

Program of the
International Symposium
on Performance Science

2023

Aaron Williamon | Krzysztof Dąbrowski

Program of the
International Symposium on
Performance Science 2023

Edited by

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MEDICAL
UNIVERSITY
OF WARSAW

**International Symposium
on Performance Science**

17 | 20 August 2023

Warsaw | Poland

Convened by

Medical University of Warsaw

Chopin University of Music

Centre for Performance Science

Royal College of Music | Imperial College London

www.performancescience.org

**Program of the
International Symposium on
Performance Science 2023**

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Peer-review. Structured abstract submissions for the *Program of ISPS 2023* were invited for paper and poster presentations on research exploring the theme *Performance Care and Careers*. Each submission was reviewed by three members of the Scientific Committee according to its quality and originality. Submissions were reviewed subsequently by the editors prior to acceptance.

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Cover design by Christopher Tomlin

Welcome to ISPS 2023

We are delighted to welcome you to Warsaw and to the ninth International Symposium on Performance Science.

ISPS 2023 offers fascinating insight into performance and, in particular, to exciting, new interdisciplinary perspectives on this year's theme, *Performance Care and Careers*. The program has been designed to provide you with ample opportunity to examine, discuss, and engage with the very latest in performance science research.

On behalf of the ISPS 2023 scientific committee and our partners at the Medical University of Warsaw, Chopin University of Music, Royal College of Music, and Imperial College London, we wish you an exciting and fruitful exchange of ideas.

Aaron Williamon
Krzysztof Dąbrowski

Scientific committee

Aaron Williamon, *co-chair*
Royal College of Music, London (UK)

Krzysztof Dąbrowski, *co-chair*
Medical University of Warsaw (Poland)

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McGill University (Canada)

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Federal University of Bahia (Brazil)

Jarosław Wróblewski
Chopin University of Music (Poland)

Jian Yang
Shanghai Conservatory of Music (China)

Massimo Zicari
Conservatory of Southern Switzerland (Switzerland)

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Reference time zones

Times in selected cities of ISPS 2023 delegates are provided below, with reference to local times in Warsaw (Coordinated Universal Time, UTC+2) as of 17-20 August 2023.

UTC	City	Warsaw ±hours	08:00 17 Aug	12:00 17 Aug	16:00 17 Aug	20:00 17 Aug
+12	Auckland	+10 hours	18:00 17 Aug	22:00 17 Aug	02:00 18 Aug	06:00 18 Aug
+10	Canberra, Melbourne, Sydney	+8 hours	16:00 17 Aug	20:00 17 Aug	00:00 18 Aug	04:00 18 Aug
+9	Kyoto, Tokyo	+7 hours	15:00 17 Aug	19:00 17 Aug	23:00 17 Aug	03:00 18 Aug
+8	Beijing, Hong Kong, Perth, Shanghai, Singapore	+6 hours	14:00 17 Aug	18:00 17 Aug	22:00 17 Aug	02:00 18 Aug
+3	Helsinki, Istanbul, Jerusalem, Moscow	+1 hours	09:00 17 Aug	13:00 17 Aug	17:00 17 Aug	21:00 17 Aug
+2	Berlin, Cairo, Cape Town, Oslo, Paris, Rome, Stockholm, Vienna, Warsaw	+0 hours	08:00 27 Oct	12:00 27 Oct	16:00 27 Oct	20:00 28 Oct
+1	Lisbon, London	-1 hours	07:00 17 Aug	11:00 17 Aug	15:00 17 Aug	19:00 17 Aug
+0	Reykjavík	-2 hours	06:00 17 Aug	10:00 17 Aug	14:00 17 Aug	18:00 17 Aug
-3	Buenos Aires, Halifax, Rio de Janeiro, São Paolo	-5 hours	03:00 17 Aug	07:00 17 Aug	11:00 17 Aug	15:00 17 Aug
-4	Atlanta, Boston, Montréal, New York, Toronto, Washington	-6 hours	02:00 17 Aug	06:00 17 Aug	10:00 17 Aug	14:00 17 Aug
-5	Bogota, Chicago, Mexico City, Nashville, Winnipeg	-7 hours	01:00 17 Aug	05:00 17 Aug	09:00 17 Aug	13:00 17 Aug
-6	Calgary, Edmonton, Denver, Salt Lake City	-8 hours	00:00 17 Aug	04:00 17 Aug	08:00 17 Aug	12:00 17 Aug
-7	Los Angeles, San Diego, San Francisco, Seattle, Vancouver	-9 hours	23:00 16 Aug	03:00 17 Aug	07:00 17 Aug	11:00 17 Aug
-10	Honolulu	-12 hours	20:00 16 Aug	00:00 17 Aug	04:00 17 Aug	08:00 17 Aug

