

Mics and minds:

Evaluating the psychological, physiological and qualitative impact of socially prescribed rap recording sessions

In collaboration with:

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KING'S
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key changes

Promoting positive mental health through music

Methods (1):

- Recruitment of 9 rappers
- Songwriting and recording in a controlled studio session
- “real”
- 3 rappers per group

- **Heart rate measurements**
- **Detailed observations**
- **PANAS questionnaire**



FREE STUDIO SESSIONS FOR RAPPERS & MC'S WITH MENTAL HEALTH EXPERIENCE

IN EXCHANGE FOR TAKING PART IN "MICS & MINDS" SCIENTIFIC STUDY TO SEE WHAT CHANGES HAPPEN TO ARTISTS' BODIES AND EMOTIONS WHEN THEY ARE IN A STUDIO SESSION. IT'S TIME TO LET THE WORLD OF SCIENCE AND HEALTHCARE KNOW HOW MENTAL HEALTH BENEFITS FROM THE POWER OF MUSIC!

THURSDAYS IN AUGUST
4PM-6PM AT KEY CHANGES
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90 CENTRAL ST, LONDON EC1V 8AJ
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NO BASE

5M

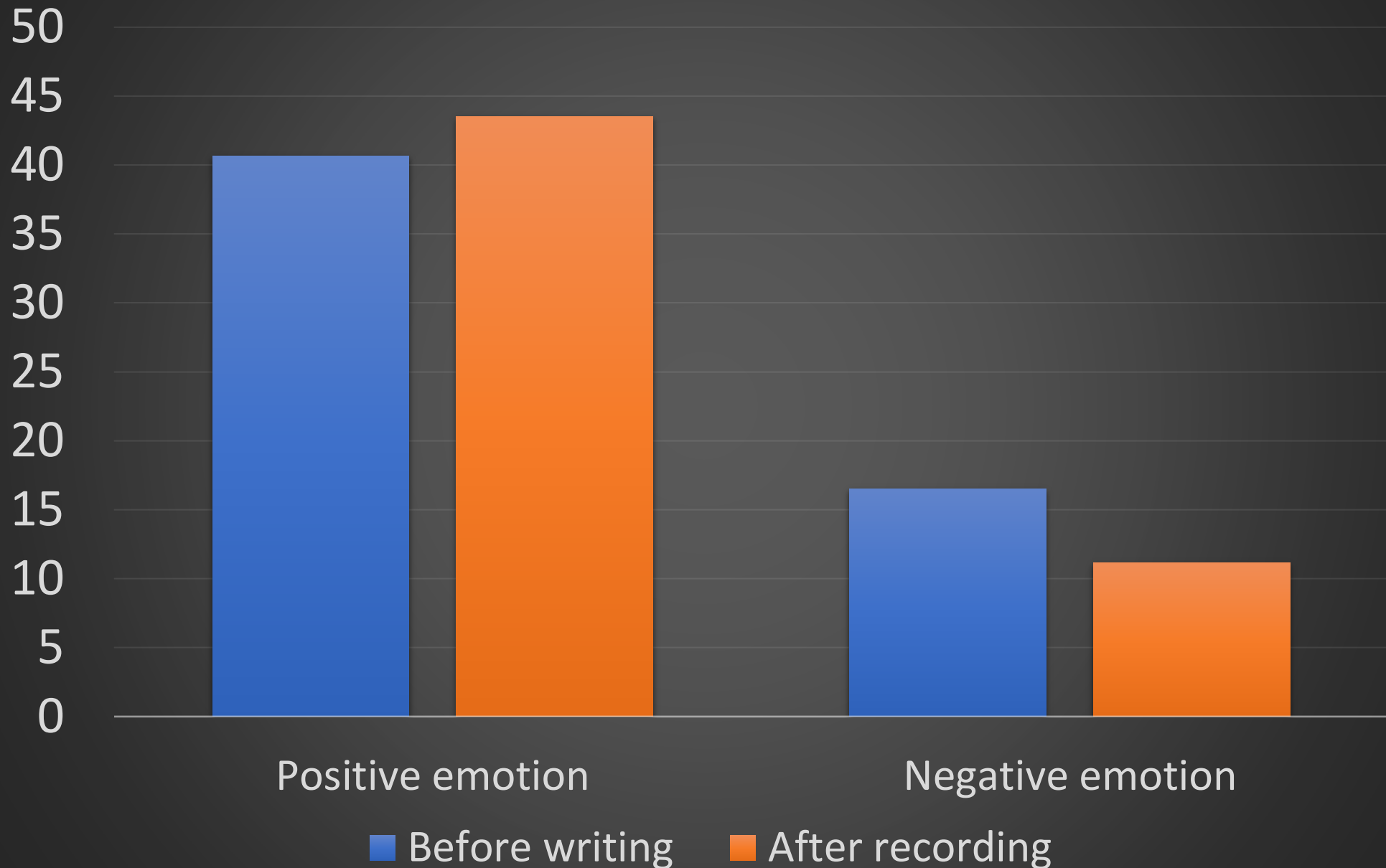
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SHIMADZU LTD

