

Exploring Current Needs, Knowledge and Perspectives of Singing for Breathing (SFB) Programs: A Mixed Methods Study

We are seeking people with a diagnosis of chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD) or thoracic malignancy (e.g. lung cancer) and their informal caregivers living in Australia or New Zealand to participate in a research study, “*Needs, Knowledge and Perspectives of Singing for Breathing Programs: A Mixed Methods Study*”.

There is growing interest in group singing interventions for lung disease, known as Singing for Breathing programs, with research showing promise for improving symptom management and quality of life. Despite this, there is little consistency in the way programs are structured and delivered.

This study aims to understand needs, knowledge and perspectives of Singing for Breathing programs among people with lung disease and their informal caregivers. Further we seek to understand where Singing for Breathing programs may fit in the overall treatment of lung disease by understanding the experience of those living with lung disease and their caregivers. This study will include an online survey and short qualitative interviews.

Who is eligible?

- Persons diagnosed with chronic obstructive pulmonary respiratory disease (COPD), interstitial lung disease (ILD) or thoracic malignancy (e.g. lung cancer)
- Person caring for someone diagnosed with chronic obstructive pulmonary disease (COPD), interstitial lung disease (ILD) or thoracic malignancy (e.g. lung cancer)

What is involved?

- A short online survey (approx. 10-15 minutes) and/or
- A single interview via phone or videoconferencing (approx. 30-40 minutes), at a time that suits you
- You will be asked questions relating to your engagement with music, current symptom management strategies and perspectives of group singing interventions for those with chronic respiratory disease
- **No prior knowledge or experience of Singing for Breathing programs is needed to participate**

Interested?

- Please click this link to access the survey: [LINK](#)
- And/or contact Ms Stefanie Zappino on stefanie.zappino@monash.edu to register your interest for an interview

This project is led by Prof Natasha Smallwood (Respiratory Physician and Director of Respiratory Medicine at Alfred Health and Monash University). The research will be conducted Ms Stefanie Zappino (as part of PhD program at Monash University). Ethics approval has been granted by Monash University Human Research Ethics Committee (ID 47916). All data collected will be de-identified and confidential.