See also

World clock

www.timeanddate.com/worldclock/full.html

Time zone converter

www.timeanddate.com/worldclock/converter.html

Quick reference timetable

The schedule reflects local time in

Warsaw, Poland
Coordinated Universal Time (UTC) +2

Thursday, 17 August 2023

11:00-12:30	Registration	UTC+10 19:00 (17 th)	UTC+8 17:00 (17 th)	UTC-4 05:00 (17 th)
	Entrance Hall, Centrum Dydaktyczne			
12:30-13:00	Welcome to ISPS 2023	UTC+10 20:30 (17 th)	UTC+8 18:30 (17 th)	UTC-4 06:30 (17 th)
	Plenary Aula B Fourwaves			
13:00-14:00	<i>Keynote address</i>	UTC+10 21:00 (17 th)	UTC+8 19:00 (17 th)	UTC-4 07:00 (17 th)
	Hans-Christian Jabusch (Dresden University of Music) Playing-related pain in musicians: Epidemiology, mechanisms, management, and prevention	Plenary Aula B Fourwaves		
14:00-14:30	<i>Break</i>	UTC+10 22:00 (17 th)	UTC+8 20:00 (17 th)	UTC-4 08:00 (17 th)
14:30-16:00	<i>Thematic sessions</i>	UTC+10 22:30 (17 th)	UTC+8 20:30 (17 th)	UTC-4 08:30 (17 th)
	The art of movement	Stream A Aula A Fourwaves		
	Social media impact	Stream B Aula B Fourwaves		
	Promoting health and wellbeing	Stream C Room 8 Fourwaves		
	Symposium: Exploring psychological flexibility in musicians	Stream D Fourwaves		
16:00-16:30	<i>Break (with refreshments)</i>	UTC+10 00:00 (18 th)	UTC+8 22:00 (17 th)	UTC-4 10:00 (17 th)
	First Floor, Centrum Dydaktyczne			
16:30-18:00	<i>Thematic sessions</i>	UTC+10 00:30 (18 th)	UTC+8 22:30 (17 th)	UTC-4 10:30 (17 th)
	Musicians' identity	Stream A Aula A Fourwaves		
	Performance and social impact	Stream B Aula B Fourwaves		
	Emotion and performance	Stream C Room 8 Fourwaves		
	Healthy body	Stream D Fourwaves		
18:00-18:15	<i>Break</i>	UTC+10 02:00 (18 th)	UTC+8 00:00 (18 th)	UTC-4 12:00 (17 th)
18:15-19:30	<i>Welcome reception</i>	UTC+10 02:15 (18 th)	UTC+8 00:15 (18 th)	UTC-4 12:15 (17 th)
	First Floor, Centrum Dydaktyczne			

Friday, 18 August 2023

10:00-11:00	<i>Networking breakfast</i>	UTC+10 18:00 (18 th)	UTC+8 16:00 (18 th)	UTC-4 04:00 (18 th)
	First Floor, Centrum Dydaktyczne			
11:00-12:30	<i>Thematic sessions</i>	UTC+10 19:00 (18 th)	UTC+8 17:00 (18 th)	UTC-4 05:00 (18 th)
	Symposium: The Oxford Handbook of Musician Health Advocacy	Stream A Aula A Fourwaves		
	Occupational challenges	Stream B Aula B Fourwaves		
	A voice of your own	Stream C Room 8 Fourwaves		
	Optimizing performance	Stream D Fourwaves		

12:30-13:30	<i>Keynote address</i> Roberta Antonini Philippe (University of Lausanne) Optimizing mental health and mental performance to thrive for success: Lessons learned from sport psychology	UTC+10 20:30 (18 th)	UTC+8 18:30 (18 th)	UTC-4 06:30 (18 th)	Plenary Aula B Fourwaves
13:30-14:30	<i>Lunch</i>	UTC+10 21:30 (18 th)	UTC+8 19:30 (18 th)	UTC-4 07:30 (18 th)	First Floor, Centrum Dydaktyczne
14:30-16:00	<i>Poster session 1</i>	UTC+10 22:30 (18 th)	UTC+8 20:30 (18 th)	UTC-4 08:30 (18 th)	First Floor, Centrum Dydaktyczne
16:00-17:30	<i>Thematic sessions</i> Performance anxiety Healthy body Vocal technique Wellbeing and creativity	UTC+10 00:00 (19 th)	UTC+8 22:00 (18 th)	UTC-4 10:00 (18 th)	Stream A Aula A Fourwaves Stream B Aula B Fourwaves Stream C Room 8 Fourwaves Stream D Fourwaves
17:30-18:00	<i>Break</i>	UTC+10 01:30 (19 th)	UTC+8 23:30 (18 th)	UTC-4 11:30 (18 th)	
18:00-19:00	<i>Roundtable 1</i> Anatomy of the hand and the forearm	UTC+10 02:00 (19 th)	UTC+8 00:00 (19 th)	UTC-4 12:00 (18 th)	Plenary Aula B Fourwaves

Saturday, 19 August 2023

09:00-10:00	<i>Keynote address</i> Tapio Lokki (Aalto University) Perspectives on the acoustics of concert halls	UTC+10 17:00 (19 th)	UTC+8 15:00 (19 th)	UTC-4 03:00 (19 th)	Plenary Aula B Fourwaves
10:00-10:30	<i>Break (with refreshments)</i>	UTC+10 18:00 (19 th)	UTC+8 16:00 (19 th)	UTC-4 04:00 (19 th)	First Floor, Centrum Dydaktyczne
10:30-12:00	<i>Thematic sessions</i> Optimizing performance Promoting health and wellbeing Investing in future artists Global perspectives on wellbeing	UTC+10 18:30 (19 th)	UTC+8 16:30 (19 th)	UTC-4 04:30 (19 th)	Stream A Aula A Fourwaves Stream B Aula B Fourwaves Stream C Room 8 Fourwaves Stream D Fourwaves
12:00-13:30	<i>Thematic sessions</i> Symposium: Culture Change, Performance and Wellbeing Performance psychology and beyond Investing in future artists Artistic education	UTC+10 20:00 (19 th)	UTC+8 18:00 (19 th)	UTC-4 06:00 (19 th)	Stream A Aula A Fourwaves Stream B Aula B Fourwaves Stream C Room 8 Fourwaves Stream D Fourwaves
13:30-14:30	<i>Lunch</i>	UTC+10 21:30 (19 th)	UTC+8 19:30 (19 th)	UTC-4 07:30 (19 th)	First Floor, Centrum Dydaktyczne
14:30-16:00	<i>Poster session 2</i>	UTC+10 22:30 (19 th)	UTC+8 20:30 (19 th)	UTC-4 08:30 (19 th)	Fourwaves
16:00-16:45	<i>Graduate award paper</i> Ludivine Aubry (Humboldt University) Exploring the role of parenting styles and sensory processing sensitivity in music performance anxiety: A study with musicians in Germany and Austria	UTC+10 00:00 (20 th)	UTC+8 22:00 (19 th)	UTC-4 10:00 (19 th)	Plenary Aula B Fourwaves

