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An ecological momentary music intervention for the reduction of stress in the daily life of Turkish immigrant women

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Ethnic discrimination (ED) is associated with mental and physical health impairments. As a cause, a dysregulation of psychobiological stress systems can be assumed. Recognizing the need for adequate and well-timed interventions, this pilot study investigates the feasibility and the effectiveness of a music-based ecological momentary intervention aiming to reduce acute stress in the everyday lives of affected women. Using a smartphone-based app, Turkish immigrant women (N=20) answer items regarding momentary subjective stress levels, perceived ED, mood, and further variables four times a day for 35 days. Additionally, they report the occurrence of every ED and/or stressful event. To examine biological reactions, saliva samples are collected as part of every report. The intraindividual-randomized design allows to determine the effects of music listening in moments of acute perceived ED and/or stress on psychological and biological stress parameters. Data will be analyzed using multilevel modeling. To investigate the feasibility of the intervention, qualitative data from semi-structured interviews is gathered. By the time of the congress, preliminary findings will be available.

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