Adults (18-50 years) with depression (F 32-F 33)
Referred through specialised mental health care centres in Middle Finland

Information about the study by depression expert/psychiatrist. Informed consent?
No → Reported, but not followed up
Yes →

Pretest assessment: Blinded assessments, self-reports, EEG recording (rest and music conditions), behavioural test (music and emotions)

Randomisation (concealed list), ratio 35:50. Continued until N=85

3 months of improvisational MT, 20 (2 per week) individual 60min. sessions, plus standard care
- Assessment of treatment fidelity: video recordings of all sessions
- Assessment of therapy process: MIDI/Audio recordings of all sessions

Posttest (3 months) and Following up (6 months): Same as pretest

Healthy adults (18-50 years)

Information and consent

Assessment (once only): basic battery (see left)