

Creative Pathways to Healing: Arts-Based Therapies for Black Young People in the UK with Psychiatric Disorders

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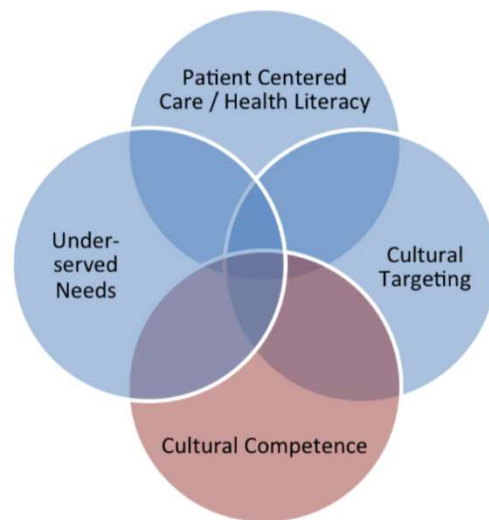


Black Mental Health Disparities

- Black British people face poorer mental health outcomes
- PTSD symptoms: 8% Black adults vs. 4% White British (NHS England, 2016)
- Psychosis: Diagnosis 6 times higher in Black adults vs White
- Common mental health issues: 29% Black British women vs. 21% White British



Cultural Competence in Healthcare



Definition:

- Providing care that respects patient diversity and cultural factors like language, beliefs, communication styles, attitudes, and behaviors.

Why It Matters:

- Cultural competence helps providers deliver effective care to patients from different cultural backgrounds.

Key Components:

- Training healthcare providers
- Adapting clinical environments
- Improving provider knowledge, attitudes, and skills

Research Question

- ▶ Can creative arts therapies offer **culturally competent** mental health support?



Phase I: Meta-Analysis

- ▶ 33 studies, 4,587 participants (ages 3-18)
- ▶ CATs reduce PTSD symptoms
- ▶ Strongest effect in African populations (Hedge's $g = 0.81$).

Creative arts-based Interventions for the improvement of PTSD symptoms in young people: a meta-analysis with a focus on non-Western populations

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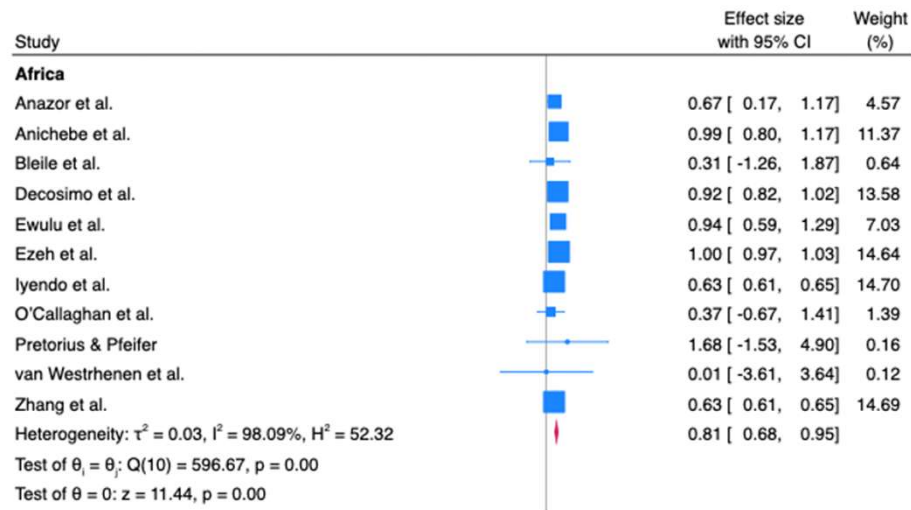
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Subgroup Analysis by Region

- Findings suggest a **greater reduction** in PTSD scores when a creative arts-based intervention was utilized within African populations



Africa has a statistically significant large effect size (Hedge's $g = 0.81$) ($n = 3,353$)

