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



Anthony Woods

Programme Manager, SHAPER

Ioannis Bakolis, Professor of Public Mental Health and Statistics, Health Service and Population Research Department, Institute of Psychiatry, Psychology and Neuroscience King's College London

















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

Creative Health:

The Arts for

Health and Wellbeing

July 2017

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



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

clinical
pathways Commissioning
across Groups
KHP

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



Melodies for Mums

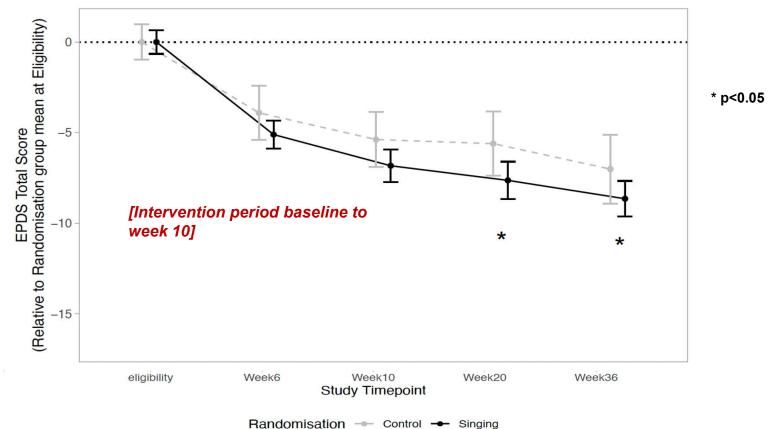
- PND affects up to 20% of new mothers
- Standard MDD treatment options come with challenge
 - Pharmacotherapy not adhered to/desired by all women
 - Psychotherapy not always efficacious
- Recent studies have found that community singing is beneficial for mental health



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



SHAPER-PND Findings: Depressive Symptoms







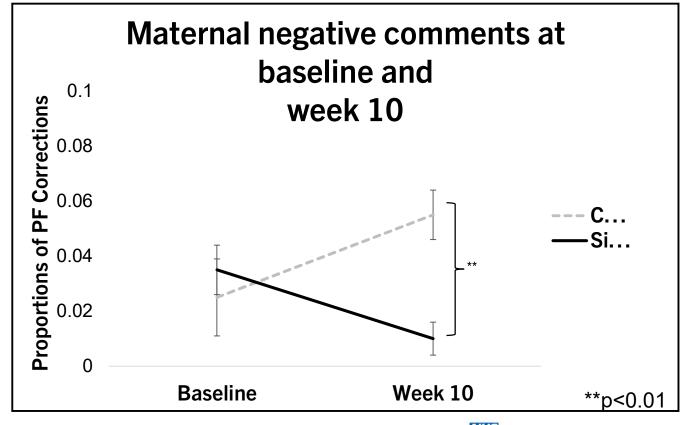








SHAPER-PND Findings: Maternal Negative Comments







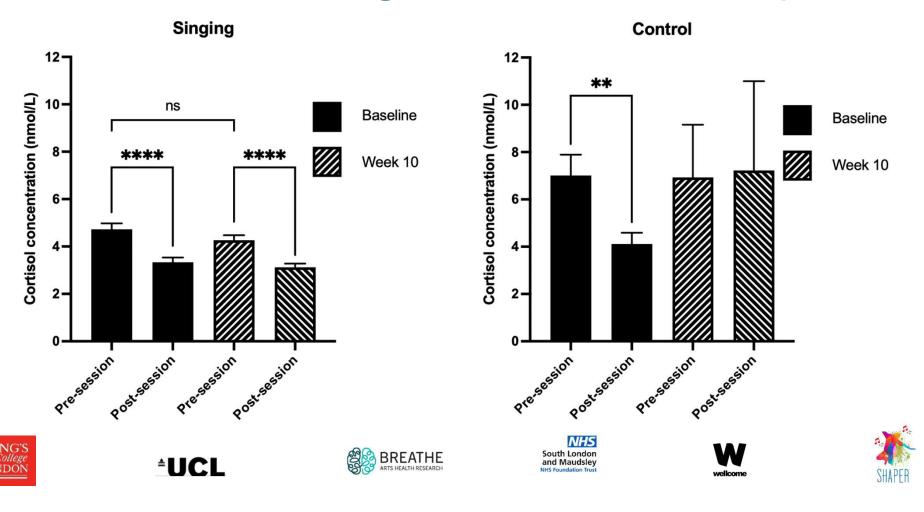








SHAPER-PND Findings: Maternal Stress Response



II 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

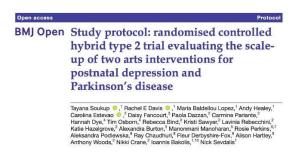


SHAPER M4M + PD-Ballet Qualitative Implementation Research

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)











