

Scaling-up Health-Arts Programmes: Implementation and Effectiveness Research



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NIHR | Applied Research Collaboration
South London



All-Party Parliamentary Group on
Arts, Health and Wellbeing
Inquiry Report

Creative Health: The Arts for Health and Wellbeing

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Second Edition



HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health
and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn

Aims of the programme



1. Upscale three known effective arts interventions:

- Melodies for Mums with Postnatal Depression
- Dance for Parkinson's
- Brain Odysseys

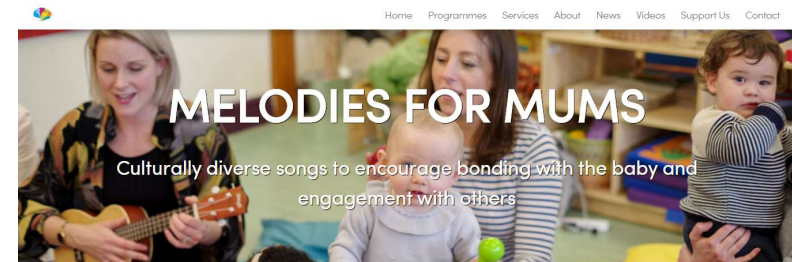
clinical
pathways
across
KHP

Clinical
Commissioning
Groups

2. Gather further evidence as to how the arts can enhance health and wellbeing in larger cohorts than previous studies allowed

Melodies for Mums

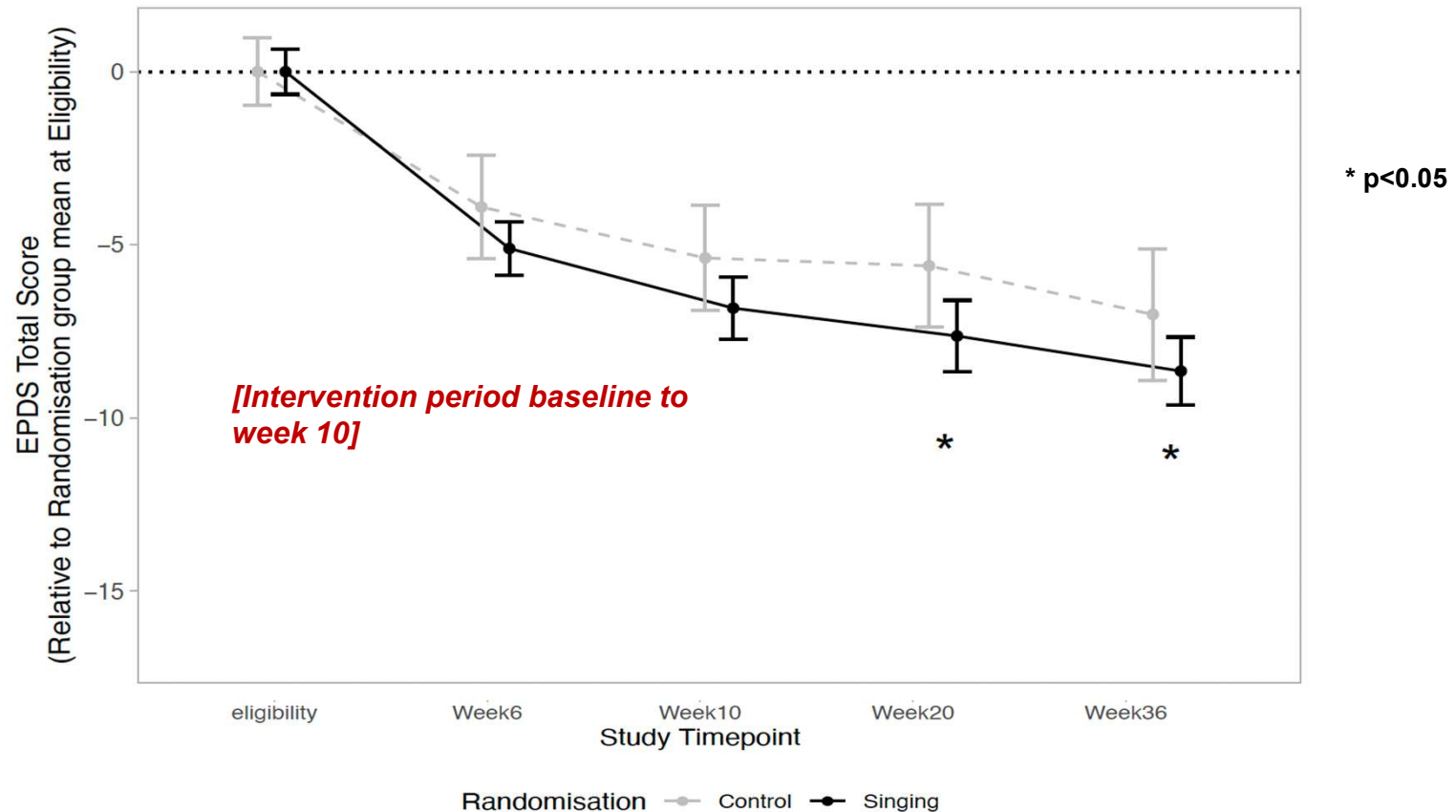
- PND affects up to 20% of new mothers
- Standard MDD treatment options come with challenge
 - Pharmacotherapy not adhered to/desired by all women
 - Psychotherapy not always efficacious
- Recent studies have found that community singing is beneficial for mental health