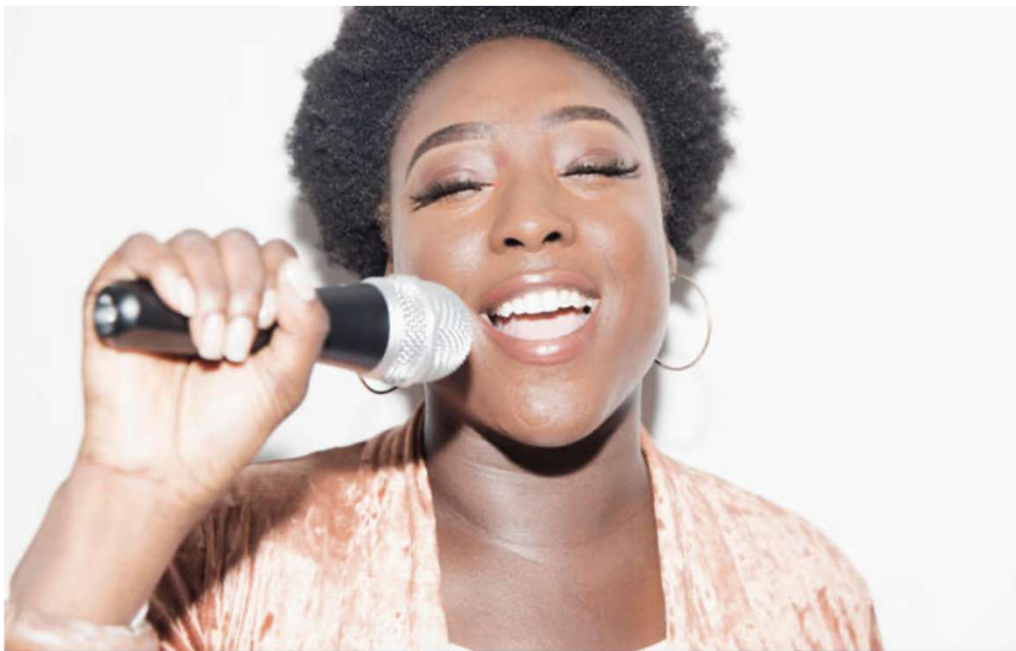
Phase II: Series of Focus Groups

Research Questions: What are the perspectives of Black young people and clinicians on using creative arts therapies as culturally competent treatments for enhancing wellbeing?



- ▶ 38 participants: 20 Black young people, 18 NHS clinicians
- Themes:
 - Value of arts therapies
 - Critiques of current clinical care
 - Cultural relevance

Experiences from Patients & Clinicians



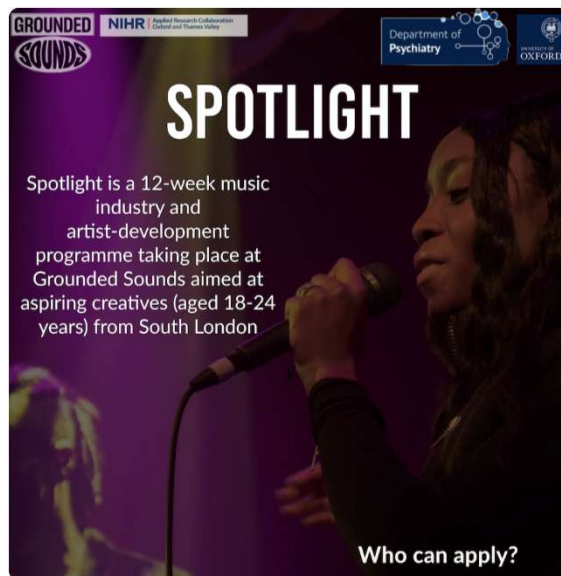
Value of art therapies

- ▶ "I feel it breaks a lot of barriers, and it's something almost every patient can really relate to, so it doesn't matter your background, your colour, or your religion."

Cultural relevancy of creative arts in Black British youth

- ▶ "It's something that's taught me something about myself and my roots."
- ▶ "I know how much art, music, and dance means to us. It's ingrained. I would love to see that happening in our services."

