

A systematic review of participatory arts interventions on health

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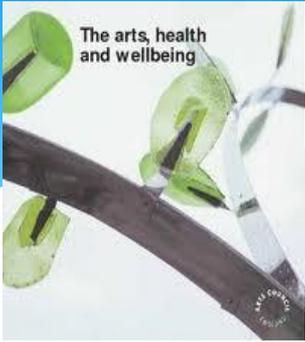
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With support from LRIG (University of Liverpool
Review & Implementation Group)



Context



Context

Local- funded by former Liverpool PCT to provide review to inform arts and health policy planning.

National- ‘the evidence base for the effectiveness of arts based health and community interventions remains patchy at best, with varying degrees of quality’ (internal review report)

Aims & objectives

Aim- “What is the impact (including experiences) of participatory arts interventions on health and wellbeing in a non-clinical setting?”

Arts-

- Combined arts (e.g. festivals, carnivals);
- Dance (e.g. ballet, folk, contemporary);
- Literature (poetry, fiction, life writing, storytelling, spoken word);
- Music;
- Theatre;
- Visual arts (e.g. painting, moving image work).

Methods-data collections & analysis



Data Collection

- * Data extraction sheets developed (included CASP qualitative appraisal criteria)

Study inclusion-

- 1) collects or reports primary data
- 2) reported outcomes are described in terms of health or wellbeing or both.
- 3) intervention is described as an arts-based activity.

Exclusion criteria

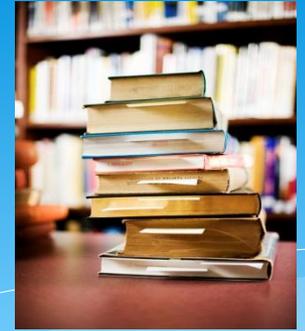
- 1) not in English
- 2) participants are passive receivers i.e. the audience
- 3) intervention or activity is described as a therapy and/or led by a health professional.

Included studies

- * 2002-2012 inclusion period
- * 4,081 studies retrieved, 2,821 after duplicates removed, records screened n = 209, **45 final inclusion list.**
- * 22 qualitative in part or whole, 23 quantitative-including **choral singing**, dance, didgeridoo playing, acting



Early qualitative findings-contents review



Data gathering headings (Nvivo)

- * main themes and findings
- * minor themes and findings
- * participants experiences of intervention
- * participant quotations of participating in intervention
- * researchers experiences of participating in intervention
- * artists experience of participating in intervention.

Themes arising

- * **arts staff**- warm, flexible, responsive to need
- * **participants**-increased confidence, new relationships, and wider community involvement, had fun, sense of something greater than individual, forgot problems
- * **significant others**-noticed improvements, people became more motivated, more community and activity engaged,

Early findings-qualitative evidence appraisal



Appraisal guidance

- * adapted CASP (Critical Appraisal Skills Programme) guidance and added some additional questions to review data quality
- * CASP trains service users and clinicians together in research report appraisal.

Edited summary of CASP questions and the Team's quality assessment questions

CASP qualitative research evidence checklist	The Team's subsequent extraction criteria (CASP questions are highlighted)	Possible marks awarded
Was there a clear statement of the aims of the research?	Was there a clear statement of the aims of the research?	0= no/unclear 1= clear
Was the research design appropriate to address the aims of the research?	Was the research design appropriate to address the aims of the research? Is there an explicit account of the theoretical basis of the intervention or a literature review?	0= no/unclear 1= yes 2= more appropriate 0= neither 1= theoretical basis 1= literature review
Was the recruitment strategy appropriate to the aims of the research?	Was the recruitment strategy appropriate to the aims of the research?	0= unclear 1=clear and appropriate 2=clear and more appropriate

Qualitative evidence appraisal results

Quality scale	Poor 0-6		Limited evidence 7-11		Medium evidence 12-16		Good evidence 17-21	
		score		score		score		Score
Studies	Lally (2009)	4	Stickley et.al 2011	8	Bungay et.al 2010	12	Bailey & Davidson 2003	17
			Lipe & Ward 2012	8	Yuen et.al 2011	12		
			Eley et.al 2010	10	Zelkowitz	12	Hampshire 2010	19
			Lima & Vieira 2007	10	Skingley & Bungay 2010	13	Cook & Ledger 2004	19
			Livesey et.al 2012	10	Salmon et.al 2005	13		
			Clift et.al (2009, 2010, 2010)	10	Camick et.al 2011	13		
			Cooke et.al 2010	11	Von Lob et.al 2010	13		
				11	Ferber 2005	14		
					Rinta 2008	14		
					Nadasen 2008	15		
				Beulac et.al 2009, 2010, 2011	16			
Total	1		7		11		3	

Summary

- * evidence remains mixed-enhanced quality of design, 'measurement' and impact needed, ideal for mixed methods approaches,
- * arts interventions benefit from added value-reduction of social isolation, new friends, stimuli,
- * much fun and enjoyment seems to be had (difficult to quality)
- * scope for further arts/health community development looks positive.

THANK-YOU