SHIMADZU LTD
1-18-1, HONCHO, KITA-KU, KYOTO, JAPAN

How and why would writing,
recording and performing rap
music support someone's journey
to recovery?

Positive and Negative Affect Schedule scores (N=6)



↑ Possible mechanisms?

Emotional activation

The agree... e cared,

show her love

Cortisol

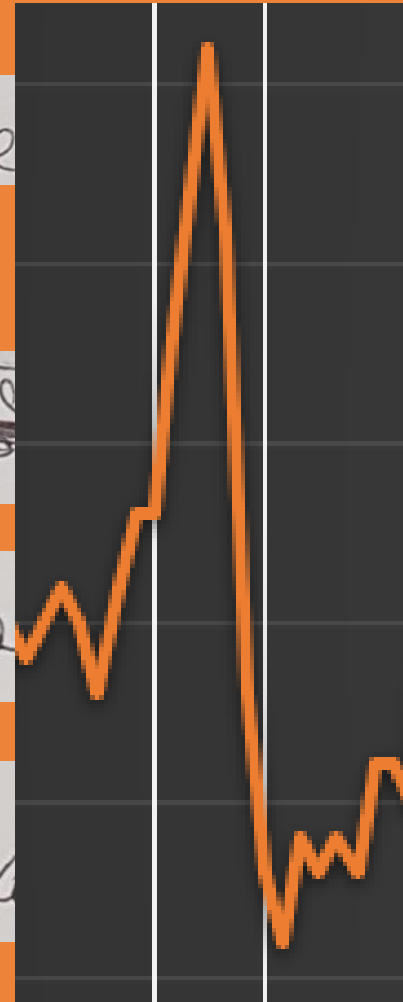
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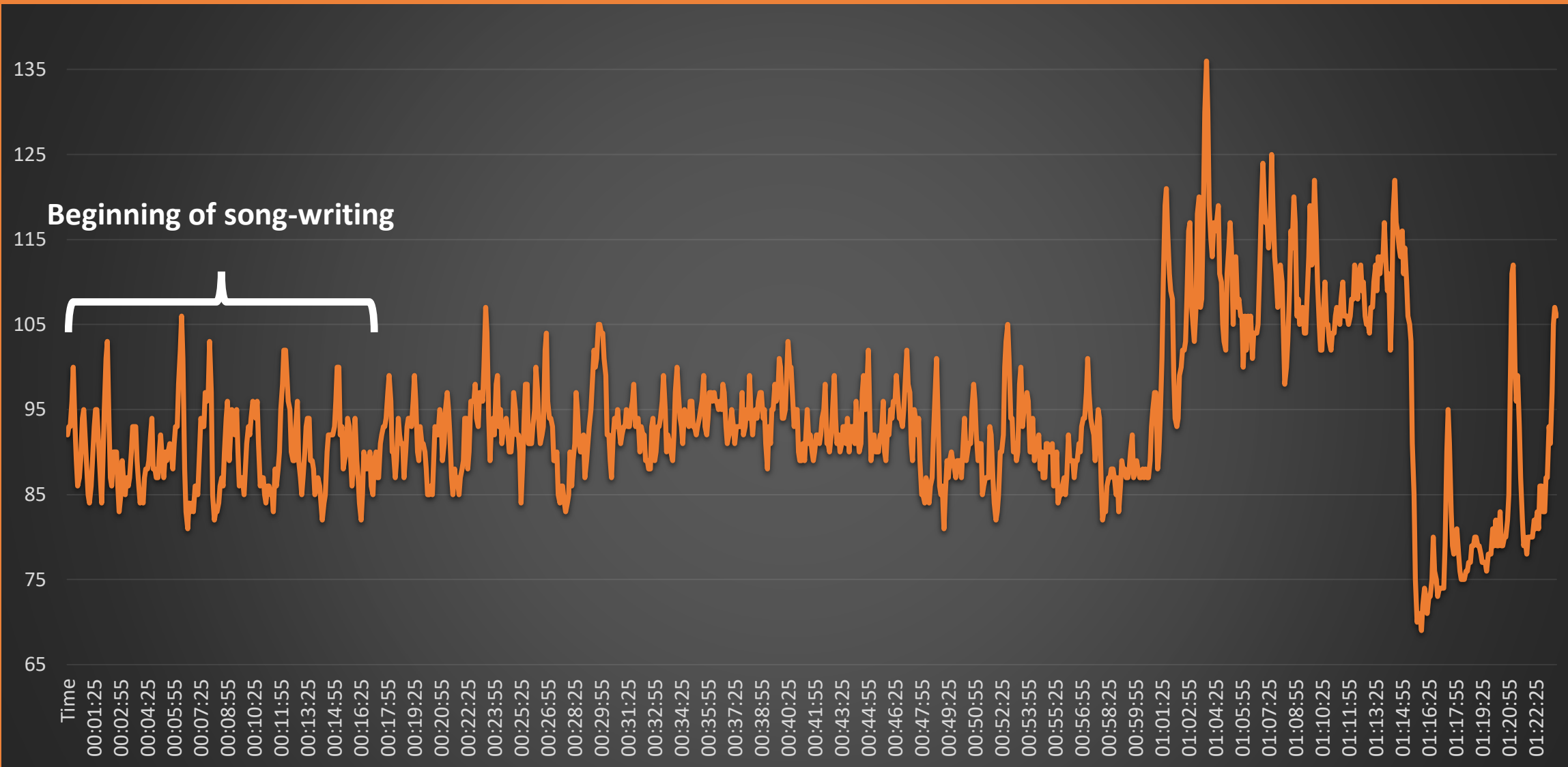
Anxiety

