

Can songwriting help people recover from alcohol addiction and grow emotionally?

Submission date 05/08/2025	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 09/08/2025	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 08/08/2025	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims
People recovering from alcohol addiction often face emotional challenges, such as shame, anxiety, and difficulty expressing themselves. This study aimed to explore whether writing and sharing songs could help individuals in recovery experience emotional healing and personal growth.

Who can participate?
Participants diagnosed with alcohol use disorder from eight community addiction centers and a residential facility in South Korea.

What does the study involve?
Participants in the experimental group joined a 10-week therapeutic songwriting program, where they listened to music, wrote lyrics, and shared their songs with others. The program was based on a psychological model that supports post-traumatic growth by helping people process difficult emotions and build self-understanding.

To measure the program's effectiveness, participants completed questionnaires before and after the sessions. These assessed changes in self-acceptance, emotional regulation, coping strategies, and psychological well-being after trauma. A control group continued with their usual support programs during the same period.

What are the possible benefits and risks of participating?
It is expected that the songwriting program will help improve emotional awareness, increase positive coping skills, and support post-traumatic growth. This will suggest that songwriting could be a valuable therapeutic tool in addiction recovery, especially in community-based mental health settings.

There were no known physical risks. However, participants could experience temporary emotional discomfort when discussing personal trauma or reflecting on past experiences during songwriting sessions. Support was available throughout the sessions.

Where is the study run from?
Seoul National University, College of Nursing, South Korea

When is the study starting and how long is it expected to run for?
August 2022 to June 2023

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Mrs Jandi Kim, jandi109@gmail.com

Contact information

Type(s)
Public, Scientific, Principal Investigator

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
Nil known

Study information

Scientific Title
A quasi-experimental study of therapeutic songwriting for post-traumatic growth among individuals with alcohol use disorder

Study objectives

This study aimed to evaluate the effects of a 10-session therapeutic songwriting program on individuals recovering from alcohol addiction. The intervention was designed to enhance self-acceptance, emotional regulation, coping strategies, and post-traumatic growth. The study was conducted in community-based recovery centers in South Korea using a non-equivalent control group pretest–posttest design.

Ethics approval required

Ethics approval required

Ethics approval(s)

Approved 02/08/2022, Seoul National University Bioethics Committee (103 Daehak-ro, Jongno-gu, Seoul, 03808, Korea, South; +82-2-880-5001; itsc@snu.ac.kr), ref: 2208/002-009

Study design

Non-equivalent control group pretest–posttest design (quasi-experimental)

Primary study design

Interventional

Secondary study design

Non randomised study

Study setting(s)

Community

Study type(s)

Treatment

Participant information sheet

See study outputs table

Health condition(s) or problem(s) studied

Alcohol use disorder, trauma-related psychological distress, and post-traumatic stress addiction recovery

Interventions

A 10-session therapeutic songwriting program was delivered once a week for 90 minutes to individuals recovering from alcohol addiction. The intervention included music listening, lyric writing, and group sharing activities based on an affective–cognitive processing model of post-traumatic growth. Sessions were facilitated by a trained researcher with a professional music therapy background at community addiction centers in South Korea.

Intervention Type

Behavioural

Primary outcome measure

Post-traumatic psychological well-being, measured using the Psychological Well-Being Post-Traumatic Changes Questionnaire (PWB-PTCQ), pre- and post-intervention

Secondary outcome measures

The following secondary outcome measures were assessed pre- and post-intervention:

1. Self-acceptance, measured using the Korean version of the Unconditional Positive Self-Regard Scale (KUPSR)
2. Positive and negative affect, measured using a modified version of the Intensity and Time Affect Survey (ITAS)
2. Positive coping, measured using the Clinical Short-Form Positive Resources Test (POREST)

Overall study start date

01/08/2022

Completion date

30/06/2023

Eligibility

Key inclusion criteria

1. Adults aged 19 to 70 years
2. Diagnosed with alcohol use disorder (according to DSM-5 criteria)
3. Enrolled in a community-based addiction recovery program in South Korea
4. Provided written informed consent

Participant type(s)

Patient

Age group

Mixed

Lower age limit

19 Years

Upper age limit

70 Years

Sex

Both

Target number of participants

60

Total final enrolment

44

Key exclusion criteria

1. Presence of severe cognitive impairment or communication difficulties
2. Current psychiatric hospitalization or acute withdrawal symptoms
3. Inability to participate in group sessions regularly

Date of first enrolment

01/09/2022

Date of final enrolment

15/06/2023

Locations

Countries of recruitment

Korea, South

Study participating centre**Seongnam Addiction Management Integrated Center**

Gyeonggi-do, Seongnam-si, Sujeong-gu, Sujeong-ro218, 5th floor, Seongnam City Health Center

Seongnam-si

Korea, South

13346

Study participating centre**Ansan Addiction Management Integrated Center**

Gyeonggi-do, Ansan-si, Danwon-gu, Hwarang-ro387, 2nd floor, Danwon Public Health Center

Ansan-si

Korea, South

15335

Study participating centre**Anyang Addiction Management Integrated Center**

Gyeonggi-do, Anyang-si, Manan-gu, Anyang-ro119, 7th floor, Gyeongyang Building

Anyang-si

Korea, South

14093

Study participating centre**Gangbuk Addiction Management Integrated Center**

Seoul, Gangbuk-gu, Samyang-ro19gil154, Gangbuk Public Health Center 2nd floor

Seoul

Korea, South

01197

Study participating centre**Dobong Addiction Management Integrated Center**

Seoul, Dobong-gu, Banghak-ro53, Baekyun Building 2nd floor

Seoul
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01406

Study participating centre

Karf St. Mary's Hospital of the Catholic University of Korea

25, Jungbalsan-ro 67beon-gil, Ilsandong-gu, Goyang-si, Gyeonggi-do, Republic of Korea
Goyang-si
Korea, South
10450

Study participating centre

Hyangnamujip Residential Facility

50-15, Seongmisan-ro 5-gil, Mapo-gu, Seoul, South Korea
Seoul
Korea, South
03969

Study participating centre

Jongno-gu Mental Health Welfare Center

40 Dongsung 3-gil, Jongno-gu, Seoul, Republic of Korea
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Sponsor information

Organisation

Seoul National University

Sponsor details

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Sponsor type

University/education

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ROR

<https://ror.org/04h9pn542>

Funder(s)

Funder type

Other

Funder Name

Investigator initiated and funded

Results and Publications

Publication and dissemination plan

The study was part of a completed doctoral dissertation and is being registered retrospectively. The results have been submitted for publication and will also be presented at academic conferences.

Intention to publish date

01/12/2025

Individual participant data (IPD) sharing plan

No plans to share individual participant data at this time. The data may be made available upon reasonable request after publication, with proper ethical approvals.

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet			08/08/2025	No	Yes