



UNIVERSIDADE
NOVA
DE LISBOA

MARIE SKŁODOWSKA-CURIE INDIVIDUAL FELLOWSHIPS 2020

EXPRESSION OF INTEREST FOR HOSTING MARIE CURIE FELLOWS

HOST INSTITUTION

NOVA FCSH | School of Social Sciences and Humanities
Research Unit: CESEM

RESEARCH GROUP AND URL

Education and Human Development Group

URL: <https://cesem.fcsh.unl.pt/en/investigacao/grupos-de-investigacao/educacao-e-desenvolvimento-humano/>

SUPERVISOR (NAME AND E-MAIL)

Maria Eduarda Salgado Carvalho
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SHORT CV OF THE SUPERVISOR

Clinical psychologist, doctorate in the field of clinical psychology (FP-UL, 2012), singing course at the National Conservatory of Lisbon (1989), music therapist (certified by APMT). Pos-Doc fellow at CESEM (from 2015 to 2018), currently working in the professional category of researcher integrated in the Group of Education and Human Development and coordinator of the line of Therapeutic Effects of Cesem Music (FCSH-NOVA), accumulating functions of teaching in the Master of Music Therapy at the Lusitana University of Lisbon (since 2009) and in the Master of Création Artistique - option Musicotherapie at the René-Descartes-Paris 5 University (since 2015) and private activity as a psychotherapist and music therapist. She is the author of several publications in the scope of the research activity about the origin of communicative musicality and music therapy applied to perinatology and neonatology.

5 SELECTED PUBLICATIONS

- Carvalho, E., Justo, J., Tomé, T. Pereira, E., Gratier, M. & Rodrigues, H. (2019). Vocal Responsiveness of Preterm Infants to Maternal Infant-Directed Speaking and Singing during Skin-To-Skin Contact (Kangaroo Care) in the NICU. *Infant Behavior and Development*, 57, 101332. <https://doi.org/10.1016/j.infbeh.2019.101332>.
- Carvalho, M. E., Justo, J. M., Gratier, M. & Rodrigues, H. M. (2019). The impact of maternal voice on the fetus: a systematic review, *Current Women's Health Reviews*, pp. 1573-4048/19. DOI: 10.2174/1573404814666181026094419.
- Carvalho, M. E.; Justo, J. M. & Rodrigues, M. H. (2018). Sound-Music Experiences and Maternal Sensitivity Following Preterm Birth: Contributions for the Model of Family-Centered Care. *International Journal of Developmental and Educational Psychology*, INFAD, N°2, 93-100. ISSN: 0214-9877.



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- Carvalho, M. E.; Justo, J. M. (2018). Pregnant Women's Graphic Representations: A New Instrument for the Assessment of the Body Image During Gestation. *International Journal of Developmental and Educational Psychology*, INFAD, Nº2, 119-130. ISSN: 0214-9877.
- Carvalho, M. E. & Justo, J. M. (2015). The Portuguese Version of the Placental Paradigm Questionnaire at the third trimester of pregnancy. *Journal of Reproductive and Infant Psychology*, 33(5), 478-487. DOI: 10.1080/02646838.2015.1046122.

PROJECT TITLE AND SHORT DESCRIPTION

Music therapy in the neonatal care of preterm dyads: a longitudinal study.

Music therapy intervention in neonatal care has been widely referenced as a complementary practice of individualized care and of family-centered care. The scientific literature presents positive results, particularly in the short term. Nevertheless, longitudinal studies to evaluate long-term effects of music therapy on children's neurodevelopment, on their parents' mental health and on relationships between parents and their children are needed. Music therapy longitudinal studies, in addition to being on going, are scarce (Ghetti et al., 2019; Haslbek et al., 2020). Contingent singing - attuned with the behavioral signals of the hospitalized infant - is a common methodology of music therapy in the neonatal care (Haslbek et al. 2020; Shoemark, 2018, 2019; Ettenberger, 2017). However, we know little about the descriptors of musical and acoustic production of contingent singing. Although singing, with and without the use of words (humming), is a common practice, in the context of music therapy it would be relevant to analyze the impact that both of these modalities of vocal production may have in self-regulation, attention and in the affective attunement between the parents and the preterm newborn.

The main goal of our work plan is to evaluate the impact, in the short and medium term, of a protocol of music therapy focused in the use of singing directed to the preterm newborn in a contingent way. This intervention will be carried on with a sample of preterm dyads in a neonatal intensive care unit (NICU). This group of preterm dyads will become the "experimental group" (EG) and will be compared to a "control group" (CG) which will only receive the usual care provided by the NICU.

Another objective is to characterize, in terms of musical and acoustic parameters, the vocal and musical productions of the music therapist and the mother that prove to be effective for the self-regulation, attention and vocal responsiveness of the preterm newborn in a behavioral state of moderate arousal. Finally we intend to analyze, in both groups, the musical and acoustic characteristics of the vocal interactions between the mother and the baby at 3, 6 and 9 months of corrected age.

SCIENTIFIC AREA WHERE THE PROJECT FITS BEST

Social Sciences and Humanities (SOC)

We thus aim to contribute in an innovative way for an improved systematization of the musical production and/or improvisation practices used by music therapists for the promotion of contingent vocal communication directed to preterm newborns. Consequently, we hope to reinforce the standardization of good practices delivered to the vulnerable newborn as recommended by the European Standards of Care for Newborn Health produced by the European Foundation for the Care of Newborn Infants (EFCNI) and also to gather conditions to produce future multicentric studies at both European and international level.