



Mental health challenges in professional musicians: A systematic review of stress, anxiety, and depression

Cardoso, M., Leonido, L., Pereira, A., Morgado, E. (2025).

Mental health challenges in professional musicians: A systematic review of stress, anxiety, and depression.

International Journal of Innovative Research and Scientific Studies, 8(2).

DOI: <https://doi.org/10.53894/ijirss.v8i2.6065>