

Keeping **Composed** on stage

with documentary filmmaker **John Beder**

and

The**2015** Musicians**Health** Survey

Filmmaker and percussionist John Beder joins the 53rd annual ICSOM conference to discuss his film **Composed**, a feature length documentary about how musicians from the US and abroad address their struggle with performance anxiety.

John has spent the past 9 months interviewing orchestral musicians and health experts, seeking to understand why we fear what we love and learning how musicians address their fears. The original focus of his documentary was on the use of beta-blockers, John has now explored every method he can in hopes of creating a work which showcases all of the approaches musicians utilize to manage their fears.

www.composeddocumentary.com

- The**2015** Musicians**Health** Survey -

John found that limited research data is available which describes how musicians experience performance anxiety and what treatments were most popular amongst them. In 1987 ICSOM helped administer a questionnaire, which to this day is used in understanding the impact of performance anxiety and preferred treatments.*

After 28 years, it is long overdue that musicians understand the changes and trends found in today's orchestras. With the help of mental health professionals from the US, UK, and Australia, a new survey has been developed to check the pulse of our musicians and better understand how to support them.

Data gathered will be used to identify current issues that musicians face; and will be compared with the 1987 results of over 2000 survey participants. All data will be aggregated, no individual identifying information is collected.

We need your help to understand today's musicians as accurately as possible, please contact John with questions.

* Fishbein, M., Middlestadt, S. (1987). Medical problems among ICSOM musicians: Overview of a national survey. Senza Sordino. Volume XXV(6).