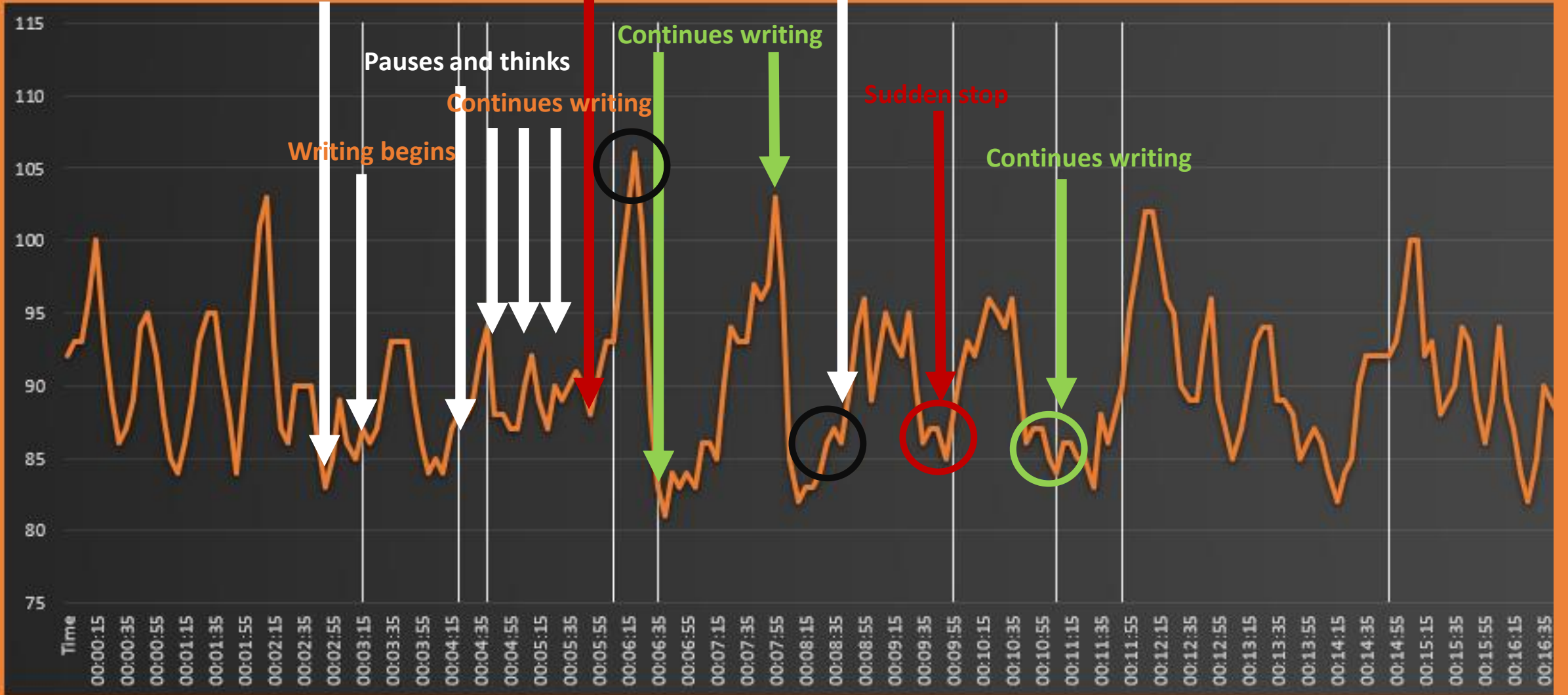
for the he... n ache

Cognitive effort

manic up a... lake?







Circles an important line of music, pauses

Sudden stop

Resting [84]

