

# How does arts and culture impact an individual's wellbeing?

Jordana Peake

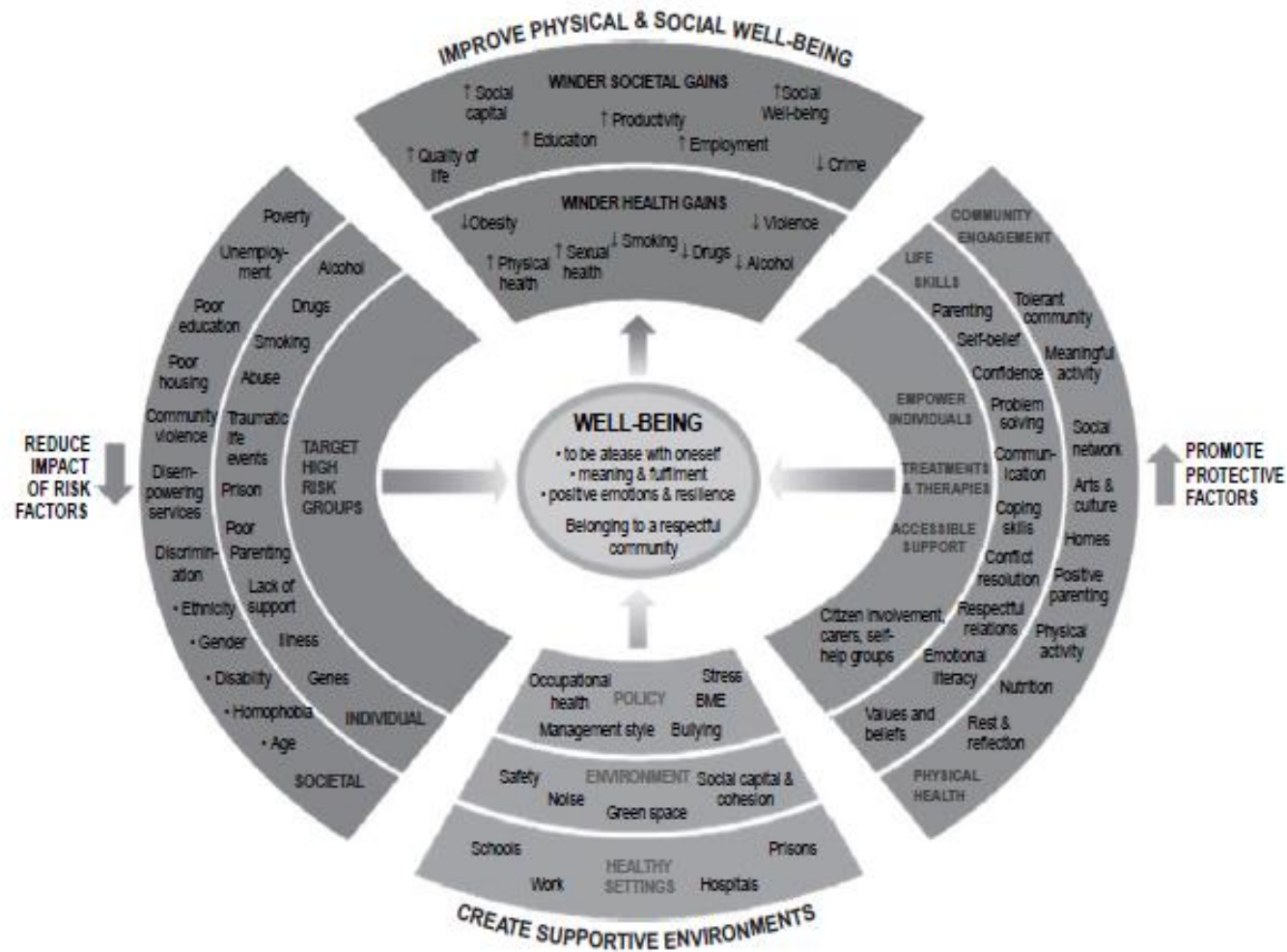
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# Overview

- Background
- Evaluation aims and objectives
- Evaluation approach
- Methods
- Initial findings