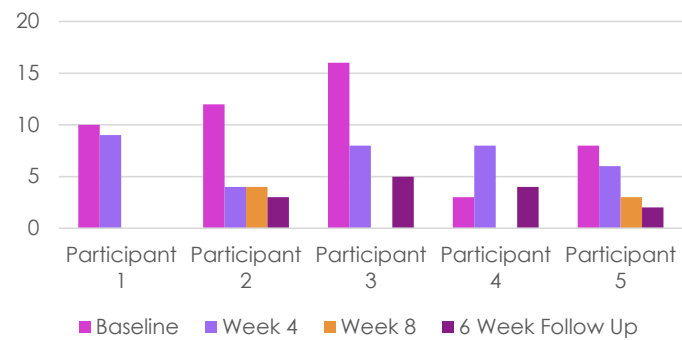
Phase III– Pilot Study



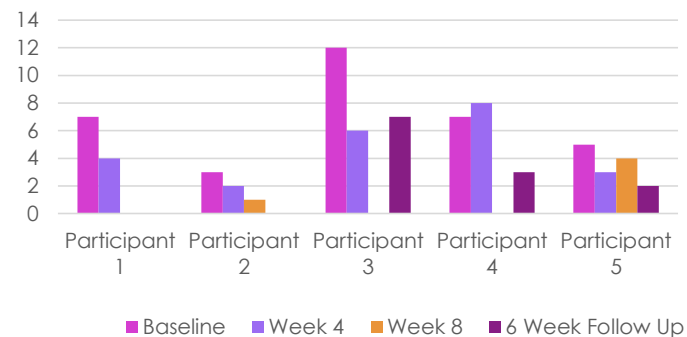
- ▶ 12-week community-based music intervention, 20 participants per cohort
 - ▶ *Grounded Sounds "Spotlight" programme*
- ▶ Tracing psychological symptoms over time (PCL-5, PHQ-8, GAD-7, SWEMBS)

Preliminary Results

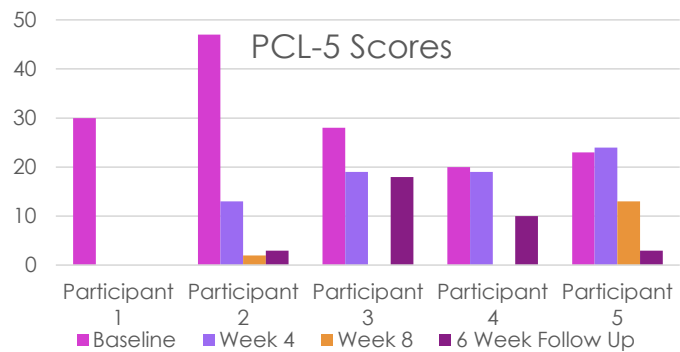
PHQ-8 Scores



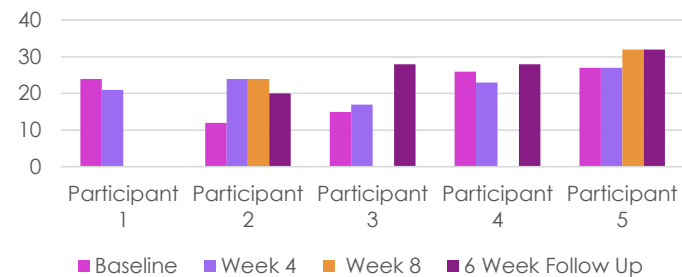
GAD-7 Scores



PCL-5 Scores



SWEMBS Scores



Key Takeaways



Creative arts therapies show promise
for Black youth's mental well-being



Community-based, culturally relevant
approaches are essential



Development of a further RCT
exploring the efficacy of creative arts
therapies and interventions for the
alleviation of psychological symptoms

Acknowledgements



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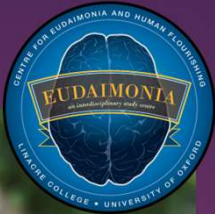
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Questions?