16:45-17:00	<i>Break</i>	UTC+10 00:45 (20 th)	UTC+8 22:45 (19 th)	UTC-4 10:45 (19 th)
17:00-18:00	<i>Roundtable 2</i> Motion capture performance	UTC+10 01:00 (20 th)	UTC+8 23:00 (19 th)	UTC-4 11:00 (19 th)
			Plenary	Aula B Fourwaves

Sunday, 20 August 2023

09:00-10:30	<i>Thematic sessions</i> Emotion and performance Coping and resilience Voice care and treatment Optimizing performance	UTC+10 17:00 (20 th)	UTC+8 15:00 (20 th)	UTC-4 03:00 (20 th)
			Stream A	Aula A Fourwaves
			Stream B	Aula B Fourwaves
			Stream C	Room 8 Fourwaves
			Stream D	Fourwaves
10:30-11:00	<i>Break (with refreshments)</i>	UTC+10 18:30 (20 th)	UTC+8 16:30 (20 th)	UTC-4 04:30 (20 th)
				First Floor, Centrum Dydaktyczne
11:00-12:00	<i>Keynote address</i> Hara Trouli (University College London) Performing arts medicine: Caring careers in progress	UTC+10 19:00 (20 th)	UTC+8 17:00 (20 th)	UTC-4 05:00 (20 th)
			Plenary	Aula B Fourwaves
12:00-13:30	<i>Thematic sessions</i> Future of performance Performance in the spotlight Learning dynamics Technology and the arts	UTC+10 20:00 (20 th)	UTC+8 18:00 (20 th)	UTC-4 06:00 (20 th)
			Stream A	Aula A Fourwaves
			Stream B	Aula B Fourwaves
			Stream C	Room 8 Fourwaves
			Stream D	Fourwaves
13:30-14:00	<i>Closing remarks</i>	UTC+10 21:30 (20 th)	UTC+8 19:30 (20 th)	UTC-4 07:30 (20 th)
			Plenary	Aula B Fourwaves

Thursday, 17 August 2023

Warsaw	Melbourne/Sydney	Beijing/Singapore	Montréal/New York
11:00-12:30	UTC+10 19:00 (17 th)	UTC+8 17:00 (17 th)	UTC-4 05:00 (17 th)
REGISTRATION Entrance Hall, Centrum Dydaktyczne			
12:30-13:00	UTC+10 20:30 (17 th)	UTC+8 18:30 (17 th)	UTC-4 06:30 (17 th)
WELCOME TO ISPS 2023 Aula B Fourwaves			
13:00-14:00	UTC+10 21:00 (17 th)	UTC+8 19:00 (17 th)	UTC-4 07:00 (17 th)
KEYNOTE ADDRESS Hans-Christian Jabusch Dresden University of Music Carl Maria von Weber Playing-related pain in musicians: Epidemiology, mechanisms, management, and prevention Aula B Fourwaves			
14:00-14:30	UTC+10 22:00 (17 th)	UTC+8 20:00 (17 th)	UTC-4 08:00 (17 th)
BREAK			
14:30-16:00	UTC+10 22:30 (17 th)	UTC+8 20:30 (17 th)	UTC-4 08:30 (17 th)
<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>	<u>SYMPOSIUM</u>
The art of movement	Social media impact	Promoting health and wellbeing	Exploring psychological flexibility in student and professional musicians
Stream A Aula A Fourwaves	Stream B Aula B Fourwaves	Stream C Room 8 Fourwaves	Stream D Fourwaves
<u>Stubbe <i>et al.</i></u> The association between stress and injury: A prospective cohort study among dance students	<u>Wheble <i>et al.</i></u> Improving wellbeing for performing artists: An evaluation of online peer support and education	<u>Fortune</u> Considering barriers to performance for adolescent female singers and potential solutions and support mechanisms	<u>Chelkowska-Zacharewicz <i>et al.</i></u> Psychological functioning of music academy students in the context of their everyday life experiences
<u>Hodson-Prior <i>et al.</i></u> A creative practice approach to developing resilience and wellbeing through dance in secondary education	<u>Suzuki <i>et al.</i></u> How to “PractiseWell”? Piloting an online intervention for effective piano practice	<u>Leiper</u> Trial of a multi-sensory self-assessment protocol for use by amateur group singers to raise awareness of healthy and efficient singing habits	<u>Zenobi <i>et al.</i></u> Acceptance and Commitment training delivered by singing teachers as a treatment for student and professional vocalists’ performance anxiety

