Drum Circle Research

©Christine Stevens, MSW, MT-BC, UpBeat Wellness
info@ubdrumcircles.com  661-799-1636
UpBeat Drum Circles – www.ubdrumcircles.com
HealthRHYTHMS/REMO - www.remo.com/health
Mind Body Wellness Center – www.mind-body.org

Drumming Strengthens Immune System


- N=111 non-drummers. Tested five conditions: Listening Control, Drum circle, Impact Drumming, Shamanic, Composite Drumming
- Natural Killer NK cell activity was boosted in subjects who drummed compared to controls.
- Natural Killer cell activity stimulated by Cytokines (Interleukin II and Gamma Interferon - Helper (Th1) cells) was boosted in subjects who drummed compared to controls.
- Drumming changed cellular biology and reversed the stress response.

Drumming Reduces Employee Burnout


- N=112 employees in Long Term Care. Interdisciplinary teams drumming once a week for one hour for a 6-week series.
- Significantly decreased burnout on Maslach Burnout Scale.
- Improved employee mood states by 46% on POMS Profile of Mood States – sustained effect of 62% six weeks post intervention.
- Economic Impact – saved $89,000 for typical 100-bed medical facility through employee retention and reduced turnover.
- Total annual savings to the industry based on an 18.3% decrease in turnover at every long-term care facility is therefore projected at $1.46 billion.
Drumming Reduces Nursing Student Burnout


- N = 75 first year associate degree nursing students.
- **Improved mood states by 28.1% on POMS Profile of Mood States.**
- Economic Impact projections – retention of 2 students annually per a typical 105-student program, resulting in a projected annual savings of $29.1 million to US Nursing Schools.
- Projected cost savings of $322,000 for the typical acute care hospital, and more than 1.5 billion for the US healthcare industry.

Keyboard playing Reverses Stress on Genomic Level


- Applied Biosystems and Yamaha.
- Reversed **19 of 45 gene markers** of stress response versus 6 of 45 in resting control and 0 of 45 in continued stress condition.
- First study to develop an individualized genomic stress-induction signature.

Drumming strengthens Immune System in Japanese employees


- N = 40 Yamaha employees.
- The RMM group demonstrated enhanced mood, lower gene expression levels of the stress-induced cytokine interleukin-10, and higher NK cell activity when compared to the control.