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## Interventions for Music Performance Anxiety

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### **Message from the Guest Editor**

Performing music is one of the most complex tasks related to human performance, incorporating both cognitive and sensorimotor skills. Performance anxiety is the most significant psychological issue experienced by performing musicians of any age. Individual differences abound with respect to the characteristics of anxiety, physiologically, cognitively, emotionally and behaviorally. This Special Issue aims to identify psychological interventions that can aid musicians with performance anxiety. The compendium will contain original, theoretically grounded and empirically validated studies of practical, applied approaches that enable musicians to respond to symptoms of anxiety in constructive ways in order to enhance their performance. The scope of these articles and reviews will enrich our understanding of interventions that aim to manage and transform performance anxiety in clinical, educational, and professional settings across the lifespan.

performance anxiety  
musicians  
music performance  
treatment  
prevention  
coping strategies  
education  
peak performance  
musician's health



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# Special Issue