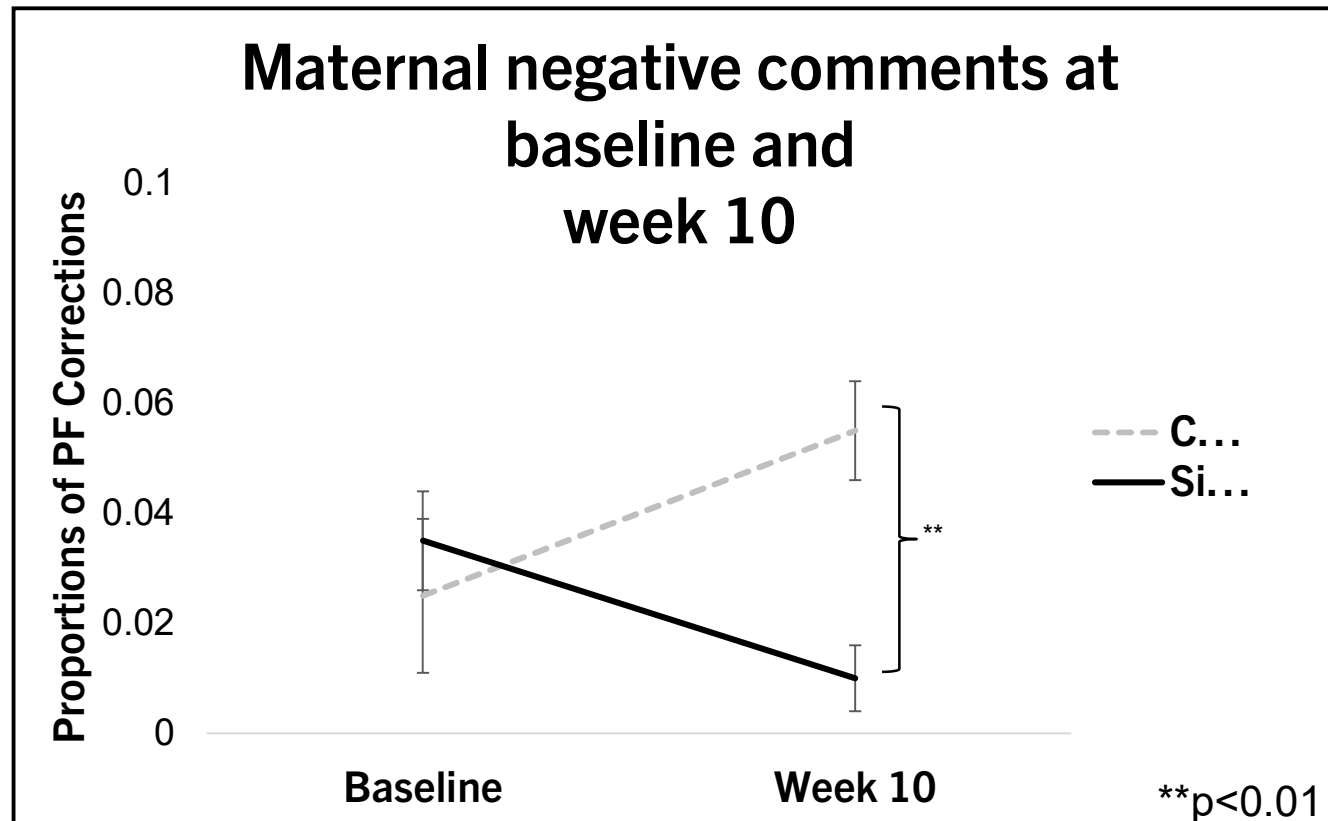
A GROUND-BREAKING NEW SERVICE FOR
MOTHERS WITH POST-NATAL DEPRESSION