# Background: A Dynamic Model for Wellbeing



Campion and Nurse, 2007

# Background

## Five ways to wellbeing:

Connect

Be active

Take notice

Keep learning

Give

# Background

**Five categories of activity related to increased feelings of wellbeing in children:**

Friendships

Leisure activities

Being aware

Learning

Helping

# Background

Research report 36



**Arts in health: a review of the  
medical literature**

Dr Rosalia Lelchuk Staricoff



## **Arts and Music in Healthcare:**

An overview of the medical literature: 2004-2011

Rosalia Staricoff & Stephen Clift

*Sidney De Haan*   
**Research Centre for Arts and Health**



July 2011

# Background

## **Social prescribing: Arts on prescription**

- Referring patients to activities within the community, instead of or in addition to medical sources of support.
  - Loneliness
- Arts on prescription programmes – referring patients specifically to arts based activities.

# Background

October 2018



## **An overview of reviews:** the effectiveness of interventions to address loneliness at all stages of the life-course



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HM Government



UNIVERSITY OF TAMPERE



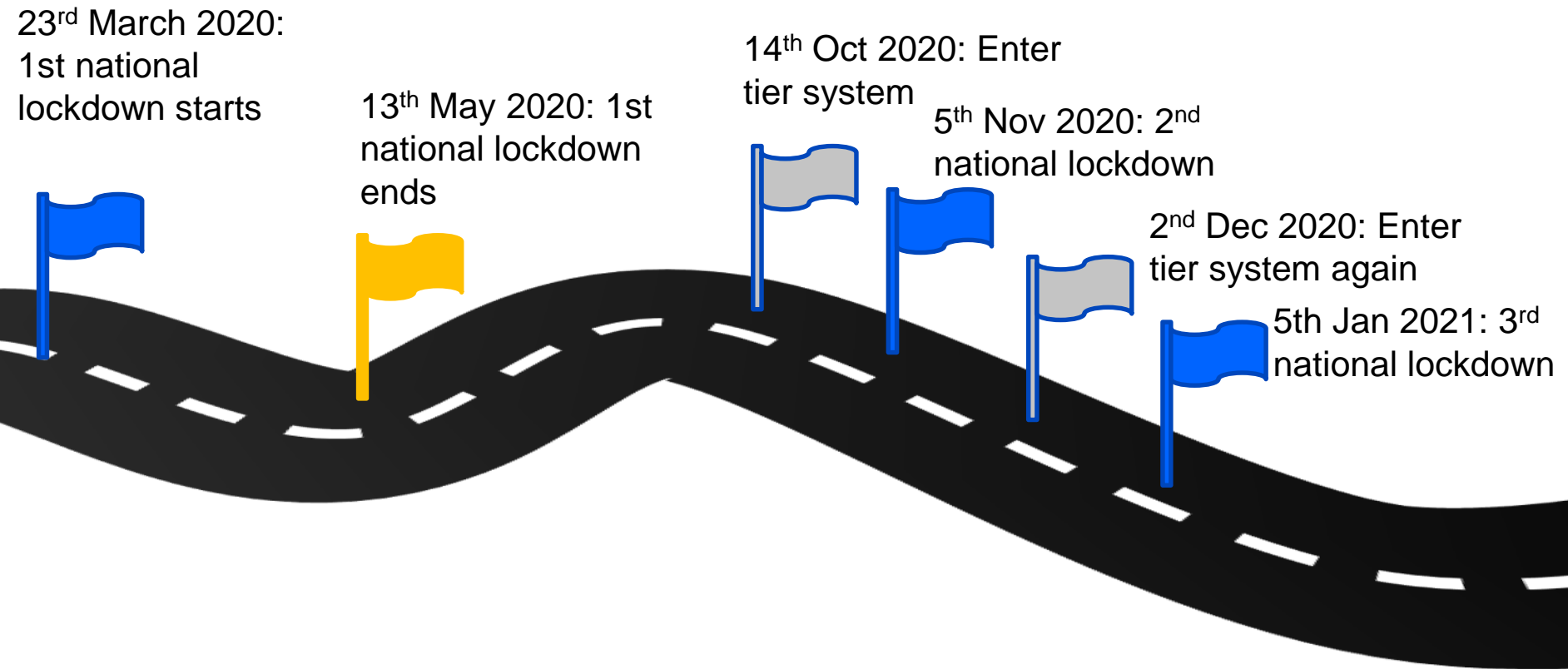
THE UNIVERSITY OF WINCHESTER



Brunel University London



# Coronavirus pandemic



# Evaluation aims and objectives

## **Aim:**

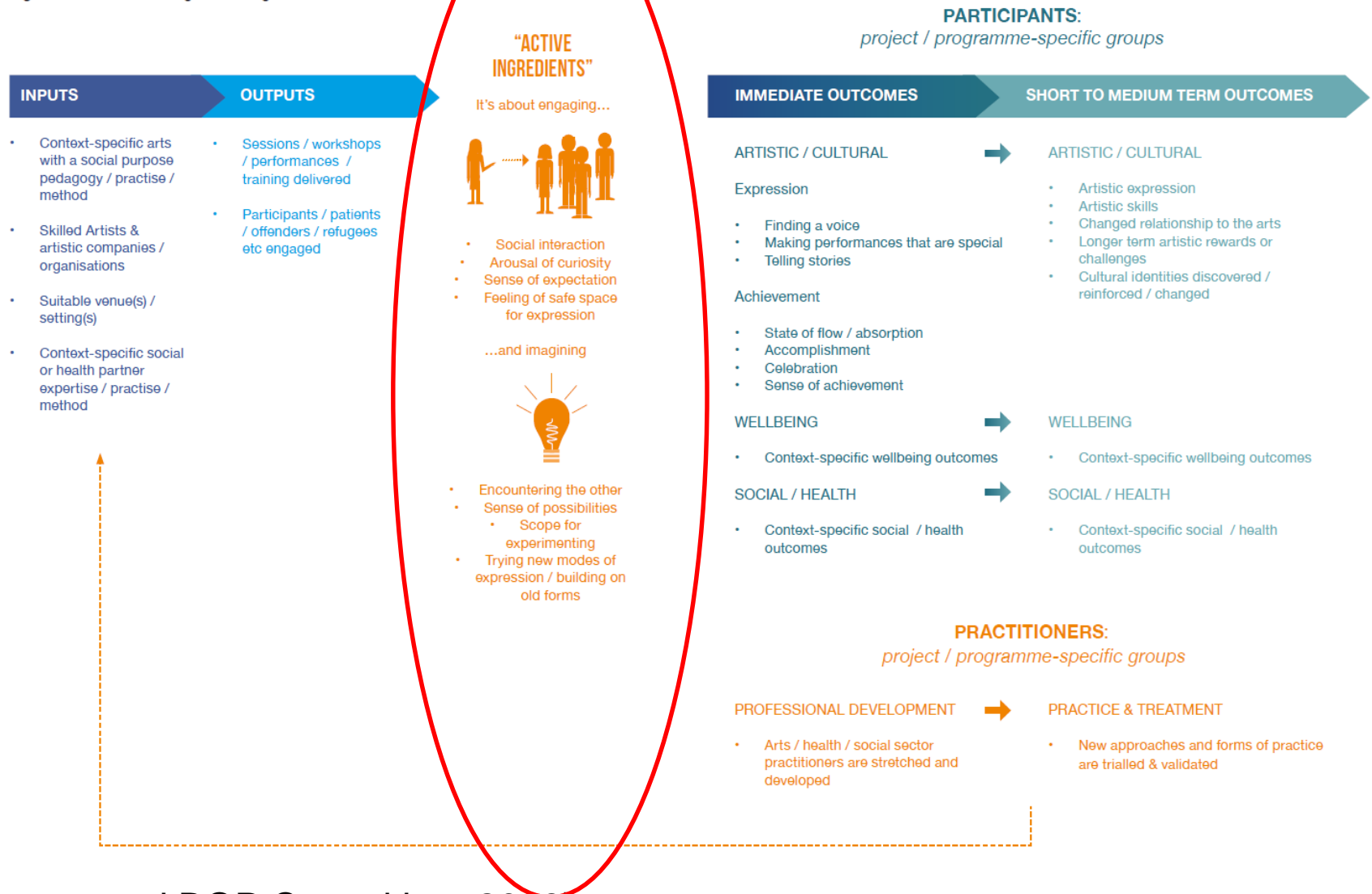
To understand how arts and cultural interventions (both online and face-to-face) conducted as part of Hertfordshire's Year of Culture, impact on the well-being of individuals who are lonely or socially isolated. This will provide evidence-based rationale for the importance of social prescribing.

