

Table 1. Demographic characteristics of Piraeus' residents (n=294, 78%).

Characteristics	n	%	Characteristics	n	%
Gender			Do you think music is beneficial for one's mental health?		
Male	113	38.4	Yes	289	98.3
Female	181	61.6	No	3	1.0
			I don't know	2	0.7
Age Group			Do you play a musical instrument?		
18-25	31	10.5	String	70	23.8
26-35	34	11.6	Wind	10	3.4
36-45	119	40.5	Percussion	8	2.7
46-55	86	29.3	I don't play an instrument	206	70.1
56+	24	8.2			
Educational Level			Do you sing in a formation/choir?		
Primary school	4	1.4	Musical formation	24	8.2
High School	56	19.0	Choir	19	6.5
			I don't sing	243	82.7
Post-secondary education	52	17.7	Other (Alone at home, because I feel like it, etc))	8	2.7
University	103	35.0			
MSc	75	25.5			
PhD	4	1.4			
Marital Status			Do you compose music or songs?		
Single	111	37.8	Music	22	7.5
Married	155	52.7	Songs	13	4.4
Widower	5	1.7	I don't compose	259	88.1
Other	23	7.8			
Living Condition			If you do any of the above, how many hours a week do spend doing it?		
With partner	60	20.4	1-3 h/week	50	17.0
With partner and children	126	42.9	4-8 h/week	26	8.8
With parents or other relatives	46	15.6	9-15 h/week	13	4.4
With roommate	5	1.7	15+ h/week	8	2.7
Alone	57	19.4	I don't do any of the above	197	67.0
Monthly family income			Do you consider your active musical engagement to be:		
0-1000 €/month	82	27.9	Amateur	108	36.7
1001-2000 €/ month	100	34.0	Professional	19	6.5
2001+ €/ month	62	21.1	No active engagement	167	56.8
I prefer not to answer	50	17.0			