



IRIS ELMAZOSKA (b. 1995) is a licensed audiologist with a master's degree in Audiology. Before beginning her doctoral studies at Örebro University, she worked as an audiologist with adults in aural rehabilitation. Her interest in hearing health spans a range of areas, including prevention of noise-induced hearing loss and the intersection between hearing loss and other health conditions. Going forward, Iris aims to expand her research into studying the long-term effects of music among young people, the role of music in the lives of individuals with hearing loss and/or other disabilities, as well as hearing health among professional musicians. Her broader goal is to bridge public health, diagnostics, technology, and communication in order to promote more individualized hearing healthcare and effective prevention strategies.

This dissertation explores associations between music listening behaviors and hearing health among young people. It includes four studies: a systematic review, a qualitative interview study, and two quantitative cross-sectional studies. The research examines how recreational music exposure relates to hearing outcomes, sound pressure levels in headphones, and attitudes toward noise. The findings suggest that while consistent evidence of long-term hearing damage remains limited, potentially early indicators (such as elevated high-frequency thresholds and reduced otoacoustic emissions) were observed in some participants. When measuring the sound pressure levels in the participants' headphones, a majority preferred relatively safe listening levels, but when measuring in a noisy test condition, a majority had higher listening levels. Positive attitudes to loud music and longer daily listening durations were associated with higher measured sound levels. Furthermore, music emerged as a meaningful and emotionally valuable part of daily life and wellbeing, often outweighing any concerns about hearing health risks. Together, the studies highlight the importance of preventive strategies that consider both the potential risks and the personal significance of music in young people's lives.

Doctoral Dissertation

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– A study on music listening behaviors and hearing-related risks among young people

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