

指南与共识

DOI:10.16305/j.1007-1334.2025.z20251031002

人工智能+音乐与健康之上海倡议

沈远东¹, 黄京波², 秦毅³, 桑珍¹, 朱旭莹⁴, 蔡鸣杰⁵, 黄奕然⁵, 张化雨⁶, CHATAR-MOUMNI Nizha⁷, 陈福国⁸, 冯威⁹, 贺樑¹⁰, 蒋海平⁴, 李娟¹¹, 李婉婕⁶, 刘兰英¹², 陆敏捷¹³, 吕宝粮¹⁴, 马杰⁵, 毛媚³, 毛竹君¹⁵, MOUMNI Zied¹⁴, 倪力强⁵, 邱天明¹¹, 汤立晨⁹, 汪镭¹⁶, 汪清¹⁷, 魏华凤¹⁸, 吴云成¹⁹, 谢国群⁵, 徐凤萍²⁰, 杨叶虹¹¹, 杨光²¹, 杨燕宜³, 张军平²², 张浩²³, 张焱²⁴

1. 国际标准化组织/传统医药技术委员会(ISO/TC 249)(上海 201203); 2. 联合国大学驻澳门研究所/联合国大学全球人工智能网络(澳门 999078); 3. 上海音乐学院(上海 200031); 4. 上海中医药大学附属曙光医院(上海 201203); 5. 上海中医药大学(上海 201203); 6. 上海艺瓣文化传播有限公司(耳界)(上海 200041); 7. 法国索邦大学(法国 巴黎 75005); 8. 上海交通大学医学院(上海 200025); 9. 复旦大学附属肿瘤医院(上海 200032); 10. 华东师范大学(上海 200062); 11. 复旦大学附属华山医院(上海 200040); 12. 上海市精神卫生中心(上海 200122); 13. 四川音乐学院(四川 成都 610021); 14. 上海交通大学(上海 200030); 15. 上海中医药大学附属龙华医院(上海 200030); 16. 同济大学/上海市人工智能学会(上海 201804); 17. 法国里昂肿瘤中心(法国 里昂 69008); 18. 上海中医药大学附属岳阳中西医结合医院(上海 200437); 19. 上海交通大学医学院附属第一人民医院(上海 200080); 20. 武汉音乐学院(湖北 武汉 430060); 21. 音乐数智四川省重点实验室(四川 成都 610021); 22. 复旦大学(上海 200433); 23. 德国莱茵普法心血管中心(德国 美因茨 55131); 24. 复旦大学附属华东医院(上海 200040)

Shanghai initiative on artificial intelligence + music and health

SHEN Yuandong¹, HUANG Jingbo², QIN Yi³, SANG Zhen¹, ZHU Xuying⁴, CAI Mingjie⁵, HUANG Yiran⁵, ZHANG Huayu⁶, CHATAR-MOUMNINizha⁷, CHEN Fuguo⁸, FENG Wei⁹, HE Liang¹⁰, JIANG Haiping⁴, LI Juan¹¹, LI Wanjie⁶, LIU Lanying¹², LU Minjie¹³, LYU Baoliang¹⁴, MA Jie⁵, MAO Mei³, MAO Zhujun¹⁵, MOUMNI Zied¹⁴, NI Liqiang⁵, QIU Tianming¹¹, TANG Lichen⁹, WANG Lei¹⁶, WANG Qing¹⁷, WEI Huafeng¹⁸, WU Yuncheng¹⁹, XIE Guoqun⁵, XU Fengping²⁰, YANG Yehong¹¹, YANG Guang²¹, YANG Yanyi³, ZHANG Junping²², ZHANG Hao²³, ZHANG Yan²⁴

1.ISO/TC 249, Traditional Medicine, Shanghai 201203, China; 2.The United Nations University Institute in Macao/UNU Global AI Network, Macao 999078, China; 3.Shanghai Conservatory of Music, Shanghai 200031, China; 4.Shuguang Hospital, Shanghai University of Traditional Chinese Medicine, Shanghai 201203, China; 5.Shanghai University of Traditional Chinese Medicine, Shanghai 201203, China; 6.Shanghai Artsbang Cultural Communication Co., Ltd. (Earmersion), Shanghai 200041, China; 7.Sorbonne University, Paris 75005, France; 8.Shanghai Jiao Tong University School of Medicine, Shanghai 200025, China; 9.Fudan University Shanghai Cancer Center, Shanghai 200032, China; 10. East China Normal University, Shanghai 200062, China; 11. Huashan Hospital, Fudan University, Shanghai 200040, China; 12. Shanghai Mental Health Center, Shanghai Jiao Tong University School of Medicine, Shanghai 200122, China; 13. Sichuan Conservatory of Music, Chengdu, Sichuan 610021, China; 14. Shanghai Jiao Tong University, Shanghai 200030, China; 15. Longhua Hospital, Shanghai University of Traditional Chinese Medicine, Shanghai 200030, China; 16. Tongji University/ Shanghai Association for Artificial Intelligence, Shanghai 201804, China; 17.Centre Léon Bérard, Lyon 69008, France; 18.Yueyang Hospital of Integrated Traditional Chinese and Western Medicine, Shanghai University of Traditional Chinese Medicine, Shanghai 200437, China; 19. Shanghai General Hospital, Shanghai Jiao Tong University School of Medicine, Shanghai 200080, China; 20. Wuhan Conservatory of Music, Wuhan, Hubei 430060, China; 21. Music and Digital Intelligence, Key Laboratory of Sichuan Province, Chengdu, Sichuan 610021, China; 22. Fudan University, Shanghai 200433, China; 23. Rheinpfalz Cardiovascular Center in Germany, Mainz 55131, Germany; 24.Huadong Hospital, Fudan University, Shanghai 200040, China