# Evaluation aims and objectives

## Primary Objectives:

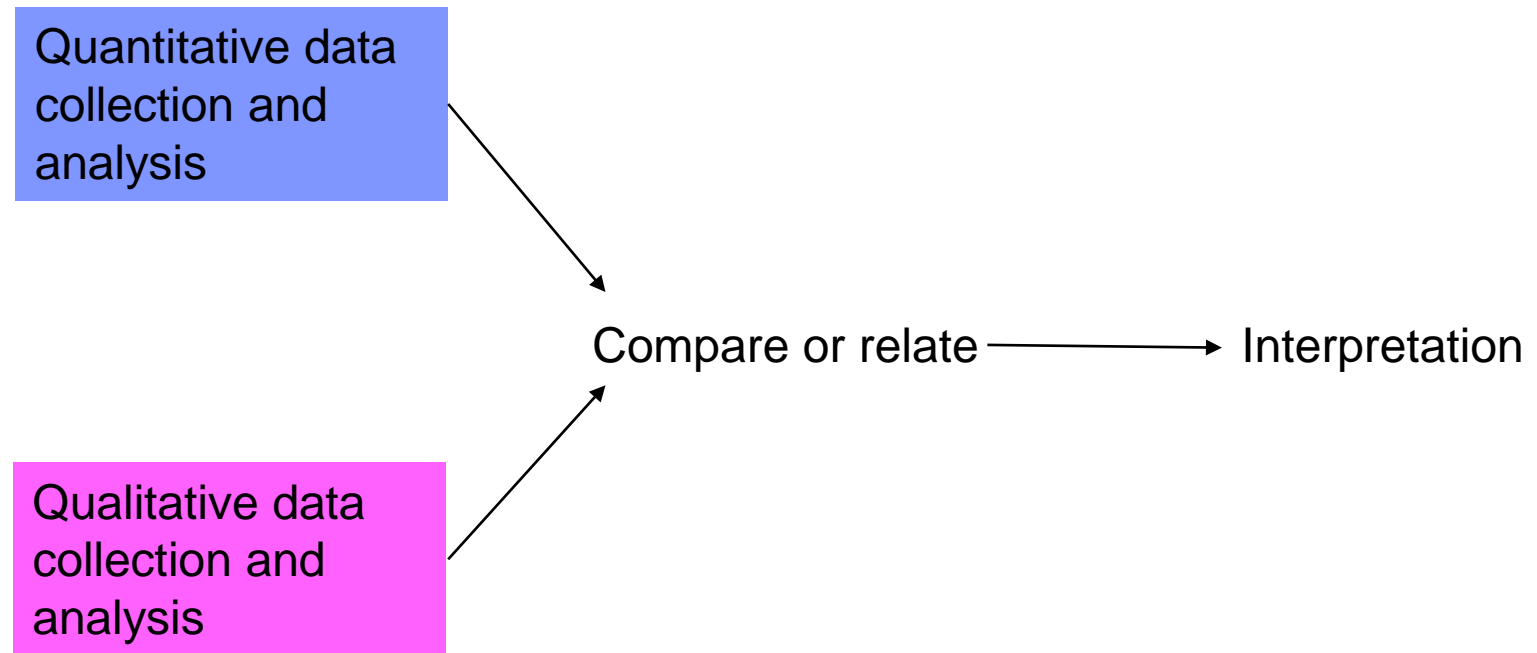
- To explore whether participation in an arts or cultural activity improves well-being among participants.
- To investigate specifically whether activities reduce isolation and loneliness among participants.

**Figure 1** Generic Active Ingredients logic model



(Aesop and BOP Consulting, 2018).

# Methods



Creswell and Clark, 2011

# Methods

## ONS National Personal Wellbeing Measures (ONS4)

Measure	Question
Life satisfaction	Overall, how satisfied are you with your life nowadays?
Worthwhile	Overall, to what extent do you feel that the things that you do in your life are worthwhile?
Happiness	Overall, how happy did you feel yesterday?
Anxiety	On a scale where 0 is 'not at all anxious' and 10 is 'completely anxious', how anxious did you feel yesterday overall?