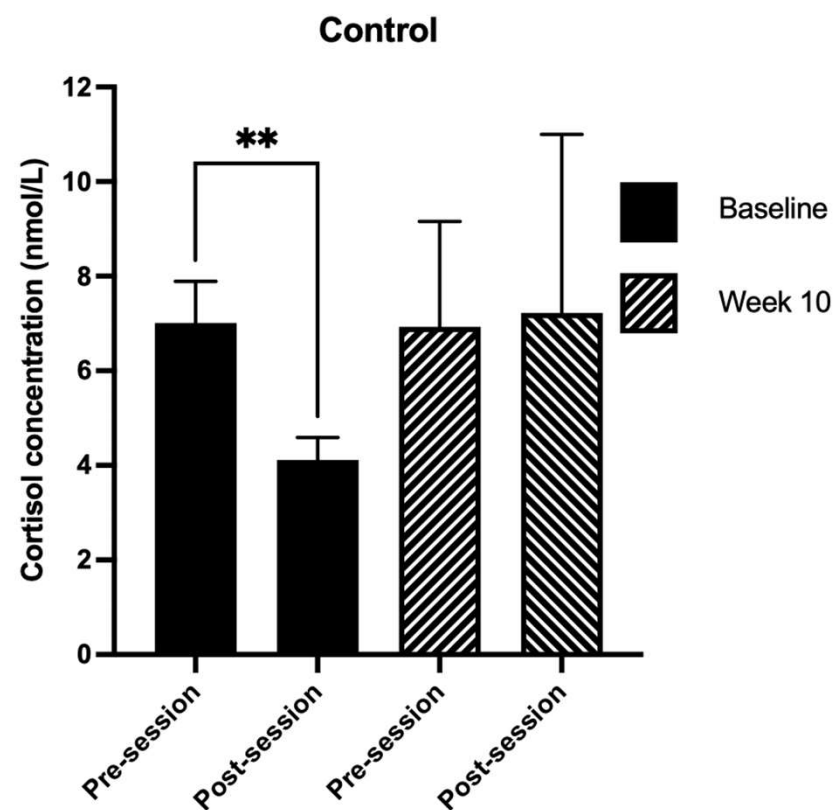
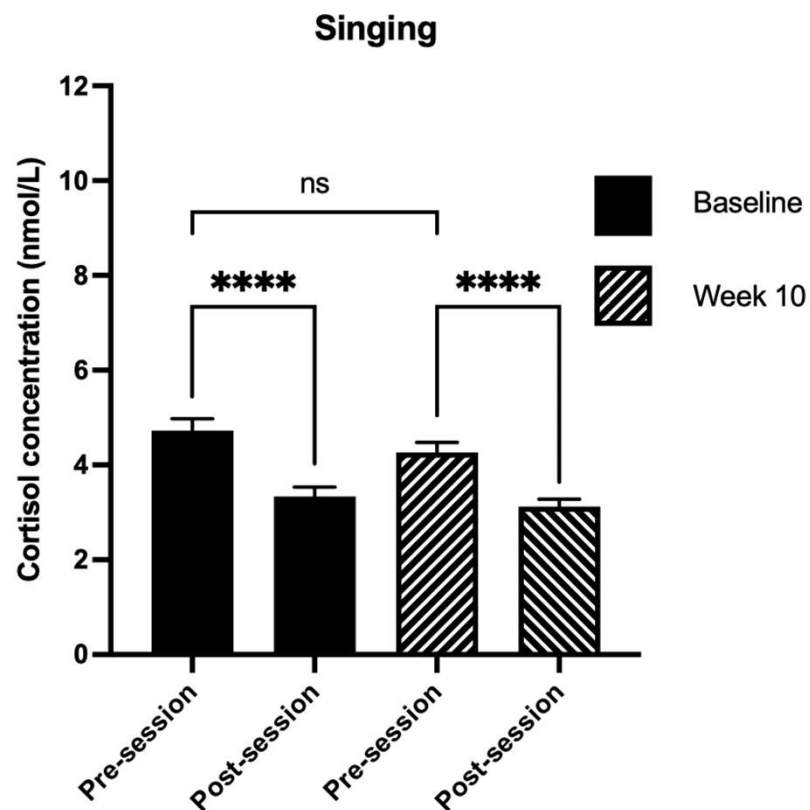
SHAPER-PND Findings: Depressive Symptoms