14:30-16:00	UTC+10 22:30 (17 th)	UTC+8 20:30 (17 th)	UTC-4 08:30 (17 th)	
	<u>THEMATIC SESSION</u> (cont.) Stream A Aula A Fourwaves <u>Kowalczyk</u> The other half of success: Rehabilitation protocols after flexor tendon injuries of the hand	<u>THEMATIC SESSION</u> (cont.) Stream B Aula B Fourwaves <u>Suzuki et al.</u> The 'Flourish' project: Translating research knowledge from performance science for musicians using social media	<u>THEMATIC SESSION</u> (cont.) Stream C Room 8 Fourwaves <u>Paese et al.</u> Exploring the use of meditation among musicians as a tool to cope with music performance anxiety	<u>SYMPOSIUM</u> (cont.) Stream D Fourwaves <u>Juncos et al.</u> Continued explorations of the psychometric properties of the Musician's Acceptance and Action Questionnaire
16:00-16:30	UTC+10 00:00 (18 th)	UTC+8 22:00 (17 th)	UTC-4 10:00 (17 th)	
	BREAK (with refreshments) First Floor, Centrum Dydaktyczne			
16:30-18:00	UTC+10 00:30 (18 th)	UTC+8 22:30 (17 th)	UTC-4 10:30 (17 th)	
	<u>THEMATIC SESSION</u> Musicians' identity Stream A Aula A Fourwaves <u>Mackie et al.</u> Embodying the music: A performer's perspective <u>Farley et al.</u> Exploring identity as it impacts the teaching, learning, and performance of music <u>Cartwright et al.</u> Exploring identity and possible selves across ensemble musicians	<u>THEMATIC SESSION</u> Performance and social impact Stream B Aula B Fourwaves <u>Paolantonio et al.</u> Preparing music students to facilitate musical engagement among older adults <u>Paschali et al.</u> Performing arts participation in facilitating social cohesion among young people <u>Araújo</u> Bridging the gap between what we know and what we do: Pragmatism and applied approaches	<u>THEMATIC SESSION</u> Emotion and performance Stream C Room 8 Fourwaves <u>De Nil et al.</u> Measuring audience and musicians' reception towards the use of dramatic movements by singers <u>Mazzarolo et al.</u> Music educators supporting performance anxiety management <u>Parsons</u> Examining attentional focus and satisfaction in adolescent musicians' self-directed practice	<u>THEMATIC SESSION</u> Healthy body Stream D Fourwaves <u>Zhao et al.</u> Playing-related musculoskeletal disorders among Chinese piano students <u>Urbancic et al.</u> Stress, anxiety, tension, and injuries induced by sight-reading in collaborative pianists <u>Macdonald et al.</u> A qualitative analysis of injury prevention education among oboe educators
18:00-18:15	UTC+10 02:00 (18 th)	UTC+8 00:00 (18 th)	UTC-4 12:00 (17 th)	
	BREAK			
18:15-19:30	UTC+10 02:15 (18 th)	UTC+8 00:15 (18 th)	UTC-4 12:15 (17 th)	
	WELCOME RECEPTION First Floor, Centrum Dydaktyczne			

Friday, 18 August 2023

Warsaw	Melbourne/Sydney	Beijing/Singapore	Montréal/New York	
10:00-11:00	UTC+10 18:00 (18 th)	UTC+8 16:00 (18 th)	UTC-4 04:00 (18 th)	
NETWORKING BREAKFAST First Floor, Centrum Dydaktyczne				
11:00-12:30	UTC+10 19:00 (18 th)	UTC+8 17:00 (18 th)	UTC-4 05:00 (18 th)	
	<u>SYMPOSIUM</u> The Oxford Handbook of Musician Health Advocacy Stream A Aula A Fourwaves <u>Palac et al.</u> Enacting a convergent approach <u>Chesky et al.</u> Perspectives from WHO and PAMA pre-conference meetings <u>Rennie-Salonen et al.</u> The role of applied faculty in the tertiary music school setting	<u>THEMATIC SESSION</u> Occupational challenges Stream B Aula B Fourwaves <u>Zapater et al.</u> Working conditions and mental health in theatre actors <u>Behel</u> Mental health concerns among church musicians: An understudied cohort <u>Willis et al.</u> Exploring occupational demands, appraisal, resources, and well-being of professional classical musicians' lived experiences	<u>THEMATIC SESSION</u> A voice of your own Stream C Room 8 Fourwaves <u>Paul</u> Acceptance and Commitment coaching for music performance anxiety in adolescent singers <u>Scech et al.</u> A voice in transition: Preliminary research <u>van Rijn et al.</u> Self-regulatory skills in pre-professional dance students	<u>THEMATIC SESSION</u> Optimizing performance Stream D Fourwaves <u>Frezza et al.</u> Serendipity programme: Supporting individuals' performance and interactions in a welcoming and creative environment <u>Bisesi et al.</u> Interpretation strategies for relating extra-musical elements to expressive performance <u>Liley</u> Practising Puritans: Cultural values in musical expertise studies
12:30-13:30	UTC+10 20:30 (18 th)	UTC+8 18:30 (18 th)	UTC-4 06:30 (18 th)	
KEYNOTE ADDRESS Roberta Antonini Philippe University of Lausanne Optimizing mental health and mental performance to thrive for success: Lessons learned from sport psychology Aula B Fourwaves				
13:30-14:30	UTC+10 21:30 (18 th)	UTC+8 19:30 (18 th)	UTC-4 07:30 (18 th)	
LUNCH First Floor, Centrum Dydaktyczne				