# Methods

## A Brief Guide To Measuring Loneliness



## recommended measures for loneliness

The following 4 questions, identified by the ONS through a process of scoping and consultation, make up our national measures of loneliness. They are comprised of three indirect questions and one direct question to cover a comprehensive picture of loneliness. These questions are suitable for people over 16 years old.

The first three questions are based on the UCLA 3-item loneliness scale, which asks people indirectly about emotions associated with loneliness (they don't mention the word 'lonely'). The fourth question asks people directly about their feelings of loneliness. These questions are widely used across the world in studies of people of all ages, and can be asked in person or as part of a self-completed questionnaire.



Watch out for the order of possible responses:

The first three questions have response scales that go from positive to negative, while the fourth question reverses this.

The number of possible responses are also different between the first three and the fourth questions.

		Hardly ever or never	Some of the time	Often
Q1	How often do you feel that you lack companionship?	1	2	3
Q2	How often do you feel left out?	1	2	3
Q3	How often do you feel isolated from others?	1	2	3

		Often / always	Some of the time	Occasionally	Hardly ever	Never
Q4	How often do you feel lonely?	1	2	3	4	5

# Methods

## Interpretative Phenomenological Analysis

“The aim of interpretative phenomenological analysis (IPA) is to explore in detail how participants are making sense of their personal and social world, and the main currency for an IPA study is the **meanings** particular experiences, events, states hold for participants.” (Smith and Osborn, 2007)



# Methods

## Ethics and Consent

- Ethical approval was obtained for the evaluation from the Public Health Ethics Committee at Hertfordshire County Council.
- Participants completing surveys were informed how their data would be used in a Privacy Notice.
- Participants gave their consent prior to taking part in an interview or focus group discussion.

# Initial findings

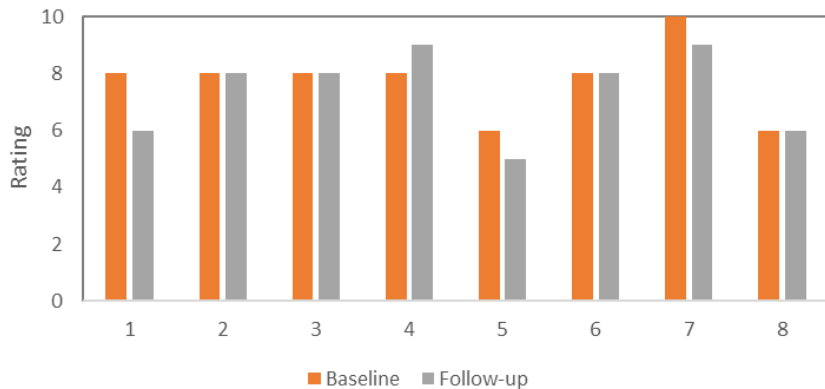
Organisation	Arts Activity	Target population	Number of participants	Activity timescale
Connecting Conversations	N/A	Older people with lived experience of loneliness	30	March 2019-March 2021
BEEE Creative	Visual arts/Dance	Family groups	18	July-Nov 2020
Dacorum Borough Council	Dance	Active, older adults	17	Sept-Dec 2020
Hertfordshire Adult and Family Learning Service	Visual arts	Adults	6	Sept-Dec 2020
Trestle Theatre Company	Drama	Teenagers	4	Oct half term 2020
The Dan Tien	Drama/Music/Dance	Teenagers	50	Sept-Dec 2020
Hertfordshire Music Service	Music	Primary school children	13	Sept – March 2020
Herts Inclusive Theatre	Drama	5-12 and 12+	12	Sept-Dec 2020

# Initial findings

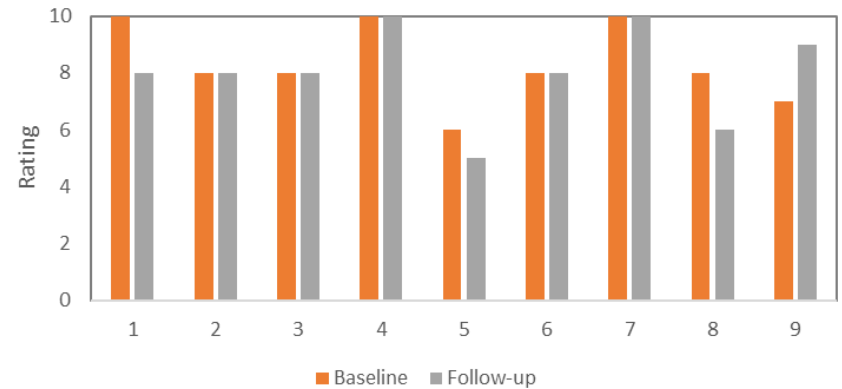
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# Initial findings: Wellbeing scores

