

Supplementary Appendix

The authors have provided this appendix containing additional information about their work.

Supplement to: Miao S, Stewart WA. Songwriting and Youth Self-Concept. *AMA J Ethics*. 2022;24(7):576-583. doi: 10.1001/amajethics.2022.576.

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Figure 1. Preworkshop Focus Group Questions

<p>Icebreaker If you had a theme song that played every time you walked into a room full of people, what would it be? Why?</p> <p>Music questions</p> <ol style="list-style-type: none"> 1. What made you want to sign up for these songwriting workshops? 2. What is your experience with music? <ol style="list-style-type: none"> a. Follow-up: How has your experience with music impacted your life? 3. How do you think these songwriting workshops will impact you? <p>Self-concept questions</p> <ol style="list-style-type: none"> 4. How do you measure your worth? 5. What do you like about yourself? 6. What do you dislike about yourself? <ol style="list-style-type: none"> a. Follow-up: How easy/difficult was it for you to answer 5 and 6? 7. What makes you feel good about yourself? <ol style="list-style-type: none"> a. Follow-up: How often do you feel good about yourself? How long does this feeling last? What makes it go away? 8. Do you think you can change how you feel about yourself? <p>Exit question</p> <ol style="list-style-type: none"> 9. Is there anything else you would like to say about this topic?

^a Preworkshop focus group questions explored participant experiences with music, self-concept, and beliefs.

Figure 2. Postworkshop Focus Group Questions

<p>Music questions</p> <ol style="list-style-type: none"> 1. Can you share what you've accomplished during these workshops? 2. How do you feel about your creations? <ol style="list-style-type: none"> a. Follow-up: some of you chose to write about some very personal topics. What was that process like? Do you feel different? 3. How have these songwriting workshops impacted you? <ol style="list-style-type: none"> a. Follow-up: What is it about the workshops that made you feel this way? (eg, facilitator, socializing, playing music, telling your story through song) 4. What did you like about the workshops? What did you not like? <p>Self-concept questions</p> <ol style="list-style-type: none"> 5. How do you feel about yourself today? 6. What do you like/dislike about yourself? 7. How often do you feel good about yourself? <ol style="list-style-type: none"> a. Follow-up: How long does this feeling last? How did you feel after performing your piece? 8. How did you feel about yourself last week? <ol style="list-style-type: none"> a. Follow-up: What caused the change between last week and this week? 9. Do you believe that you can change how you feel about yourself? <p>Exit question</p> <ol style="list-style-type: none"> 10. Is there anything else you would like to say about this topic?

^a Postworkshop questions focused on feedback about the program and self-concept.

Figure 3. Rosenberg Self-Esteem Scale Pre- and Postworkshop Individual Scores

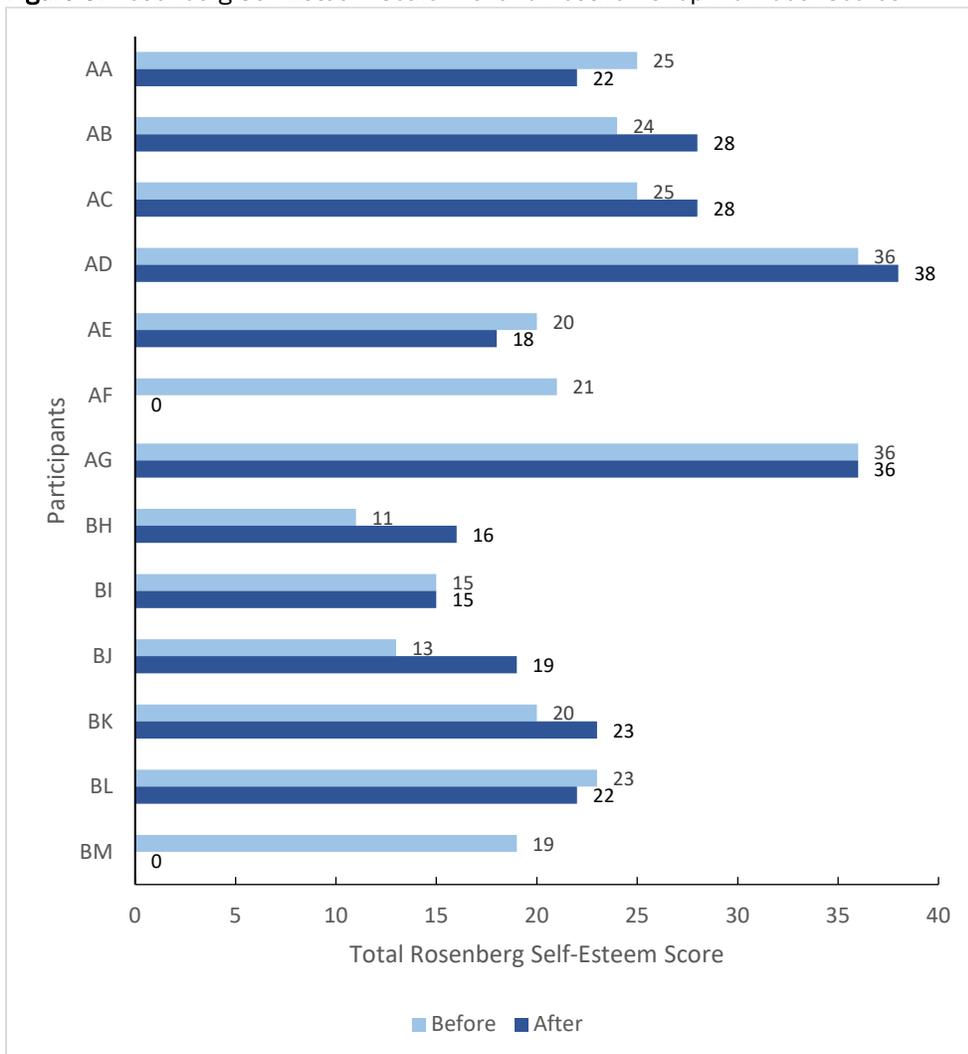


Figure 4. Sherer General Self-Efficacy Scale Pre- and Postworkshop Individual Scores