Pauses and thinks

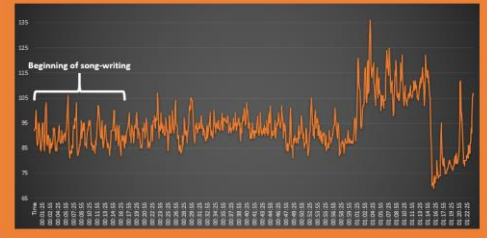
Continues writing

Writing begins

Continues writing

Sudden stop

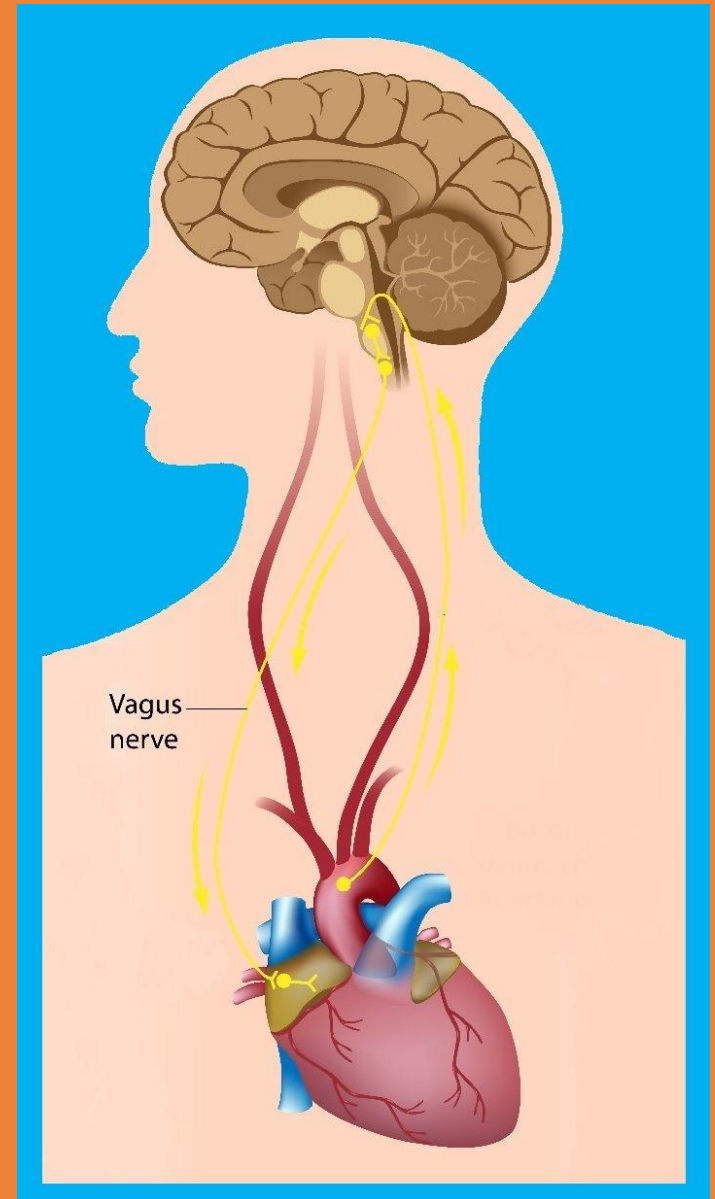
Continues writing





↓ Possible mechanisms?

- **Vagus nerve**
 - ‘social engagement system’
 - Maintains attention
 - Inner → outer focus when writing / finished recording



Porges S. W. (2007). The polyvagal perspective. *Biological psychology*, 74(2), 116–143. doi:10.1016/j.biopsycho.2006.06.009

↓ Possible mechanisms?

Unstructured emotions → story



Less brainpower needed
Creation of meaning

Serotonin release → lowers heart rate



Using the 'CHIME' framework

Theme	Number of references
Connection	43
Hope	45
Identity	48
Meaning in life	47
Empowerment	63

Connection

Socialising without words

Crowds finishing your song

“How was the journey?”

Hope

*He told me how he “used to be a naughty boy”
but now he has exhibited work to the Queen*

Identity

“It’s also rekindling in childhood something you were good at”

“I want to remind everyone...to be on time to these meetings so...the work gets done properly.”

Meaning

“but I didn’t jump...Something stopped me.