中文版倡议:

我们,来自国内外人工智能(artificial intelligence, AI)、音乐、医学、标准化等领域的专家学者于 2025 年 10 月 23 日齐聚上海,共商“AI+音乐与健康”融合发展的机遇、挑战与行动方向。

音乐作为人类共通的情感语言,在调节情绪、缓解压力、促进认知功能、辅助疾病康复等方面具有独特而广泛的价值。近年来,AI 技术的快速发展为音乐在健康领域的科学化、个性化和规模化应用提供了强大支撑。AI 驱动的音乐干预技术已在心理健康支持、慢性病管理、老年康养、神经康复及特殊人群照护等场景中初露端倪,初步形成了技术、艺术与健康服务融合发展的创新格局。

然而,这一新兴交叉领域仍处于发展初期,面临科学证据体系不完善、跨学科协同不足、数据标准与伦理规范缺失、核心技术瓶颈突出以及复合型人才短缺等关键挑战。为推动“AI+音乐与健康”向更高质量、更可持续、更负责任的方向发展,坚持以人为本,我们提出如下倡议。

1 夯实科学基础,推动循证研究

倡导在医学、音乐学、社会学以及科技领域,以循证医学方法为支撑,系统研究音乐与生理、心理响应之间的关联机制;鼓励开展多中心、前瞻性、可重复的临床验证,建立客观、可量化的干预效果评估体系,提升“AI+音乐与健康”应用的科学性、有效性与安全性。

2 深化跨界融合,构建协同生态

推动 AI、音乐与治疗、临床医学、人机交互等领域的深度协作,打破学科壁垒,共建理论框架、技术标准与应用场景;支持产学研用协同创新平台建设,加速科研成果向实际健康服务转化。

3 制定标准规范,强化伦理治理

呼吁相关主管部门和行业组织牵头制定“AI+音乐与健康”领域的技术标准、数据采集协议、效果评价指南及产品准入规范;同步建立涵盖用户隐私保护、算法透明性、知情同意与文化敏感性的伦理准则,确保技术发展始终以人为本、安全可控。

4 加强人才培养,培育发展动能

鼓励高校和科研机构设立交叉学科课程、联合学位项目与实训基地,培养兼具音乐素养、医学知识与 AI 技术能力的复合型人才;支持国际学术交流与合作,共建全球“AI+音乐与健康”人才网络与知识共享机制。

我们呼吁相关专业组织与专家、高校、产业界及社会各界高度重视并积极参与“AI+音乐与健康”融合发展。我们将在本次论坛基础上,探索建立常态化合作机制,共同推进音乐与健康领域的国际标准制定、资源共享、联合研究与示范应用。

我们坚信,通过多方协同、创新驱动与伦理引领,

“AI+音乐与健康”必将为全球健康事业注入科技智慧与人文关怀,为实现全民身心健康与可持续发展目标作出积极贡献。

English Version Initiative:

On October 23, 2025, experts and scholars from the fields of artificial intelligence (AI), music, medicine, and standardization gathered in Shanghai to discuss the opportunities, challenges, and future directions of integrating AI+Music+Health.

Music, as a universal language of human emotion, plays a unique and wide-ranging role in regulating mood, relieving stress, enhancing cognitive functions, and supporting disease recovery. In recent years, the rapid advancement of AI has provided strong support for the scientific, personalized, and scalable application of music in health. AI-driven music intervention technologies have begun to emerge in areas such as mental health support, chronic disease management, elderly care, neurorehabilitation, and the care of special populations—gradually forming an innovative ecosystem that integrates technology, art, and health services.

However, this emerging interdisciplinary field remains in its early stages and faces key challenges, including an underdeveloped scientific evidence base, insufficient cross-disciplinary collaboration, lack of data standards and ethical norms, technological bottlenecks, and a shortage of interdisciplinary talent. To promote the high-quality, sustainable, and responsible development of AI+Music+Health, with a people-centered approach, we hereby propose the following initiatives.

1 Strengthen the scientific foundation and promote evidence-based research

We advocate systematic studies—grounded in evidence-based methodologies across medicine, musicology, sociology, and technology—on the mechanisms linking music with physiological and psychological responses. We encourage multicenter, prospective, and replicable clinical trials to build objective and quantifiable evaluation systems for intervention outcomes, thereby enhancing the scientific rigor, effectiveness, and safety of AI-driven music health applications.

2 Deepen cross-sector integration and build a collaborative ecosystem

We call for deeper cooperation among AI, music therapy, clinical medicine, and human-computer interaction disciplines to break down academic silos and

收稿日期:2025-10-28

专栏
征稿