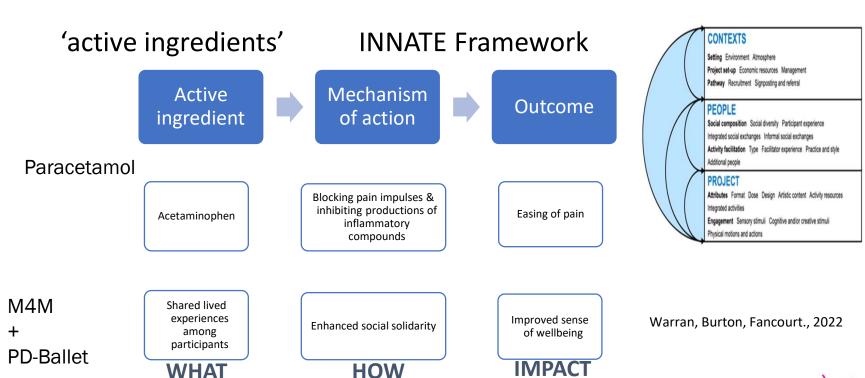








Evaluating creative health programmes



















Context ingredients

PD-Ballet: they gave you an environment that you felt safe to wave your arms about and move around the room – it was just wonderful

Location and transport

Context

M4M: It was quite far away for me so maybe a 35–40 minute walk, but that was fine because she'd normally have a sleep on the way, and I quite enjoyed the walk actually... If it was up to me, I would have this in every children's centre, because I'd imagine maybe having that distance to travel might put some people off if it's a bit more difficult. And I know some people did come from further away. (M5)

M4M:(The advert) said something along the lines of "nobody will be forced to sing by themselves" and I found that so reassuring, so whoever put that on their website was really clever. (M15)

Recruitment and advertising

Time and day of sessions

South London and Maudsley M4M: I guess if he hadn't been at nursery on the day that the programme was running... I wouldn't have been able to do it... he is pretty demanding so it is not as if I could have brought him along and put him in the corner to read there! And it would have been far too expensive to pay for childcare." (M8)











People ingredients

PD-ballet:

Not once did they say to anyone, "You're not doing that right" it was all encouraging

the way that the teachers and the volunteers helped us made the whole experience a fantastic one' **PD-ballet:** you don't feel terribly self-conscious, because everybody else is in the same boat

you see people in exactly the same position as you, you think, 'Well, actually, this can't really be that bad at all'...yeah, I had an absolute brilliant time

Skills/ values of music leads

People Structure d social time

Small ured social time

BREATHE

Shared

lived

experience

Support

from

additiona

I staff

Shared

mother

& baby

activity

South London and Maudsley told at school that she had a bad voice, and she shouldn't sing as a child, and that was something I dispelled. I would then encourage the ones who felt less confident as singers and say "oh you sang that beautifully, it was really lovely to hear your voice today." So yes, warmth and empathy...And vulnerability myself, so if I mess something up, laughing it off with the group. Often, I would make a mistake on a round and bring them in at the wrong time and then we would all laugh about it. (S9)

M4M: We had a lady who had been









Project ingredients

M4M: The communal singing made me feel relaxed, calm...there's something about singing, especially when you're doing it as a group in a Weekly round, you really have to focus on what you're sessions doing. So, it put my head in a different space and helped me switch off from other negative thoughts or anxieties. (M1) PD-Ballet: I was surprised how much I actually liked the dance aspect of it Ten 1-hour Group It just made me happy, I really enjoyed it sessions Project **M4M:** It's something that's easy enough Difficulty Flexible to do when you're sleep-deprived and level of also focussing on a child, but also it's musical adaptable difficult enough to do that it takes you activities out of yourself a little bit - the balance is Strucia. just right. (M5)













Conclusions

- M4M (vs TAU) reduced depression symptoms, stress and improved motherchild 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