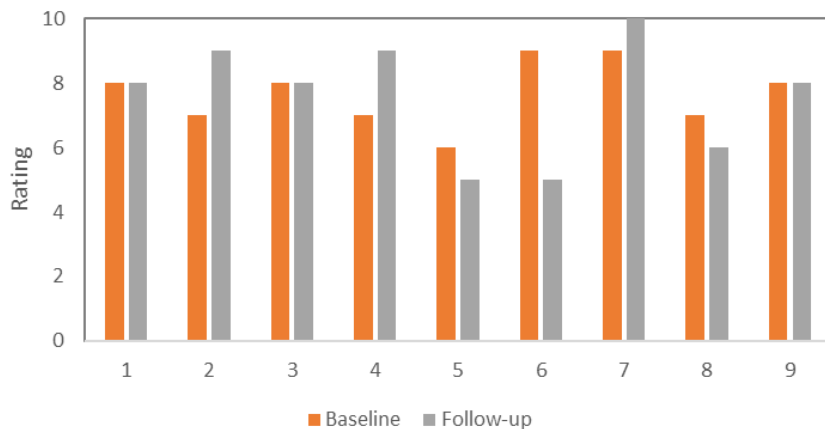
Overall, how satisfied are you with your life nowadays?



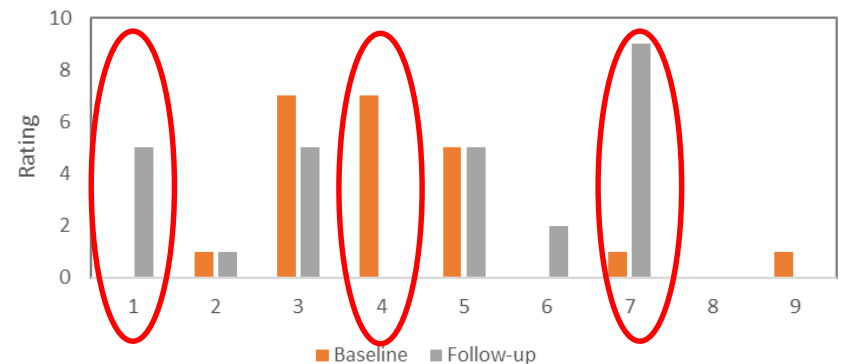
Overall, to what extent do you feel that the things you do in your life are worthwhile?