SHAPER-PND Findings: Maternal Negative Comments



SHAPER-PND Findings: Maternal Stress Response



English National Ballet

DANCE FOR **PARKINSON'S**

- Inspired by ENB's repertoire and artistic vision
- Delivered by trained Associate Artists & Musicians, with support from volunteers
- Recruitment: 78 participant (RCT with a 2:1 allocation) PwPs of different cultural and racial backgrounds and their carers
- Group 1 (Mild), Group 2 (Moderate), Group 3 (Advanced), Control Group
- 12 Dance sessions per group



SHAPER M4M + PD-Ballet

Qualitative Implementation Research

What are the key active “ingredients” of the melodies for mums (M4M) singing programme and PD-Ballet (Dance for Parkinson) that affected its perceived acceptability, feasibility and appropriateness?

Qualitative semi-structured interviews with M4M and PD-Ballet participants and professional stakeholders (> 60 interviews)

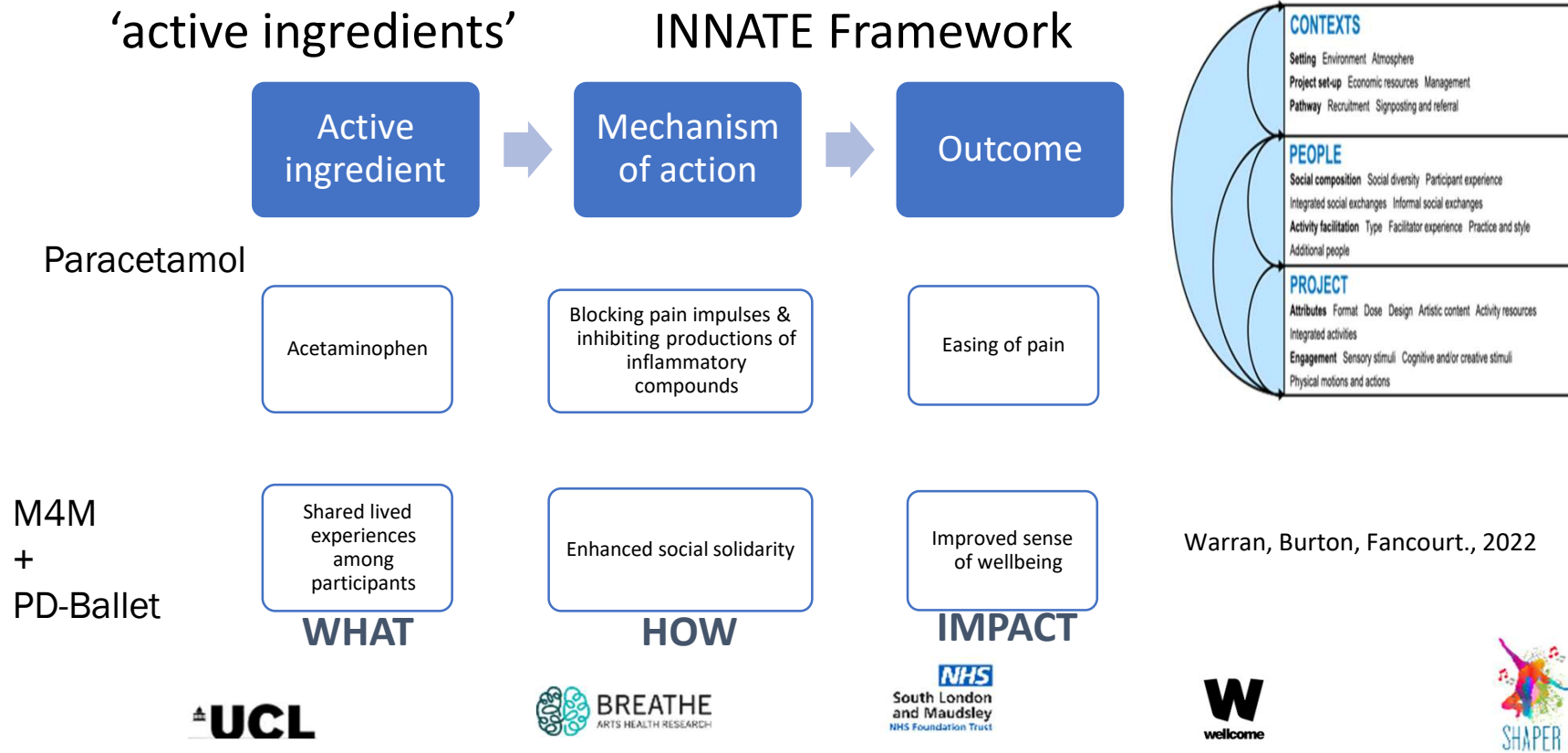


Open access Protocol
BMJ Open Study protocol: randomised controlled hybrid type 2 trial evaluating the scale-up of two arts interventions for postnatal depression and Parkinson's disease

