**ASME Keynote: Music Performance Anxiety 29-7-20 by Dr Janelle Fletcher**

**REFERENCES**

**Statistics**

ABS (2008) National Survey of Mental Health and Wellbeing: *Summary of Results*, p.27. Link: [https://www.abs.gov.au/ausstats/abs@.nsf/PrimaryMainFeatures/4364.0.55.001?OpenDocument](https://www.abs.gov.au/ausstats/abs%40.nsf/PrimaryMainFeatures/4364.0.55.001?OpenDocument)

Lawrence D, Johnson S, Hafekost J, Boterhoven De Haan K, Sawyer M, Ainley J, Zubrick SR. (2015). The Mental Health of Children and Adolescents. *Report on the second Australian Child and Adolescent Survey of Mental Health and Wellbeing*. Canberra: Department of Health. Link: [https://www1.health.gov.au/internet/main/publishing.nsf/Content/9DA8CA21306FE6EDCA257E2700016945/$File/child2.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/Content/9DA8CA21306FE6EDCA257E2700016945/%24File/child2.pdf)

Beyond Blue (2020). Media: *Statistics.* Link: <https://www.beyondblue.org.au/media/statistics>

**Music Physiology and Plasticity**

Altenmüller, E. (2003). Focal dystonia: advances in brain imaging and understanding of fine motor control in musicians. *Hand clinics*, *19*(3), 523-538.

Ostry, D. J., & Gribble, P. L. (2016). Sensory Plasticity in Human Motor Learning. *Trends in neurosciences*, *39*(2), 114–123. https://doi.org/10.1016/j.tins.2015.12.006

Münte, T. F., Altenmüller, E., & Jäncke, L. (2002). The musician's brain as a model of neuroplasticity. *Nature Reviews Neuroscience*, *3*(6), 473-478.

**Anxiety, Emotions and Music**

Abe, J. A. A., & Izard, C. E. (1999). The developmental functions of emotions: An analysis in terms of differential emotions theory. *Cognition & Emotion*, *13*(5), 523-549.

Kenny, D. (2011). *The psychology of music performance anxiety*. OUP Oxford.

Kenny, D. T. (2006). Music performance anxiety: Origins, phenomenology, assessment and treatment. *Context: Journal of music research*, *31*, 51. Kenny, D. T., & Osborne, M. S. (2006).

Music performance anxiety: New insights from young musicians. *Advances in cognitive psychology*, *2*(2-3), 103-112.