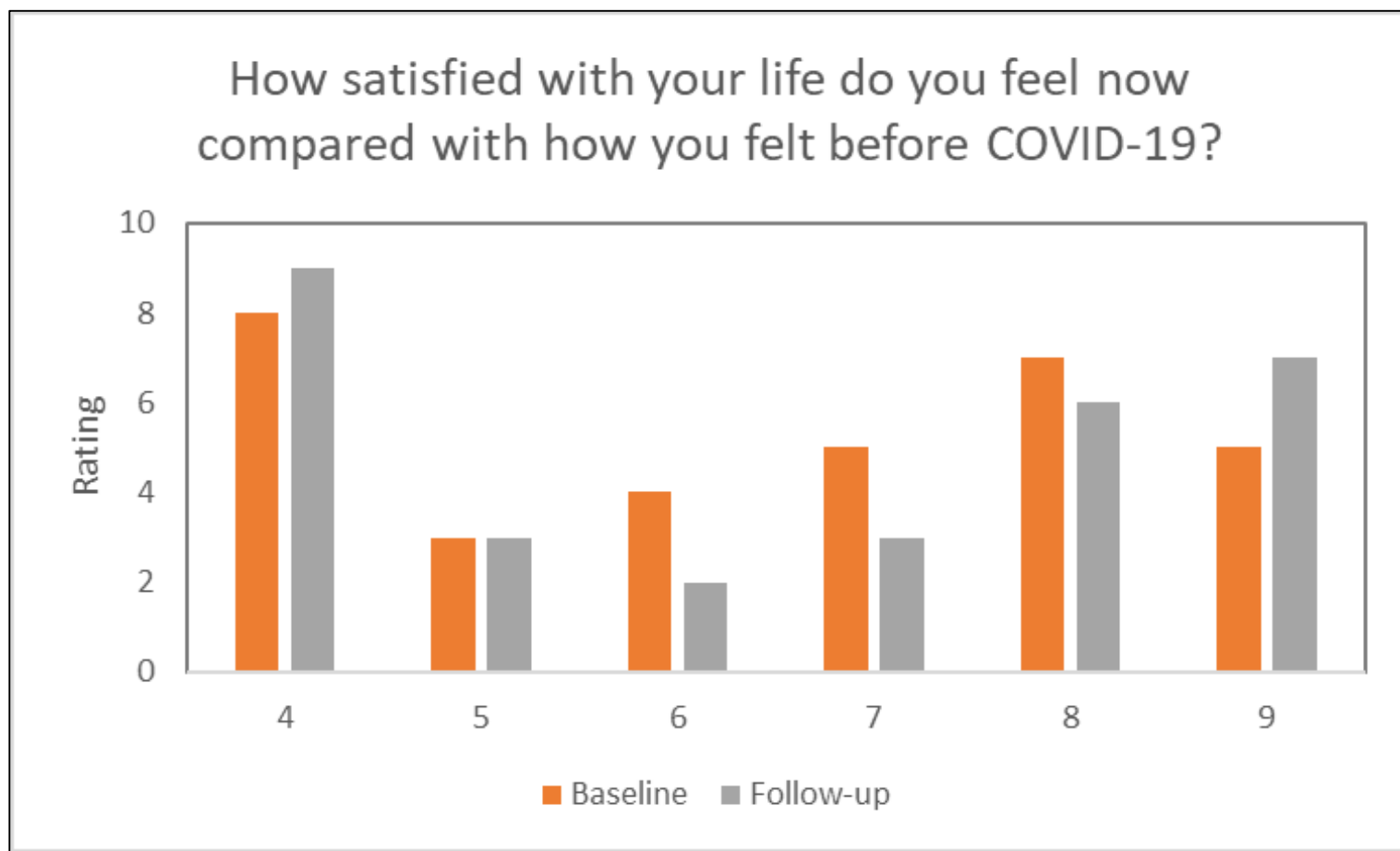
Overall, how happy did you feel yesterday?



On a scale where 0 is "not at all anxious" and 10 is "completely anxious", overall, how anxious did you feel yesterday?



# Initial findings: Wellbeing scores



# Initial findings

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# Initial findings: Loneliness

- Constraints of the pandemic.
- Lockdown reducing social contacts.
- Importance of contact online/on the telephone.
- Importance of having spouse/partner.
- Difficulty of having recent bereavement.

# Initial findings: Focus group discussion with Connecting Conversations Group

## **Arts/Culture being who we are; revealing our true selves**

- Being a safe platform for expression
- Breaking down barriers
- Feeling relaxed
- Finding enjoyment
- Providing connection; with others and the world around us
- Providing distraction



# Initial findings: Interviews with adults taking part in arts activities

## **Art activity being like a lifeline during the pandemic**

- Learning something new
- Making you feel purposeful
- Having something to look forward to
- Connecting with others
- Doing something you enjoy