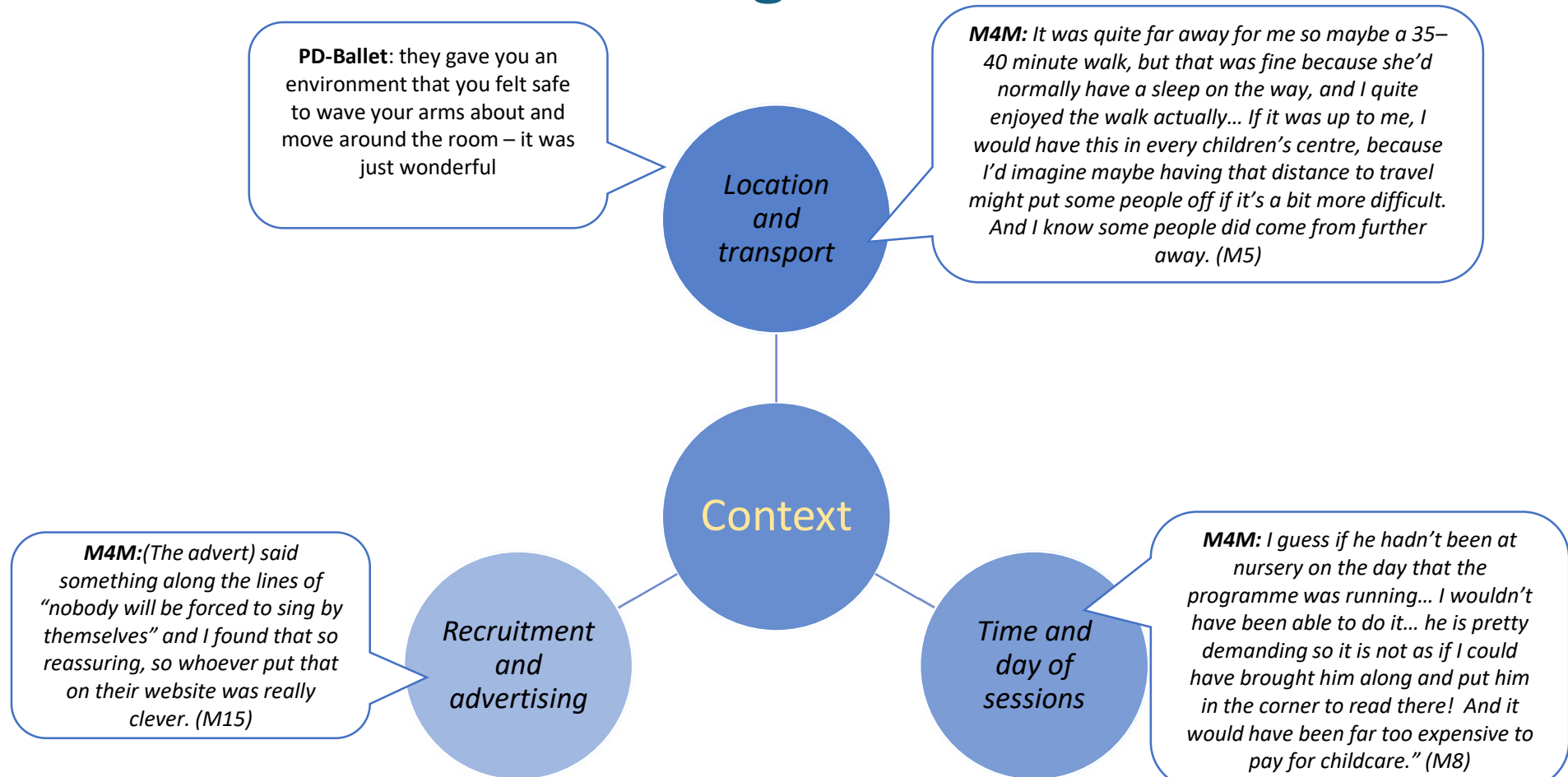
Tayana Soukup¹, Rachel E Davis¹, Maria Baldellou Lopez¹, Andy Healey¹, Carolina Esteveao², Daisy Fancourt³, Paola Dazzan², Carmine Pariante², Hannah Dye⁴, Tim Osborn⁴, Rebecca Bind², Kristi Sawyer², Lavinia Rebecchini², Katie Hazelgrove², Alexandra Burton¹, Manonmani Manoharan¹, Rosie Perkins¹, Aleksandra Podewska¹, Ray Chaudhuri¹, Fleur Derbyshire-Fox³, Alison Hartley³, Anthony Woods², Nikki Crane², Ioannis Bakolis^{1,10}, Nick Sevdalis¹



