# Attachment 1



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# Welcome to the Study

## 1. Installing MARA to your iPad

#### Step 1: Install Filemaker Go

MARA utilises *Filemaker Go*, a software platform which many developers use to base their products on. *Filemaker Go* is free for end users. Go to the Apple app store in your country and download the latest version of *Filemaker* Go (16, 17 or later versions are most suitable) onto your iPad to start. If your iPad only allows earlier versions of *Filemaker*, MARA will work, but perhaps without some of the features (for this study it would still be OK). Some iPads earlier than 10.2 versions may not enable Filemaker Go.

#### Step 2: Obtain MARA

If you have a previous version of MARA on your iPad, you will need to delete this first, as the iPad will keep opening only the old version. Download MARA with tapping on the following link: <u>https://files.fm/u/ek3ra6i8</u>

Please tap on the red 'Download Button' choose the second option 'Download with P2P'. iPads give very little indication that a download has started. Tap the MARA download icon **only once** to avoid multiple downloads. It may take a few minutes to download.

This picture is the screen you will see during the download:



If an advertisement gets in your way, please close it by tapping on the cross in the right top corner.

Please tap on the next button that says 'Download'. Then you will need to find the place on your iPad, where MARA app has downloaded. Select the MARA file and open it in *FileMaker* Go.

#### Step 3: Opening MARA

Your iPad will ask you which app to open MARA in. Select Filemaker Go. If this option is not available, check that you have installed Filemaker Go 17 or 18. Then open MARA within Filemaker Go.

To open MARA, tap on the letters KD and then use the code 0000 to open MARA.

#### Return to MARA

Return to MARA at any time by opening *Filemaker* Go and choosing MARA from the list of files. All the changes you will make to conclude this study will be saved on your iPad and in your MARA app only.

# 2. Assessing clients

#### Considering intended objectives of the session with Fritz

Watch 30 seconds of Video 1 (FritzMueller) ONCE only, by opening this the video

https://1drv.ms/u/slArWmubliMUbYaaJQewim31DnumHKdw?e=JUOFUh on your computer and entering the password: @imigusi2020Melbourne

- a. What do you think the objectives of this session were? Please write your answer below.
- b. Is there any dimension, scale or instrument in music therapy that you might use to assess such a client for this/these objective/s?

### 3. Introducing Outcomes Framework

Now we will introduce the Outcomes Framework that underpins the MARA app.

If the iPad has closed, use the iPad's password to re-open it.

If MARA has closed, re-open it by tapping on KD and using password: 0000

 Tap on heading 'Framework' at top right of screen (see picture below).

 PARTICIPANTS
 GROUPS
 SESSIONS
 REPORTS
 FRAMEWORK

This will bring you to the Framework and its six domains: Physical, Cultural, Emotional, Cognitive, Social, Integration.

Tap on each heading to have a quick look at the Sub-domains (appearing as darker sub-headings) and Objectives sitting under each sub-domain.

Please scan quickly through each of the six domains, to <u>briefly</u> familiarise yourself with the concepts within it, which we will use in the assessment process.

If there are elements that you can't understand easily, just scan right past them and do not worry, and we will invite you to comment on these later.

### 4. Set up a session for assessment within MARA

Now we will prepare MARA to use to assess a client.

- a. Tap on the 'Groups' tab at top of the screen.
- b. Then tap on the group named 'SRH Fritz'.
- c. Then add a new session by going to 'Sessions' tab and tap button (on right of screen) to make a session for today.
- d. Then mark Fritz' attendance by tapping the 'Attendance' button

which will then become green.

e. Tap the 'Assess' Assess button which will take you to the assessment screen.

# 5. Assess client Fritz

After you have read the following paragraphs, please watch Video 1 (Fritz Mueller) again. This time watch the entire video, ONCE only.

As you watch, consider these six outcome domains: Physical, Cultural, Emotional, Cognitive, Social, Integration. Think about what you are seeing and which domain/s the activities might have been intended to address. Our next task will be to assess specific objectives within each domain and its subdomains (from the Outcomes Framework).

