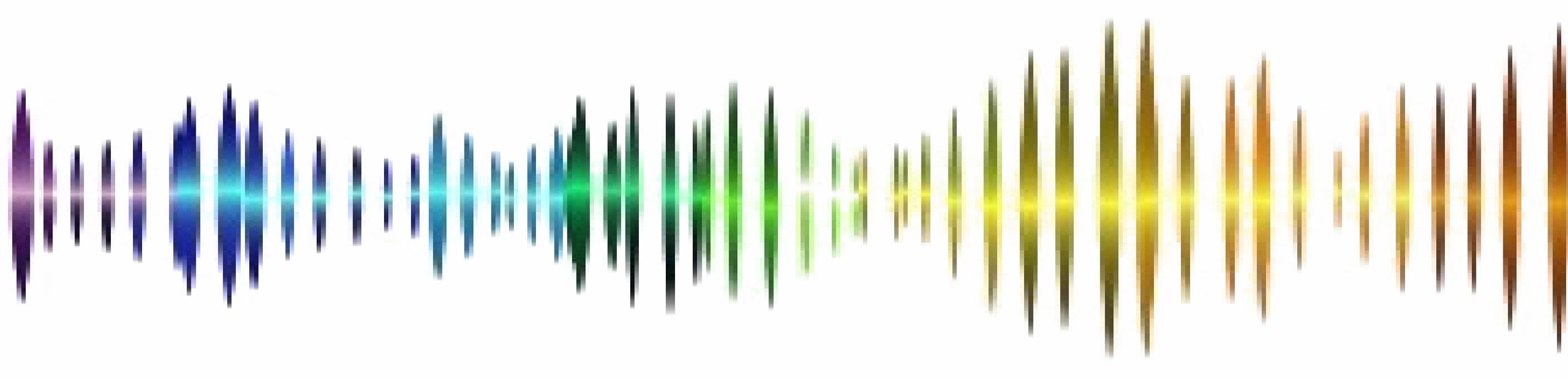
The impact of music on the addictive trajectory: perspectives from young adults who experience homelessness

Elise Cournoyer Lemaire (PhDc)

Christine Loignon (PhD)

Karine Bertrand (PhD)

Medicine and health sciences, Université de Sherbrooke (Canada)



Disclosure of interest

The authors have no conflict of interest to disclose.

The role of music among young adults¹⁻⁵

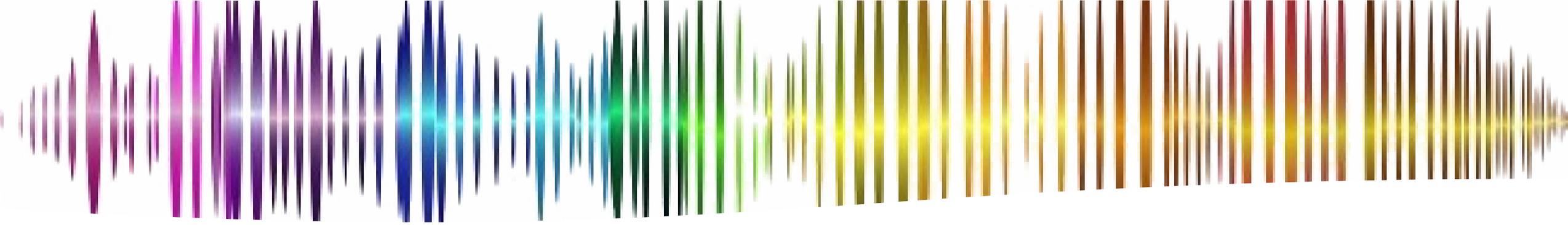


- Emotional regulation
- Psychological well-being
- Social interactions

Global well-being⁶

PS use⁷





Research objective

Describe and understand the links between music and PS use, including the addictive trajectory, from the perspective of homeless young adults who experience problematic PS use.

