

Music-Based Interventions for Well-being and Social Inclusion Among Adults Utilising Homeless Services

A Scoping Review Protocol

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Why This Review?

Homelessness is a complex psychosocial issue linked to marginalisation, trauma, and exclusion from mainstream society. Music-based interventions, which include music therapy, community music, and participatory arts, have shown the ability to improve well-being and reduce feelings of isolation. However, the evidence for these interventions within homeless service settings remains fragmented across different disciplines.

GAP IN THE LITERATURE

No scoping review has yet systematically mapped music-based interventions for well-being and social inclusion specifically within homeless service contexts.



1,200,000+

Individuals accessed emergency homeless services in Europe

Over the last 15 years, homelessness has more than doubled in most Member States and in the EU as a whole (European Economic and Social Committee, 2023)

Music as a health-promoting, strengths-based resource for a marginalised population

RESEARCH QUESTION

What Do We Want to Know?

PRIMARY RESEARCH QUESTION

What does the existing literature say about music-based interventions aimed at improving well-being and/or social inclusion among adults who use homeless services?

REVIEW OBJECTIVES

- 1** Map existing evidence on music-based interventions within homeless service settings
- 2** Identify intervention types, delivery formats, and theoretical underpinnings
- 3** Examine how well-being and social inclusion are conceptualised and measured
- 4** Identify gaps and future research priorities to inform the empirical phases of this PhD

Population · Concept · Context



Population

Adults aged 18+ who utilise homeless services, emergency accommodation, supported transitional housing, day services, and community-based programmes worldwide



Concept

Music-based interventions, including music therapy, community music, choir and ensemble participation, and their outcomes for well-being and/or social inclusion.

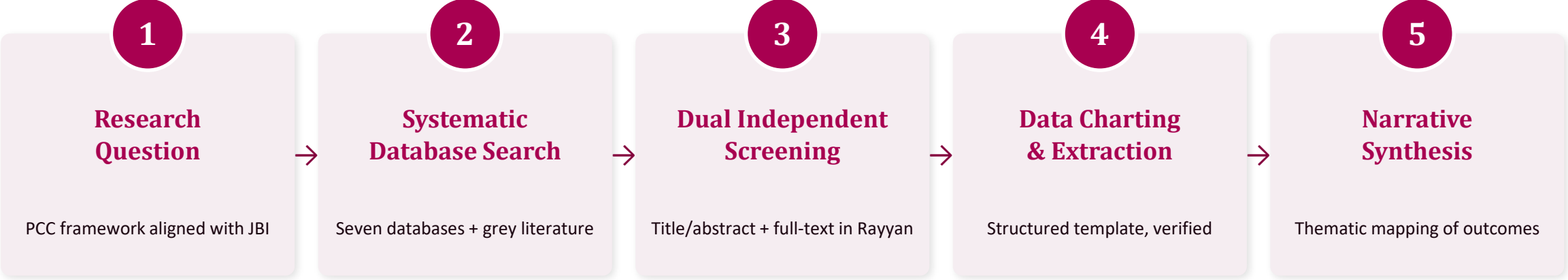


Context

Homeless service settings globally emergency shelters, transitional and supported housing, outreach programmes, day centres, and community-based homeless support services.

Scoping Review Methodology

Underpinned by Arksey & O'Malley (2005), refined by Levac, Colquhoun & O'Brien (2010), and guided by the JBI Scoping Review Methodology. Reported in accordance with PRISMA-ScR (Tricco et al., 2018).



SEARCH STRATEGY



Plus, grey literature, national reports, NGO publications, and government policy documents. Dual independent screening in Rayyan

Why This Matters

Evidence Base

First comprehensive map of music-based interventions in homeless service settings.

Health Promotion

Advances strengths-based approaches for marginalised populations.

Policy & Practice

Supports evidence-based advocacy for music and arts in homeless service provision.

PhD Foundation

Informs instrument design and co-design in subsequent empirical phases.



Galway Simon Community Music Project

This research is grounded in an ongoing partnership with GSMP.



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*Key methods: Arksey & O'Malley (2005) · Levac et al. (2010)
· PRISMA-ScR (Tricco et al., 2018)*