Reflecting on what you have seen in the video, please assess client Fritz against every objective in every sub-domain. Please make sure you tap every sub-domain (on left of screen) to bring up all the objectives for that subdomain.

	Fritz Muelle	r										RH F	
Domains		-				-			_		A	prices	
Physical Cultural	Emotorial Cognitive		Sk	cial	_	-	V	ally .				1	
Sub-Domain (Physical)	Therapeutic Objectives:	National	-		_				Marrie			3	40
Body parts: activation, awareness, connection.	Use of breath to support movement	1	2	3	4	5	6	7	8	9	10	α.	Ø
Space: Body in space	Activation of body parts: upper, lower body.	1	2	3	4	6	6	17	.0	0	10	1	Ø
a Shape: Dody shaping	Activation of body hemispheres: left, right	1	2	з	4	5	6	7	8	9	10		
4 Effort: movement qualities	Body parts connection: centre to extremities, head to tail connection.	1	2	э	4	.6	0	1	8	9	10	1	Ø
s Fitness	Body parts connection: Upper and lower body.	1	. 2	3	4	5	6	7	.6	9	10	1	
e Tension release	Body parts connection: right and left sides.	-	2	3	4	5	0	7	8	-0	10	Ì	
	Body parts connection: diagonal movement	-	2	3	4	5	6	7	8	0	10	ľ.	
	Bequencing of body parts (simultaneous, successive or	-	2	3	4	5	0	7	0	0	10	i.	
	Self-synchrony: body parts moving in	-	2	3	4	5	0	7	6	0	10	n T	
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Then we will follow the same process for client Peter.

6. Considering	intended ob	jectives of the	e session	with Peter
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a.	Watch 30 seconds of Video 2 ONCE only, accessible via this link:
	https://1drv.ms/u/s!ArWmubljMUbYgaJQewjm31DnumHKdw?e=JUOFUh
	with this password: @imigusi2020Melbourne

- b. What do you think the objectives of this session were?
- c. Is there any dimension, scale or instrument in music therapy that you might use to assess such a client for this/these objective/s?

# 7. Assess client Peter

Follow the same process as in Step 4 previously to set up a session for assessment within MARA: a. Tap on 'Groups' tab at top of screen. b. Then tap on group named 'SRH Peter'. c. Then add a new session by going to 'Sessions' tab and tap  $\textcircled{\oplus}$  button to make a session for today. d. Then mark Peter's attendance by tapping the 'Attendance' button Attendance  $\oslash$ which will then become green. Assess button which will take you to the e. Tap the 'Assess' assessment screen. Watch Video 2 (PeterSchmitt) again. This time watch the entire video, ONCE only. As you watch, consider these six outcome domains: Physical, Cultural, Emotional, Cognitive, Social, Integration. Think about what you are seeing and which domain/s the activities might have been intended to address. Our next task will be to assess specific objectives within each domain and its subdomains (from the Outcomes Framework). Reflecting on what you have seen in the video, please assess client Peter against every objective in every sub-domain. Please make sure you tap every 7

sub-domain (on left of screen) to bring up all the objectives for that subdomain.

Tap on the number on the scale (where 1 is 'Not at all' and 10 is 'Most Conceivable') that best matches your feeling about the client's response overall to that objective in that session. Don't think about your answers for too long and trust your gut feeling.

If there are any objectives that you feel you cannot assess, either because you do not understand them or you did not see any client response to enable you to assess them, please just leave them blank.

#### Exporting data to send it to me

Once you have completed these tasks, I request that you export this data and send it to me.

Tap on arrow Session in top left corner of MARA to return to the main screen. Then tap on 'Participants' button to find both of your participants and data associated with them.

Click on Fritz Mueller's name which will take you to his client's information page. Click on 'Numerical data' option. Tap the Excel symbol on numerical data page which will bring up an email screen with the data file attached. Please send this to: <a href="mailto:simeaschoenenberger@hotmail.com">simeaschoenenberger@hotmail.com</a>.

