

Research examples from the

Sidney De Haan Research Centre for Arts and Health

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Singing for Wellbeing**Singing and mental health**

Aim: To assess the effect of weekly singing for people with enduring mental health issues.

Design: Longitudinal observation study with measures of mental distress and mental wellbeing at baseline, 3 and 6 months. Written and interview feedback

Intervention: Weekly singing groups led by experienced musicians.

Findings: Significant increase in wellbeing scores and decrease in mental distress scores. Participants (n=26) found the groups enjoyable and felt benefits to wellbeing and confidence.

Clift et al 2015 Singing for mental health and wellbeing, CCCU

Singing and COPD

Aim: To assess the effects for people with COPD of singing groups on lung function, quality of life (QoL) and physical and mental wellbeing.

Design: Feasibility study with measures at baseline, 5 months and 10 months

Intervention: 30 weeks of group singing led by experienced musicians

Findings: Spirometry and QoL measures improved at 10 months. Participants (n=106) reported physical, psychological and social wellbeing.

Morrison et al 2013. UNESCO Observatory Multidisciplinary Journal in the Arts 3, 3, 1-19.

Singing for older people

Aim: To evaluate effectiveness and cost-effectiveness of singing on physical and mental health of older people

Design: Randomised controlled trial with QoL measures at baseline, 3 and 6 months.

Intervention: 3 months singing in community settings. Usual activities as control.

Findings: Significant improvement in mental health. Participants (n=204) reported a variety of benefits. Evidence points to groups being cost-effective.

Coulton et al 2015. British Journal of Psychiatry, 207,3, 250-255.

Green Candle: remember to dance

Aim: To evaluate the impact of dance on people with dementia

Design: Two cohort, (n=37) repeated measures with case studies.

Intervention: One group weekly dance in community, one group twice weekly dance in hospital setting.

Findings: Dance supports QoL, functioning, motivation, creative and emotional expression, confidence social competence and overall wellbeing at different stages of dementia.

Vella-Burrows, T. & Wilson, L. 2016 Remember to Dance. CCCU.

Edna: arts and dance for older people

Aim: To evaluate a 12 week arts & dance program for older people in the community.

Design: Mixed methods pretest-posttest. Physical and psychosocial measures.

Intervention: 3 months dance and arts programme.

Findings: 38 individuals took part. Improvements in posture, shoulder mobility and balance, psychological & social benefits

Skingley et al. 2016 Working with Older People, 20, 1, 46-56.

Dance and health**Cultural value****Cultural value in coastal towns**

Aim: To investigate the value of cultural practices in 3 coastal towns undergoing regeneration.

Design: Mixed-methods, participatory action research.

Findings: Culture has an impact on health & wellbeing though this is not an explicit outcome for cultural organisations. A link between cultural engagement and social capital was expressed by participants. There are challenges for research in identifying outcomes and appropriate measures in this area of research.

Vella-Burrows et al 2014, Cultural Value and Social Capital. CCCU.

Dissemination**Other activities**

Founding co-editor of Arts & Health: an international journal for research, policy and practice from 2009

Chair of Arts & Health Specialist Interest Group, Royal Society for Public Health.

Co-editor, Oxford Textbook of Creative Arts, Health & Wellbeing, 2015.

Conference host (with SEMPRES) 2011, 2013.

Singing, Wellbeing and Health resource guides (for mental health, COPD, dementia, Parkinson's and Tips and Tactics).