Methodology

Design

- Qualitative, descriptive interpretative¹⁻²

Population, sampling and recruitment

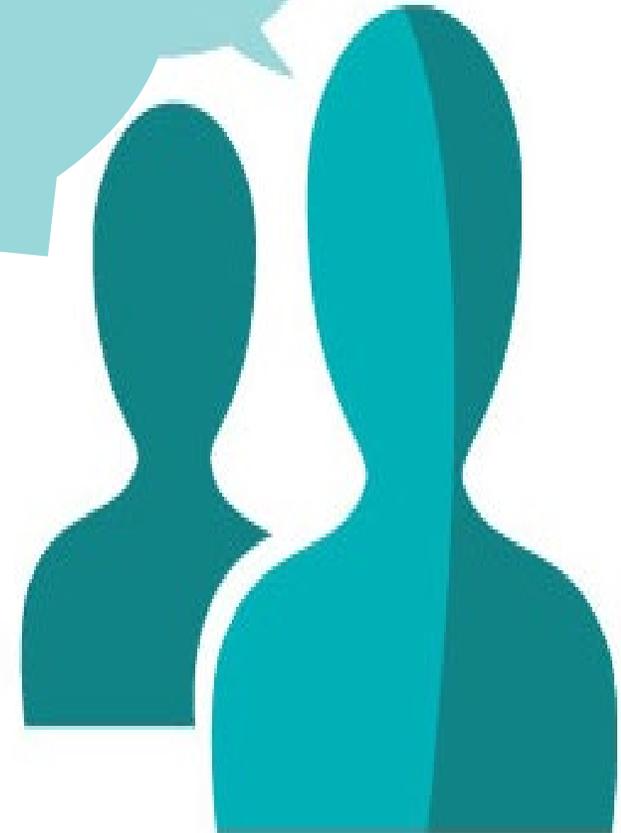
- Homeless young adults who experience problematic PS use in Montreal
- Theoretical and diversified sampling
 - Empirical saturation⁴

Methodology

Data collection

- Semi-directed qualitative interviews¹
- Interview guide
 - 10 open-ended questions
- Timeline²
- Sociodemographic questionnaire

How does music influence your substance use?



Analyses¹⁻²

Data collection

- Semi-directed qualitative interviews¹
- Interview guide
 - 10 open-ended questions
- Timeline²
- Sociodemographic questionnaire

Thematic analysis³

Trajectory analysis⁴

Results: Participants' profile (n=15)

Age: $M(SD) = 25,53 (2,48)$

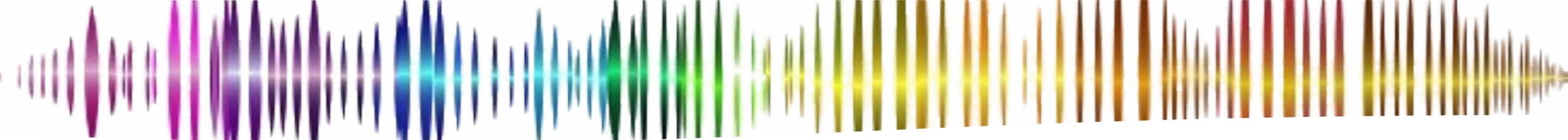
Variables	n (%)
Gender	
• Women	6 (40)
• Men	8 (53)
• Non-binary	1 (7)
Involvement in music (12 last months)	
• Music listening	15 (100)
• Practice / sing / creation / composition	8 (53)
• Music events, shows and festivals	9 (60%)



Results: Benefits of music on PS use

- **Control, decrease, and harm reduction**
 - Coping with emotions and mental health symptoms
 - Relieves cravings and withdrawal symptoms
- **Abstinence, recovery**
 - Capacity building, self-esteem
 - Non-drug related reward

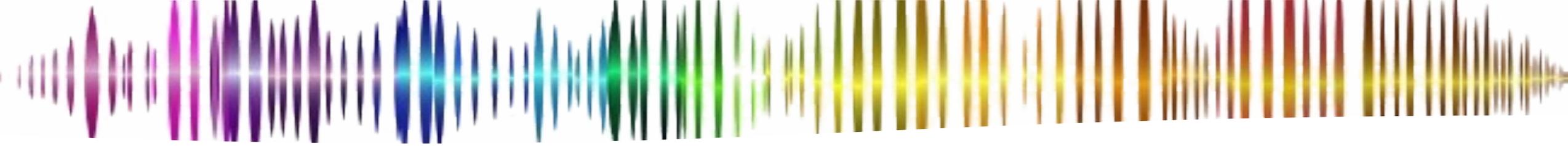
“[music composition] that’s the reason I experienced much less...overdoses. You know, it... it allowed me to change my ideas, to let go of my madness.”



Results: Risks of music for PS use

- **Initiation and discovery of novel drugs, and the development of problematic PS use**
 - Music lyrics
 - Repeatedly combining PS use with specific songs
 - Music-based communities and music events
 - Social contexts

“You know, I mean, I would never have known Xanax if I had not listened to it. And now, it is one of the drugs to which I am the most addicted to [...]. I bought it once, and it was over.”



Results: Beyond the influence of music on PS use

- Music and PS use serve different purposes
- Music is omnipresent in their lives
- Music discussing PS-related themes helps to better understand peers' experiences with addiction

“So you know, those are very specific terms, that if I had not listened to this music, if I had not understood this music, I couldn't have developed this relationship with him and understand. [...] I really learned a lot so you know, I think music is also lots of learning on different topics.”