Please write in the email header your name followed by the clients' name and the date you assessed the client, for example: SimeaFritz20200219. To

send off the email, please press the white arrow on the blue circle 1, that you will find on the right upper side of your screen. If this doesn't work, it may be because you don't have yet email set up on your iPad.

Use arrow on top left of screen

## 7. Final questionnaire

#### Questions about the MARA app and Outcomes Framework

This last section of the study invites you to comment on your experience using MARA app and the underpinning *Outcomes Framework*.

Please answer all these questions carefully by writing your answers directly below the questions. Please just click in the box that feels appropriate to you and leave an "x" or you highlight the box with any colour (clicking in the box

you want to highlight with your cursor and choosing the colour you would like after clicking on this symbol (). For this section, please open MARA again and go to the 'Outcomes Framework' page so you can see the 'Framework'. (a) For the items (objectives) you found difficult to score, can you offer any feedback about why? (b) About the domains: Did the choice of domain titles (Physical, Cultural, Emotional, Cognitive, Social, Integration) make sense to you? Yes no Comments:
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c) About the sub-domains: Do you think the sub-domain items were
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yes no Comments:
d) About the items (objectives): Are there any objectives that you felt
might belong better to a different sub-domain or domain? If so, please
name the domain and the objectives.
e) Are there any domains that do not seem relevant or important to
e) Are there any domains that do not seem relevant or important to you as a music therapist? Which ones are they?

f) Are there any objectives that did not seem relevant or important to you as a music therapist? Which ones are they?

### Questions about the app technology

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n) Is there any digital assessment tool similar to MARA that you know of in your therapeutic modality? Please name it.

o) Can you think of any population/s or contexts in which the MARA app could be used?

p) Do you think the work with this app could be beneficial? yes no

#### Questions about yourself

a) Your gender identifica	ition?					
female		male		ot	her, wh	lich?
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1.5 Fitness	
1.5.1 Stami	na
How difficu	It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very
difficult')	
1	2 3 4 5 6 7 8 9 10
Is there any	thing that might be changed in the wording of this objective, so that it
would be a	clearer or more comprehensible for you?
1.5.0.61	4
1.5.2 Strang	
	It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very
difficult')	
I the area and	2 3 4 5 6 7 8 9 10
	thing that might be changed in the wording of this objective, so that it
would be d	clearer or more comprehensible for you?
1.5.3 Flexib	lity
	It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very
difficult')	
1	2 3 4 5 6 7 8 9 10
Is there any	/thing that might be changed in the wording of this objective, so that it
would be a	clearer or more comprehensible for you?
1.5.4 Balan	ce
	It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very
How difficu difficult')	It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very
difficult') 1	11 was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very         2       3       4       5       6       7       8       9       10
difficult') 1 Is there any	11 was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very         2       3       4       5       6       7       8       9       10         thing that might be changed in the wording of this objective, so that it
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difficult') 1 Is there any would be a 1.6 Tension 1.6.1 Relea How difficult') 1 Is there any would be a 1.6.2 Body How difficu	It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very         2       3       4       5       6       7       8       9       10         thing that might be changed in the wording of this objective, so that it clearer or more comprehensible for you?       8       9       10         release         se of physical tension         It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very         2       3       4       5       6       7       8       9       10         release         se of physical tension         It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very         2       3       4       5       6       7       8       9       10         release         se of physical tension         It was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 'very         2       3       4       5       6       7       8       9       10         release         It is 'not difficult at all' to 10 is 'very         2       3       4       5       6 <t< td=""></t<>
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3.1.3 Experience	e of fun, p	oleasure,	enjoyme	nt				
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Domain 4. Effo			ties						
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5.1.1 C	n 5: Social nnection with others apacity to identify feelings or emotional states of others fficult was it for you to rate this objective? (1 is 'not difficult at all' to 10 is 've t')
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Attachment to: Schoenenberger-Howie SA, Dunphy KF, Lebre P, Schnettger C, Hillecke T, Koch SC. The Movement Assessment and Reporting App (MARA) for music therapy. GMS J Art Ther. 2022;4:Doc03. DOI: 10.3205/jat000018

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