



Yun-An Cheng, MA Arts and Project Management *Music Therapy*



Modern science and technology are more and more developed, and medical technology is constantly improving. Modern people's irritable life, work pressure, economic pressure and other factors can easily cause people to suffer from insomnia and depression.

This research will examine how music therapy affects and helps people. In addition to some music programs on the website and mobile APP to help people troubled by insomnia, making it easy for them to use music therapy aids, it will also study music therapy for depression, the elderly, and children.

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