14:30-16:00	UTC+10 22:30 (18 th)	UTC+8 20:30 (18 th)	UTC-4 08:30 (18 th)
	POSTER SESSION 1 First Floor, Centrum Dydaktyczne Fourwaves		
	<u>Atamas</u>	Innovative skills for high-quality performance, health, and wellbeing	
	<u>Callac et al.</u>	Optimising quarter-tone listening in expert musicians	
	<u>Fujimoto et al.</u>	Controlled or autonomous? Applying Self-Determination Theory in internalization of Werktreue in expert classical musicians	
	<u>Grzegorzczuk et al.</u>	LARP – A meeting point between performing arts genres	
	<u>Guénault et al.</u>	What is the impact of UK brass-playing culture on the careers of female brass players?	
	<u>Hattori et al.</u>	Prosthetic rehabilitation of a singer with a cancer-induced maxillary defect	
	<u>Hiraiwa et al.</u>	Consistency of overtone structure in the performance expression of musical phrases by flute	
	<u>Hohagen et al.</u>	Focus on what? A discussion of basic mechanisms underlying external attentional foci in musical learning and music performance	
	<u>Immerz et al.</u>	Becoming a professional musician: Musical socialization among university music students	
	<u>Kala et al.</u>	Methods used by singers and voice teachers of Western classical style to enhance the intelligibility of sung text	
	<u>Kaleńska-Rodzaj</u>	Under pressure: The relation between pre-performance emotions, self-efficacy beliefs, and performance quality in late adolescent and adult musicians	
	<u>Karlikow et al.</u>	Optimising the performance expert musicians through mental preparation	
	<u>Kuno-Mizumura</u>	The effect of live and recorded music on kinematic characteristics of improvisational dance movements	
	<u>Matherne</u>	Motivation to participate in music across the lifespan: A PRISMA review of the research	
	<u>Nicholl et al.</u>	Treatments for performance anxiety in musicians across the lifespan: A systematic review and meta-analysis	
	<u>Obata et al.</u>	Relationship between piano performance and piano chair: Comparing experienced and inexperienced pianists	
	<u>Sakata et al.</u>	Contradictory or complementary: Managing music performance anxiety through change and acceptance	
	<u>Schmitz</u>	Medical care of the touring performing artist and its emergence from sports medicine: A scoping review	
	<u>Shankar et al.</u>	Studies on psychophysical integration in performance: A proposal for the development of holistic music teaching practices in graduate school	
	<u>Shao et al.</u>	Solo pianists' understanding of acoustics and their strategies for adapting to different acoustic environments	
	<u>Spahn et al.</u>	Personality traits in different types of music performance anxiety	


14:30-16:00	<p style="text-align: center;">UTC+10 22:30 (18th) UTC+8 20:30 (18th) UTC-4 08:30 (18th)</p> <p style="text-align: center;">POSTER SESSION 1 (cont.)</p> <p><u>Tanabe et al.</u> Questionnaire survey on the dental and oral maxillofacial health of Japanese musicians</p> <p><u>Taylor et al.</u> Music, eating disorders, and addictive behaviour</p> <p><u>Wang et al.</u> Exploring the lived experience of performance-related health and wellbeing issues among flautists</p> <p><u>Wasley et al.</u> Exploring demands, appraisals, resources, and wellbeing of conservatoire student musicians' lived experiences: An IPA approach</p>			
16:00-17:30	<p style="text-align: center;">UTC+10 00:00 (19th)</p> <p style="text-align: center;"><u>THEMATIC SESSION</u></p> <p style="text-align: center;">Performance anxiety</p> <p style="text-align: center;">Stream A Aula A Fourwaves</p> <p style="text-align: center;"><u>Perkins et al.</u> Songs from home: Developing and testing an online songwriting intervention to reduce maternal loneliness and symptoms of postnatal depression</p> <p style="text-align: center;"><u>Nicholl et al.</u> Performing without anxiety: Professional musicians' perspectives</p> <p style="text-align: center;"><u>Lubert et al.</u> Psychological coaching for performing artists: Perceptions of and reflections on finding ways to manage performance anxiety</p>	<p style="text-align: center;">UTC+8 22:00 (18th)</p> <p style="text-align: center;"><u>THEMATIC SESSION</u></p> <p style="text-align: center;">Healthy body</p> <p style="text-align: center;">Stream B Aula B Fourwaves</p> <p style="text-align: center;"><u>Detari</u> Treating the musician rather than the symptom: The holistic tools employed by current practices to attend to the non-motor problems of musicians with task-specific focal dystonia</p> <p style="text-align: center;"><u>Zammit et al.</u> Optimising performance: Physical activity and/or exercise as a pre-performance routine</p> <p style="text-align: center;"><u>Rousseau et al.</u> Assessing posture while playing in musicians: A systematic review</p>	<p style="text-align: center;">UTC+8 22:00 (18th)</p> <p style="text-align: center;"><u>THEMATIC SESSION</u></p> <p style="text-align: center;">Vocal technique</p> <p style="text-align: center;">Stream C Room 8 Fourwaves</p> <p style="text-align: center;"><u>Niemand et al.</u> Musicians – Creatures of habit? Consistency in respiration of singers and pianists across repeated duo performances</p> <p style="text-align: center;"><u>Ornov et al.</u> The effect of mindfulness meditation on the vocal proficiencies of music education students</p> <p style="text-align: center;"><u>Atkins et al.</u> Practice behaviors and gaze patterns on sight-singing tasks: An eye-tracking study</p>	<p style="text-align: center;">UTC-4 10:00 (18th)</p> <p style="text-align: center;"><u>THEMATIC SESSION</u></p> <p style="text-align: center;">Wellbeing and creativity</p> <p style="text-align: center;">Stream D Fourwaves</p> <p style="text-align: center;"><u>Shoebridge et al.</u> Wellbeing for young elite musicians: Strengths, weaknesses, and recommendations for change to an existing health protocol from a student perspective</p> <p style="text-align: center;"><u>Portovedo</u> Multidimensional PerformAction: Post-performance as means of creation</p> <p style="text-align: center;"><u>Johnson</u> Singing while acting: The application of Chekhov and Meisner acting methods on classical singing</p>
17:30-18:00	<p style="text-align: center;">UTC+10 01:30 (19th) UTC+8 23:30 (18th) UTC-4 11:30 (18th)</p> <p style="text-align: center;">BREAK</p>			

