Music performance anxiety (MPA): endocrine variables and their impact on female

DEAR EDITOR,

Anxiety is a manifestation with high prevalence in the population. The musical performance requires a high level of skills, making it susceptible to anxiety state. Studies show an alarming incidence of about 50% of music performance anxiety (MPA) among professional musicians. Literature data show a consistent difference between about 50% of music performance anxiety (MPA) among professional musicians. The higher the score, the more endocrine variables (cortisol and ACTH) could be related to gender differences in MPA.

The following inclusion and exclusion criteria were used: (Inclusion) – adult UFSJ (Sao Joao Del Rei Federal University) music students; (exclusion) – patients with a diagnosis or treatment of psychiatric diseases or uncompensated organic diseases. All the subjects completed and signed the Consent Term and Informed (TCLE), approved by the Ethics Committee of UFSJ. It was applied to version validated for the Portuguese language K-MPAI, which aims to establish scores for the MPA. The higher the score, the more suggestive MPA. Scores of the 4th quartile of this population were aimed to establish scores for the MPA. The discrepancy that occurred in relation to cortisol = 14,68) (p ≤ 0.05) (Figure 1).

♂ = 13,80 e female group were significantly higher in women (♀ = 20,3 e 145,5) (p ≤ 0.01). In relation to the hormonal dosages, it was demonstrated that, although the concentrations of both cortisol and ACTH were within the normal range (according to reference values), it was found that the ACTH concentrations in the highest K-MPAI score group were significantly higher in women (♀ = 20,3 e 17,66) (p ≤ 0.05). On the other hand, serum concentrations of cortisol in the male group were significantly higher (♂ = 13,80 e 14,68) (p ≤ 0.05) (Figure 1).

The results indicate that the ACTH possibly has a role related to the MPA. The discrepancy that occurred in relation to cortisol (Men > Women) could be explained as a function of the cortisol inhibit the HPA axis, with consequent inhibition of ACTH release in the male group. It is expected that this study can contribute to initiatives aiming at the improvement of conditions in the psychic musical performance.

References