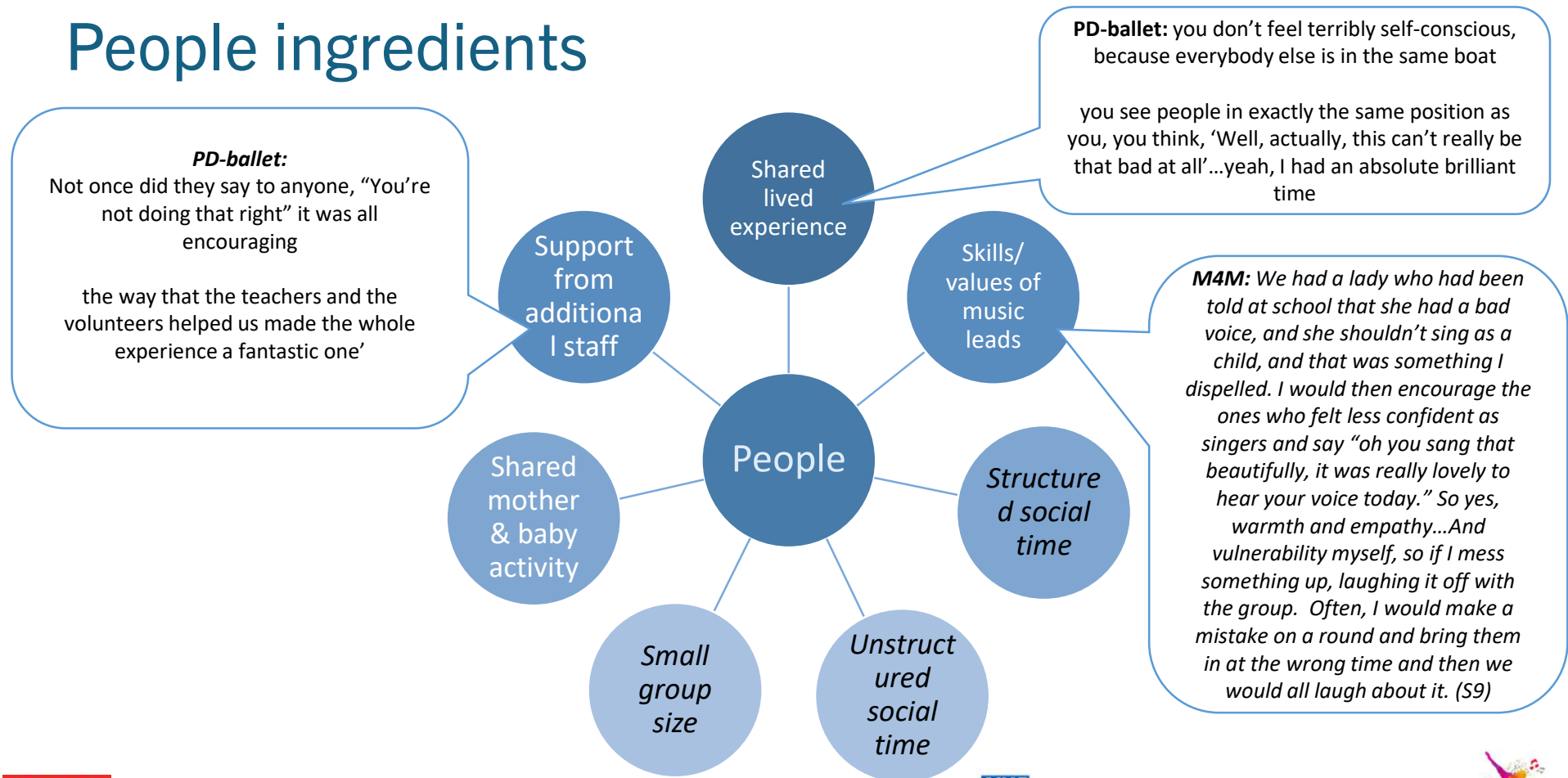
Evaluating creative health programmes



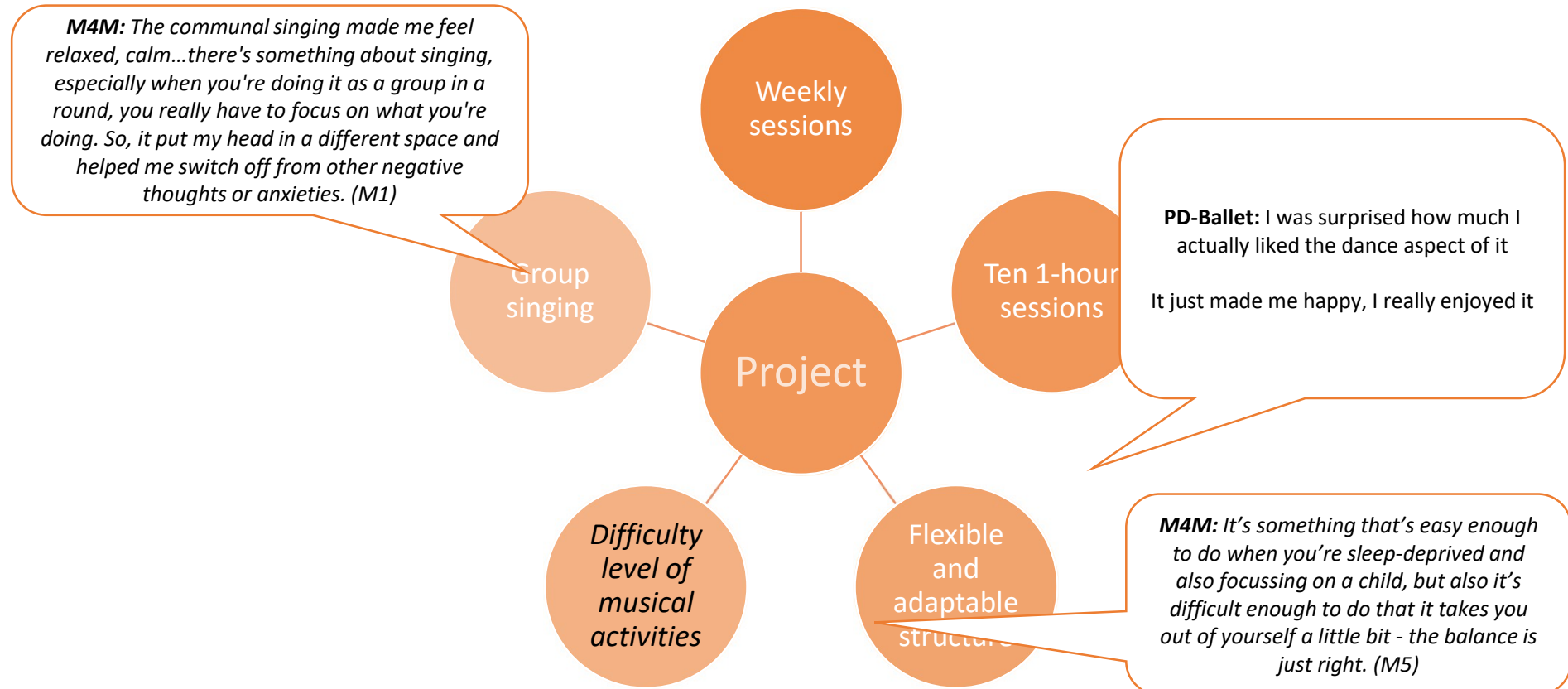
Context ingredients



People ingredients



Project ingredients



Conclusions

- M4M (vs TAU) reduced depression symptoms, stress and improved mother-child relationship

- M4M + PD-Ballet is considered acceptable, feasible and appropriate

The **‘people’** and **‘project’** M4M + PD-ballet components were identified as key ingredients for implementation success

- Implementation strategies for future roll out and spread included raising awareness of the benefits of M4M + PD Ballet and ensuring deliverers are supported