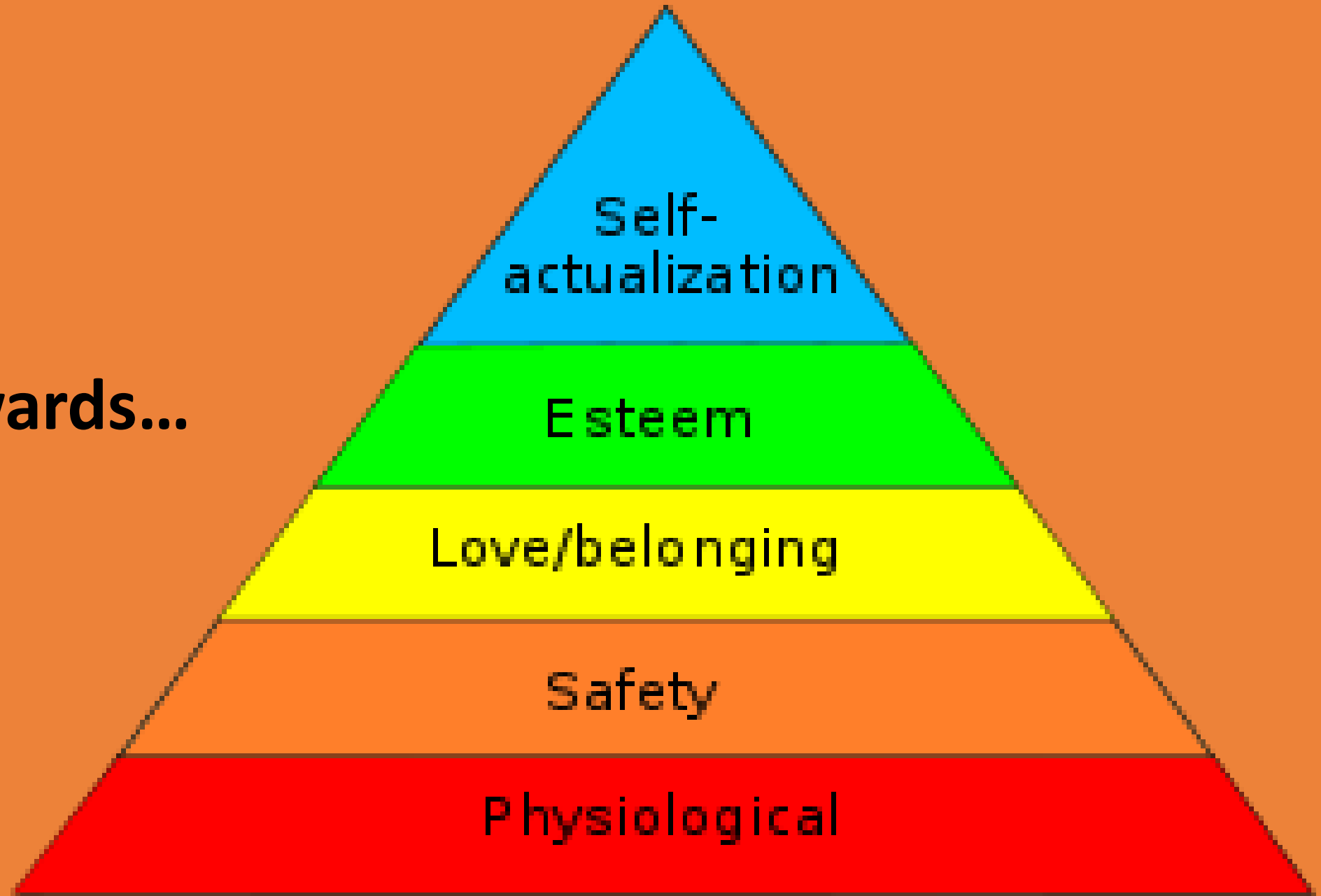
That’s when I realised that there is a purpose to me.

*To be a positive change, to help people as much as I
can. I don’t have to do much...it can be a word of
encouragement”*

Empowerment

“I come back here because if I want to impact lives, I can’t do it in the corner of my room”

A step towards...



Leamy, M., Bird, V., Le Boutillier, C., Williams, J., & Slade, M. (2011). Conceptual framework for personal recovery in mental health: systematic review and narrative synthesis. *The British Journal of Psychiatry*, 199(6), 445-452.

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Fancourt, D., Perkins, R., Ascenso, S., Carvalho, L. A., Steptoe, A., & Williamon, A. (2016). Effects of group drumming interventions on anxiety, depression, social resilience and inflammatory immune response among mental health service users. *PloS one*, 11(3), e0151136.

Pennebaker, J. W., & Seagal, J. D. (1999). Forming a story: The health benefits of narrative. *Journal of clinical psychology*, 55(10), 1243-1254.