

Current practice in the global field of music and parental wellbeing: An environmental scan

Participant information sheet and consent form

Dated: 18 November 2025

Invitation

We are inviting you to take part in a research project of the [Music and Parental Wellbeing Alliance](#). Thank you very much for your interest in this work.

Before you decide, it is important for you to understand why the research is being done and what it will involve. Please take time to read the following information carefully and discuss it with others if you wish. Ask us if there is anything that is not clear or if you would like more information. Take time to decide whether or not you wish to take part. You can download a copy of this information sheet if you would like to here:

Thank you for taking the time to read this.

Project

This online survey aims to identify current activities in the international field of music and parental wellbeing. The aims are to:

1. Document current activities and outcomes.
2. Explore shared views on what helps and what holds back these activities.
3. Explore priorities for future work in music and parental wellbeing.

Characteristics of participants

We welcome responses from people aged 18+ years, who are currently running a music activity that is designed to support parental wellbeing. All forms of music (including listening and making) and music therapy are included.

By parent we refer to anyone who has or who has had caring responsibility for an infant (including during pregnancy/childbirth) or child (including grown up children).

The survey is available in the following languages: Arabic, English, French, Italian, Mandarin, Portuguese, Romanian, Spanish, and Turkish.

You do not need to be a member of the Music and Parental Wellbeing Alliance to take part and you are welcome to join our free membership whether or not you complete the survey [HERE](#).

Voluntary participation

It is up to you to decide if you want to take part in our project or not. If you don't want to take part, or you change your mind about taking part, having agreed to do so, you won't be affected in any way. If you do decide to take part, you will be given the opportunity to download this information sheet and will be asked to give your consent before starting the survey.

If you decide to take part, you are still free to withdraw without giving any reason. You can withdraw either by shutting down the survey and/or by withdrawing consent for us to use whatever contribution you have already made to the research within one month of the present date. To do this, please email us using the contact details below. Again, you won't be affected in any way.

Nature of participation

Taking part includes completing a one-off online survey. This will take approximately 15-20 minutes and will ask questions about:

1. Your musical activity/activities for parents.
2. Outcomes for parental wellbeing (e.g., a summary of testimonials, evaluation findings, research results, impacts on policy).
3. Your views on what helps and hinders this work and priorities for advancing the field of music and parental wellbeing.

All questions are optional (except for the consent form).

Lifestyle restrictions

You are unlikely to experience any lifestyle restrictions from taking part, apart from the time taken to complete the survey.

Potential risks to participants

We do not anticipate any risks from taking part in this survey.

Potential benefits to participants

While this research is not likely to bring immediate benefit to those who complete the survey, we hope to use the findings via the Alliance to raise awareness of current activities/impact and required next steps in the field of music and parental wellbeing. This may be of use to you in your ongoing work.

Possible termination of research

If the project has to be terminated for any reason and your contribution is no longer required, you will be informed of this via an alliance communication and all data already collected will be securely destroyed.

Confidentiality and anonymity

You will be given clear options in the survey to decide whether or not you would like the information you provide to be attributed to you by name (either individually or as an organisation), or not. Information you provide will only be attributed to you/your organisation with your explicit permission.

Information that is collected about you, for the purposes of the research, will be kept strictly confidential unless you select in the survey for some of your responses to be attributed to you/your organisation by name. The only other instances when confidentiality would be broken are either in the event that you disclose risk of immediate harm to yourself or others (in which case we may need to discuss this with somebody else, such as a line manager), or where we have a legal obligation to do so.

Storing personal data and information

Information provided by you in this study will be handled in a confidential manner under the policies and procedures of the Royal College of Music.

Your personal data and any information that you provide for the purposes of the research will be stored securely on a password-protected RCM drive for 10 years. Only the core research team will have access to the full dataset. If we wish to re-use it within this time period, we will seek your permission to do so. At the end of the period, it will be destroyed. Please be aware that publications arising from this research will remain available beyond this period (see 'Outputs' below.)

The original language of the survey is English. If you are responding to a translated version, your responses will be translated back to English for analysis using the Royal College of Music's Microsoft Co Pilot account (i.e., using artificial intelligence). Your information will not

be used to train artificial intelligence and will be deleted from Co Pilot once the accuracy of the translation has been checked. This check will take place by a volunteer member of the Alliance who is fluent in the language and who has joined the team for this research. This means that the information you provide will also be shared with that person for the purposes of translation only. Please only proceed if you are comfortable with this arrangement. If you prefer to complete the survey in English, please click [HERE](#).

Outputs

The contributions you make through completing the survey will be used in a variety of outputs, not all of which can be fully anticipated. Outputs are likely to include academic publications and reports, summary documents, website material (e.g. a map of current activities), and oral dissemination via events, conferences, the media, or other channels. Some of these outputs may be publicly available on the internet.

Ethical approval

The Royal College of Music Research Ethics Committee has reviewed this project and granted ethical approval for it to be carried out (approved on 30.1.26, reference number: 260101).

Thank you for reading this Participant Information Sheet and for considering your participation in this research project. Please let the researchers know if you have any questions (see contact details below).

Contact details

Name of researcher: Prof Rosie Perkins

Institutional email: Rosie.Perkins@rcm.ac.uk

Institutional Affiliation: Royal College of Music London

Name of supervisor/manager/head of department/: Prof Aaron Williamon

Institutional email: Aaron.Williamon@rcm.ac.uk

Institutional Affiliation: Royal College of Music London