Editor's Letter

Dear Readers,

It is with great pleasure and enthusiasm that I extend a warm welcome to you as we embark on this exciting journey with the inaugural issue of the International Journal of Health and Music. Our journal is dedicated to advancing research at the intersection of music and health, with a particular focus on the applications of music in healthcare and the well-being of musicians. As we take this first step, I am thrilled to introduce you to the diverse and innovative content that awaits you in our pages.

For this inaugural issue, we have chosen to center our attention on the theme of "Intersections of Music Education, Mental Health, and Social Well-being", bringing together studies on students, older adults and professional performers.

The articles featured in this issue approach the relationship between music and health from complementary perspectives: music education, the quality of life of older adults, at-risk students and the health of performers.

In "Exploring Confidence and Experience in Improvisation: Insights from Music Education Professionals", Edward White (University of Florida) examines the role of improvisation in music education and the challenges of integrating it into collegiate-level courses. Through interviews with and observations of five music professors, the study identifies confidence and experience, value, relevance and time constraints as the main challenges to integrating improvisation.

In "Music and quality of life. A brief theoretical review", Ana M. Vernia (Universitat Jaume I) explores the role of music in mitigating the negative effects of the pandemic on older adults. The review points to the positive impact of music on anxiety, quality of life and social connections, discusses the digital divide that limited older adults' access to virtual music experiences, and proposes practical music activities that combine traditional and digital approaches.

In "Culturally Relevant Music Remedies for At-Risk Students: A Pathway to Engagement, Empowerment, and Entrepreneurship", José Valentino Ruiz, Chris Shelton, Derris Lee and Edward White (University of Florida) review interventions for students at risk of academic failure and dropout. After an overview of non-music interventions such as bibliotherapy, visual arts, technology and athletics, they examine music as a remedial tool, including songwriting,

composition, spoken word, improvisation and culturally relevant music, and discuss how music education can foster entrepreneurialism among at-risk students.

Finally, in "Interview: Practice Management and Injury Prevention in Trumpet Players", Jordi Albert (Global Institute for Music Research) and Carles Camarasa (Universitat Politècnica de València) discuss the relationship between trumpet playing, practice management and injury prevention: the development of neuro-motor automatisms during practice, the most common injuries in trumpet players, such as skin lesions and temporomandibular joint inflammation, the role of excessive mouthpiece pressure, and the importance of efficient habits, teacher guidance and a holistic approach to mental and physical health.

As the editor of the International Journal of Health and Music, I am honored to be part of a community that values excellence in research and scholarship. Our commitment to maintaining rigorous editorial standards ensures that the content we publish is not only insightful but also contributes significantly to the advancement of research on music and health.

I would like to take this opportunity to express my sincere gratitude to the authors whose dedication and hard work have made this inaugural issue possible. Their diverse perspectives and in-depth research have enriched the content of this journal.

In addition to showcasing the work of esteemed researchers, we want to extend an invitation to scholars and practitioners from around the world. The International Journal of Health and Music is committed to being a global platform that fosters collaboration and the exchange of ideas. We invite researchers, educators, health professionals and musicians to submit their work for consideration. By doing so, you become an integral part of our mission to contribute to the collective knowledge and practice in music and health.

In closing, I would like to thank you, our readers, for your interest and support. I am confident that this journal will become a valuable resource for scholars, educators, health professionals and musicians alike.

Welcome to the International Journal of Health and Music. Let the journey begin.

Sincerely,
Jordi Albert, Ph.D.
Editor-in-Chief
International Journal of Health and Music