



Anxiety Disorders and Trumpet Performance

by

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Anxiety Disorders and Trumpet Performance

Thesis title

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The final copy of this thesis has been examined by the signatories, and we find that both the content and the form meet acceptable presentation standards of scholarly work in the above mentioned discipline.

Abstract

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Anxiety is a normal sensation that accompanies the hardships of life. However, some individuals are more disposed to intense feelings of anxiety and dread than others. Anxiety disorders are not uncommon, as approximately one out of five individuals globally are diagnosed with an anxiety disorder at some point in their lifetime. Such disorders can impair social engagement, routine tasks, and occupational function. This is especially relevant to musicians, whose occupation involves regular refinement of fine motor skills, social hierarchies, and exposure in performance settings. There has been a wide body of research on music performance anxiety, but for those with anxiety disorders, anxiety is not confined to moments of performance but saturates multiple facets of their career and personal life. This study seeks to take a holistic approach to anxiety disorders and how they impact musicians, with trumpet playing serving as a frame of reference. This paper will discuss music performance anxiety in relation to other anxiety disorders as well as explore the effects of generalized anxiety disorder, trauma disorders, and obsessive-compulsive disorder on trumpet players. It will also offer treatment solutions and discuss music therapy as a remedy for anxiety disorders.