18:00-19:00	UTC+10 02:00 (19 th)	UTC+8 00:00 (19 th)	UTC-4 12:00 (18 th)
<p>ROUNDTABLE 1</p> <p>Anatomy of the hand and the forearm</p> <p><i>with</i></p> <p>Bogdan Ciszek (Medical University of Warsaw) and Arkadiusz Kowalczyk (Medical University of Warsaw)</p> <p>Aula B Fourwaves</p>			

Saturday, 19 August 2023

Warsaw	Melbourne/Sydney	Beijing/Singapore	Montréal/New York
09:00-10:00	UTC+10 17:00 (19 th)	UTC+8 15:00 (19 th)	UTC-4 03:00 (19 th)
<p>KEYNOTE ADDRESS</p> <p>Tapio Lokki Aalto University</p> <p>Perspectives on the acoustics of concert halls</p> <p>Aula B Fourwaves</p>			
10:00-10:30	UTC+10 18:00 (19 th)	UTC+8 16:00 (19 th)	UTC-4 04:00 (19 th)
<p>BREAK (with refreshments)</p> <p>First Floor, Centrum Dydaktyczne</p>			
10:30-12:00	UTC+10 18:30 (19 th)	UTC+8 16:30 (19 th)	UTC-4 04:30 (19 th)
	<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>
	Optimizing performance	Promoting health and wellbeing	Investing in future artists
	Stream A Aula A Fourwaves	Stream B Aula B Fourwaves	Stream C Room 8 Fourwaves
	<u>Jack et al.</u> Music training improves executive functioning performance: A meta-analytic review	<u>Matei</u> Critical thinking and misconceptions in musicians' health promotion: Findings from interdisciplinary workshops with experts	<u>Rennie-Solonen et al.</u> Health behaviours in tertiary music students: Impact of the blended learning course, Sound Performers
	<u>Chen</u> Exploring the implicit motives of accomplished pianists: Evidence from Cliburn competitors' biographies	<u>Allen et al.</u> The relationship between moment-to-moment perceptions of accomplishment during music practice and feelings of self-efficacy and wellbeing	<u>López-Íñiguez et al.</u> Caring for musically gifted children: What research is out there?
	<u>Callac et al.</u> Optimizing the daily work of expert musicians with the ACP Toolbox	<u>Panebianco et al.</u> Health education for music students in South Africa: A qualitative evaluation	<u>Barbeau et al.</u> Wellbeing, mental health, and social support of student, amateur, and professional musicians in Canada
		<u>Blackwell et al.</u> Feedback in collegiate instrumental music lessons	<u>Lisboa et al.</u> Exploring cultural engagement and social wellbeing in urban contexts of the Global South

14:30-16:00	UTC+10 22:30 (19 th)	UTC+8 20:30 (19 th)	UTC-4 08:30 (19 th)
	POSTER SESSION 2 (cont.)		
	<u>Delecka-Bury et al.</u> Awareness of the role of school in the prevention of occupational diseases of musicians		
	<u>Hashida et al.</u> Data collection and analysis of phrase structure conveyed to audiences through performance		
	<u>Li et al.</u> The impact of flow experiences on piano performance: An empirical study		
	<u>Matos</u> Assessment of the food habits of a sample of musicians		
	<u>Matos et al.</u> Clarinet study and de(hydration)		
	<u>Nesterova et al.</u> Talking about tension: Distinguishing primary muscle tension dysphonia (PMTD) from compensatory hyperfunction in singers in training		
	<u>Nicholl et al.</u> Performance anxiety in musicians and social anxiety disorder: A comprehensive literature review		
	<u>Nusseck et al.</u> Body movements during inhalation in clarinetists: Ancillary or instrumental?		
	<u>Porebska-Quasnik</u> Great dramatic voices: Reasons for their downfall (1923-2023)		
	<u>Rousseau et al.</u> Questioning evidence-based practice in the context of physiotherapy with musicians? A philosophical reflexion		
	<u>Sabo et al.</u> The social organisation of post-secondary music students' work and health: An institutional ethnography protocol		
	<u>Teich et al.</u> Investigating audiomotor interactions in percussion via expressive performance dynamics		
	<u>Tsubaki et al.</u> Harmonicity of periodic movements and beats in ballet in relation to kinematic characteristics		
	<u>Xue</u> Visualization analysis on the piano solo performance "Spring Dance" from Yigiang Sun		
	<u>Zhuang et al.</u> Measuring timbre adjustment by different piano playing technique using a quantitative timbre index		

16:00-16:45	UTC+10 00:00 (20 th)	UTC+8 22:00 (19 th)	UTC-4 10:00 (19 th)
<p>GRADUATE AWARD PAPER</p> <p>Ludivine Aubry Humboldt University</p> <p>Exploring the role of parenting styles and sensory processing sensitivity in music performance anxiety: A study with musicians in Germany and Austria</p> <p><i>The ISPS 2023 Graduate Award Paper is sponsored by</i></p>  <p>Aula B Fourwaves</p>			
16:45-17:00	UTC+10 00:45 (20 th)	UTC+8 22:45 (19 th)	UTC-4 10:45 (19 th)
BREAK			
17:00-18:00	UTC+10 01:00 (20 th)	UTC+8 23:00 (19 th)	UTC-4 11:00 (19 th)
<p>ROUNDTABLE 2</p> <p>Motion capture performance</p> <p><i>with</i></p> <p>Maciej Kwiatkowski (actor, choreographer)</p> <p>Aula B Fourwaves</p>			