Discussion

Music and psychoactive substance use

➔ More good than harm

While a minority of participants reported harmful impacts of music and PS use, those are largely put forward in literature¹

➔ The harmful impacts of music are limited to specific, identifiable and controllable musical pieces and contexts²⁻³

➔ Implications for treatment and harm reduction services⁴⁻⁵

Facilitate access to interventions and strategies that account for the strengths and interests of homeless young adults who use PS

References

- Adrianson, H. K. (2012). Timeline interviews: a tool for conducting life history research. *Qualitative Studies*.
- Boer, D., Fischer, R., Tekman, H. G., [...], & Zenger, M. (2012). Young people's topography of musical functions : Personal, social and cultural experiences with music across genders and six societies. *International Journal of Psychology*, 47(5), 355-369.
- Brunelle, N., & Bertrand, K. (2010). Trajectoires déviantes et trajectoires de rétablissement à l'adolescence : typologie et leviers d'intervention. *Criminologie*, 43(2), 373–399.
- Brunelle, N., Trembley, J., Blanchette-Martin, N., Gendron, A., & Tessier, M. (2014). Relationships between drugs and delinquency in adolescence : Influence of gender and victimization experiences. *Journal of Child and Adolescent Substance Abuse*, 23, 19-28.
- Castel, R. (1994). *Les sorties de la toxicomanie*. Dans Ogian, A., & Mignon, P. (Eds). *La demande sociale de drogues*, (pp.23-30). Paris: La documentation française.
- Centers for Disease Control and Prevention (2016). Well-being concepts: Health related quality of life. Retrieved October 12th, 2018 from <https://www.cdc.gov/hrqol/wellbeing.htm#three>
- Cournoyer Lemaire, E, C., Loignon, C., & Bertrand, K. (2020). A critical literature review about the impact of music in the lives of young adults who use drugs. *Drug and Alcohol Review*, 40, 135–154.
- Dingle, G. A., Kelly, P. J., Libby, K., Flynn, M., & Baker, F. A. (2015). The influence of music on emotions and cravings in clients in addiction treatment: a study of two clinical samples. *The Arts in Psychotherapy*, 1-34.
- Gardstrom, S. C., Klemm, A., & Murphy, K. M. (2017) Women's perceptions of the usefulness of group music therapy in addictions recovery, *Nordic Journal of Music Therapy*, 26:4, 338-358
- Ghetti, C. M. (2004). Incorporating music therapy into the harm reduction approach to managing substance use problems. *Music Therapy Perspectives*, Volume 22, Issue 2, 2004, Pages 84–90.

Références

- Lal, S., Ungar, M., Leggo, C., Malla, A., Frankish, J., & Suto, M. (2013). Well-being and engagement in valued activities : experiences of young people with psychosis. *OTJR*, 33 (4).
- Lonsdale, A., & North, A. (2011). Why do we listen to music? A uses and gratifications analysis. *British Journal of Psychology*, 102, 108-134.
- Miles, M., Huberman, M., & Saldana, J. (2014). *Qualitative data analysis. A methods source book*. Thousand Oaks CA: SAGE Publications.
- North, A. C., Hargreaves, D. J., & Hargreaves, J. J. (2004). Uses of music in everyday life. *Interdisciplinary Journal*, 22 (1), 41-77.
- Patton, M. Q. (2002). *Qualitative research and evaluation methods* 3rd ed. Thousand Oaks, CA: Sage.
- Petering, R., Rhoades, H., Winetrobe, H., Dent, D., & Rice, E. (2017). Violence, trauma, mental health, and substance use among homeless youth Juggalos. *Child psych hum dev*. 48, 642-650.
- Poupart, J. (1997). *L'entretien de type qualitative: considérations épistémologiques, théoriques et méthodologiques*. Dans Poupart, Deslauriers, Groulx, Laperrière, Mayer & Pires. :a recherche qualitative. Enjeux épistémologiques et méthodologiques (p. 173-209). Montréal: Gaëtan Morin.
- Schäfer, T., Sedlmeier, P., Städler, C., & Huron, D. (2013). The psychological functions of music listening. *Frontiers in Psychology*, 4(511).
- Tang HY, Vezeau T. 2010. The use of music intervention in healthcare research: a narrative review of the literature. *J Nurs Res*. 18(3):174–190.
- Thorne, S. (2008). *Interpretive description*. Walnut Creek, CA: Left Coast Press.
- Thorne, S. (2016). *Interpretive description: qualitative description for applied practice* (2nd ed.). New York: Routledge.

Thank You

LA GID CHAIRE DE RECHERCHE
SUR LE GENRE
ET L'INTERVENTION
EN DÉPENDANCE

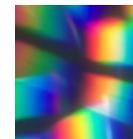
Fonds de recherche
Société et culture

Québec



Centre intégré
universitaire de santé
et de services sociaux
du Centre-Sud-
de-l'Île-de-Montréal

Québec



Centre de recherche
Charles-Le Moyne—Saguenay—Lac-Saint-Jean
sur les innovations en santé



Université de
Sherbrooke

IUD INSTITUT
UNIVERSITAIRE SUR LES
DÉPENDANCES