# Initial findings: How does taking part in arts activities impact wellbeing?

Sense of achievement

Increased confidence

Feeling supported

Experiencing enjoyment beyond the class

Freedom of expression

Improvisation

Absorption

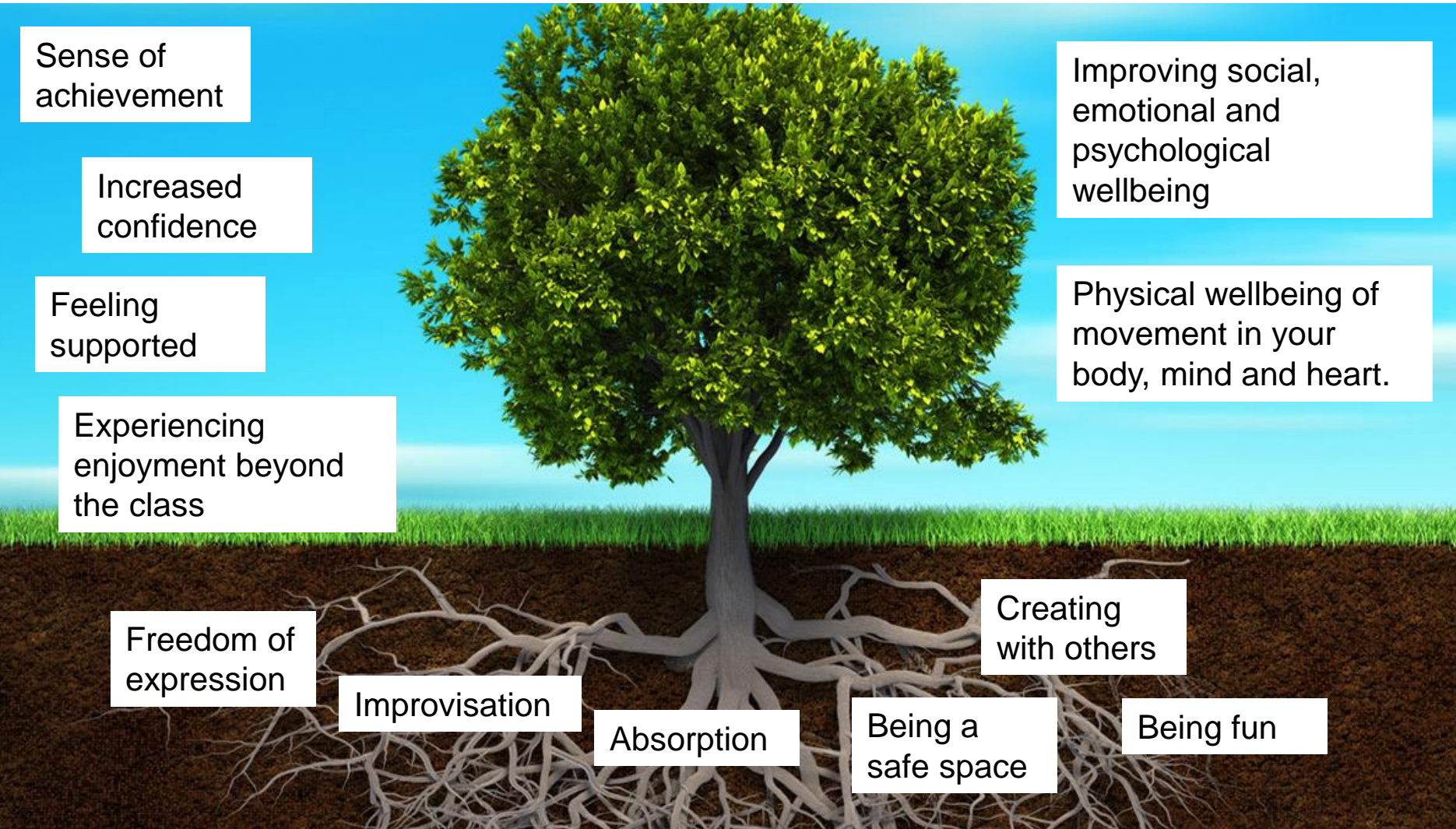
Being a safe space

Being fun

Creating with others

Improving social, emotional and psychological wellbeing

Physical wellbeing of movement in your body, mind and heart.



# Further work

- Interviews and focus group discussions with children and teenagers.
- Complete analysis.
- Write evaluation report by end of April 2021.
- Disseminate findings.

# Acknowledgements

- Susan Jessop, Creating Connections
- Carrie Washington and Kirsten Hutton, BEEE Creative
- Annie Smith and Louise White, Dacorum Borough Council
- Wendy Nurse, HAFLS
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- Amy Lazzerini, The Dan Tien
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- Caroline Stevens and Ellie Short, Herts Inclusive Theatre
- Hertfordshire Year of Culture Project team - Jo Macknezie, Nick Denham, Suzanne Rider, Liz Gore and Zhane Alexander
- All the wonderful individuals who took part in the evaluation and gave their time and chatted with me.



**thank you**