Sunday, 20 August 2023

Warsaw	Melbourne/Sydney	Beijing/Singapore	Montréal/New York	
09:00-10:30	UTC+10 17:00 (20 th)	UTC+8 15:00 (20 th)	UTC-4 03:00 (20 th)	
	<p><u>THEMATIC SESSION</u></p> <p>Emotion and performance</p> <p>Stream A Aula A Fourwaves</p> <p><u>Peistaraitė et al.</u> Western classical musicians' emotional intelligence profile and its relation to music performance anxiety, self-regulated learning, emotionally expressive playing, and expertise</p> <p><u>Qi et al.</u> Investigating relationships between visual imagery, emotion of the music, and emotions felt during performance</p> <p><u>Herman</u> It's not a virus! Reconceptualising and de-pathologising music performance anxiety</p>	<p><u>THEMATIC SESSION</u></p> <p>Motivation, coping, and resilience</p> <p>Stream B Aula B Fourwaves</p> <p><u>Lam</u> Musicians' perceptions toward coping and resilience: An interview study</p> <p><u>Irie et al.</u> How musicians experience music performance anxiety in different periods around a public performance</p> <p><u>Hatfield et al.</u> Quality of motivation in the strive for musical excellence: The role of motivation in aspiring musicians' daily endeavors, struggles, ambitions, and achievements</p>	<p><u>THEMATIC SESSION</u></p> <p>Voice care and treatment</p> <p>Stream C Room 8 Fourwaves</p> <p><u>Yurma et al.</u> The effect of vowel and plosive intensity on the intelligibility of sung text</p> <p><u>Brown</u> Performance care and the ethics of rehabilitating singers: A policy analysis</p> <p><u>Spiro et al.</u> A framework for arts professionals' work and wellbeing: Learning from the HEarts Professional Survey data</p>	<p><u>THEMATIC SESSION</u></p> <p>Optimizing performance</p> <p>Stream D Fourwaves</p> <p><u>Fleck et al.</u> A framework for assessment and evaluation of piano practice performance</p> <p><u>Loria et al.</u> Musical training alters subcomponents of accent production in percussion</p> <p><u>Aiello et al.</u> A strategy to enhance pre-performance clinical education and wellbeing</p>
10:30-11:00	UTC+10 18:30 (20 th)	UTC+8 16:30 (20 th)	UTC-4 04:30 (20 th)	
	<p>BREAK (with refreshments)</p> <p>First Floor, Centrum Dydaktyczne</p>			
11:00-12:00	UTC+10 19:00 (20 th)	UTC+8 17:00 (20 th)	UTC-4 05:00 (20 th)	
	<p>KEYNOTE ADDRESS</p> <p>Hara Trouli University College London Performing arts medicine: Caring careers in progress</p> <p>Aula B Fourwaves</p>			

12:00-13:30	UTC+10 20:00 (20 th)	UTC+8 18:00 (20 th)		UTC-4 06:00 (20 th)
	<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>	<u>THEMATIC SESSION</u>
	Future of performance	Performance in the spotlight	Learning dynamics	Technology and the arts
	Stream A Aula A Fourwaves	Stream B Aula B Fourwaves	Stream C Room 8 Fourwaves	Stream D Fourwaves
	<u>Waddell et al.</u> The performance simulator 2.0: The next generation of performance research and training	<u>Kontek et al.</u> Discarding or correcting outlier scores versus excluding outlier jurors to reduce manipulation in classical music competitions	<u>Taylor</u> Texas music educators' health literacy and intentions to address health concepts in ensembles	<u>Osborne et al.</u> Exploring the use of virtual reality technology to deliver a performance intervention to enhance music training
	<u>Urbaniak et al.</u> The mock concert: Experiential learning for early-career performing	<u>Ashkenazi et al.</u> Antagonistic muscular co-contraction: A systematic review and theoretical model	<u>Morijiri et al.</u> How adult beginners at piano improve their performance: Errors and practising behaviours	<u>Volioti et al.</u> Exploring expert listeners' evaluation of the originality and quality of commercial classical piano recordings
	<u>Li et al.</u> A scoping review of mental health literacy constructs and interventions for performing and creative artists: Identifying current gaps and future directions	<u>Serra Marin et al.</u> Health and wellbeing in pre-professional musicians: An exploratory study on the associations between wellbeing, sleep, and other health-related variables	<u>Blackwell et al.</u> Motivation and praise-seeking behaviours in university-level music students	<u>Walker et al.</u> The music studio producer-sound engineer: Motivator or demotivator?
13:30-14:00	UTC+10 21:30 (20 th)	UTC+8 19:30 (20 th)		UTC-4 07:30 (20 th)
	CLOSING REMARKS			
	Aula B Fourwaves			

Artistic program

	Map no.
Thursday, 17 August 2023	
18:15 Aula B, Centrum Dydaktyczne Concert by students of First National Music School Supported by the Centre for Artistic Education <i>Free</i>	1
Friday, 18 August 2023	
19:00 Pałac Gnińskich, Okólnik 1 Tour of Fryderyk Chopin Museum Supported by the National Fryderyk Chopin Institute <i>Tickets required</i>	3
Saturday, 19 August 2023	
19:30 St Anna's Church, Krakowskie Przedmieście 68 Organ recital by Jarosław Wróblewski <i>Free</i>	4
Sunday, 20 August 2023	
16:00 Łazienki Park Performances of music by Fryderyk Chopin <i>Free</i>	5

Medical University of Warsaw

The Medical University of Warsaw (WUM) was established in 1809, first as a constituent department of Warsaw University and then, in 1950, as an independent institution. One of the largest medical schools in Poland, WUM trains over 10,000 students facilitated through partnerships with numerous clinical teaching hospitals. The Medical University of Warsaw has established an international profile in research, both in clinical and theoretical medicine, and maintains scientific research collaborations with universities and research institutes across Europe.

www.wum.edu.pl

Chopin University of Music

The Chopin University of Music, founded in 1810, is the oldest and largest music school in Poland and one of the oldest in Europe. It was the primary source of music education for Fryderyk Chopin himself from 1823–29. Currently, the Chopin University has over 1000 students from around the world studying in ten departments, from composition and music theory to instrumental and vocal studies to art education and sound engineering.

www.chopin.edu.pl

Centre for Performance Science Royal College of Music | Imperial College London

The CPS is an ambitious collaboration of the Royal College of Music and Imperial College London aimed at tackling major challenges of performance across a wide array of domains, from the arts, business, and sports to medicine, engineering, and natural sciences. Our vision is that by understanding how skilled performers meet the distinctive challenges of their work, often under intense stress and public scrutiny, performance will serve both as a source of inspiration and a rich resource for research.

www.PerformanceScience.ac.uk

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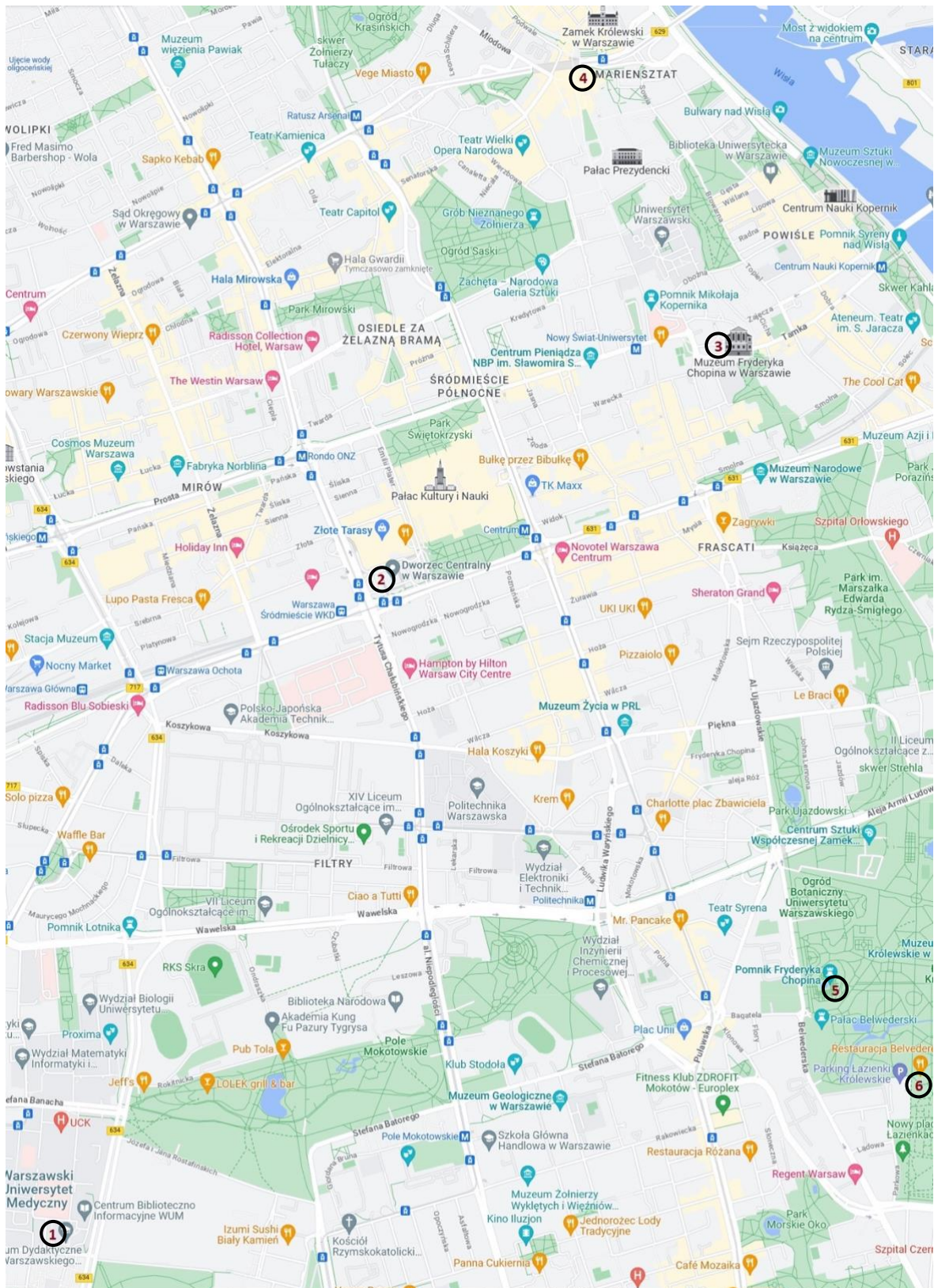
**Imperial College
London**



centrum
edukacji 
artystycznej



Map of Warsaw



- 1 - Medical University Of Warsaw, Didactics Centre (Conference Venue)** **2 - Central Railway Station and City Centre**
3 - Fryderyk Chopin's Museum (Tour) **4 - St. Anne's Church (concert)**
5 - Fryderyk Chopin's Monument (optional Sunday concert) **6 - Belvedere Restaurant (dinner venue)**