"DOING" CREATIVE ACTIVITIES INFLUENCE EVERYDAY LIFE - AN ACTION RESEARCH STUDY IN MENTAL HEALTH

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"Before the mental illness, I was always in front, but when I got ill, I sat there thinking: "I am not worth anything".

In the workshops and in the creative activities, I have regained what I could do before"
The hypothesis

Doing meaningful creative activities...

- plays a significant role in wellbeing – there is a relationship between self-rated wellbeing and creative activities in mental health

- influence everyday life
Creativity and Creative activities

- Creativity is defined by the assumption that all people are creative and have the potential to be creative and creativity is connected to everyday activities and therefore can be expressed through all activities.

- Any occupation may invoke creativity or possess creative dimensions, the focus of this study is particularly on the value of the creative activities as a means of creative occupation.
"Doing" creative activities influence everyday life

- Creativity-making influenced how everyday occupations is managed
- Creative activities is a therapeutic tool for promoting skills and abilities, joy in life, repairing or maintaining function and elicit positive changes in the psychosocial well-being

BEAUTIFULL YOU
Behold the dream you are in the reflection in the mirror
Behold the beautiful thoughts you send off
Listen to the sound of the little feet
Listen to the sound of little smiles like wrinckels in the skin
Behold the fairytale which takes a firm grib in your innerself
Opening the book,
Forgetting the reality for a while
Open doors which have been locked
Deliberate yourself one day!
Live your life that is reality
Dreams open roads
Aim

The aim of the study was to investigate creative activities as an intervention method within mental health, focusing on the influence on wellbeing and self-rated occupational performance.
Figur 1. The project progress, design and methodology
Setting

- The survey was conducted in the Center Therapy, the Region of Sjælland, Denmark
- The participants participate voluntarily
- 31 and 33 Participants completed baseline and follow-up respectively on COPM and WHO-5 survey
### Participants Characteristics

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Age</td>
<td>19 – 76 yrs (average 41.4; SD 16.2)</td>
</tr>
<tr>
<td>Gender</td>
<td>20 women and 11 men</td>
</tr>
<tr>
<td>Education</td>
<td>Most had no education, a short-cycle higher education or a medium-cycle higher education</td>
</tr>
<tr>
<td>Life circumstances</td>
<td>Two thirds lived alone and one third lived with others in different ways</td>
</tr>
<tr>
<td>Main Occupation</td>
<td>4 had a job – the remaining were either unemployed or retired on a pension</td>
</tr>
<tr>
<td>Status</td>
<td>29 in-patients and 2 out-patients (users)</td>
</tr>
<tr>
<td>Diagnosis; self-reportet</td>
<td>Depression/affective disorders followed by schizophrenia, borderline and anxiety</td>
</tr>
</tbody>
</table>
Datacollection Quantitative

- COPM
- WHO-5
Data collection
Qualitative

- 8 Semi-structured interviews
Quantitative analysis

Change over time

- Parametric statistics for continuous data given the assumptions were met
- Wilcoxon Signed Rank Test for other data

Correlations

- Pearson correlation analysis
Qualitative Analysis

The analysis was conducted through a manifest content analysis (Graneheim & Lundman, 2004)
# Results

**Significant**

<table>
<thead>
<tr>
<th>Outcome</th>
<th>n</th>
<th>Baseline mean</th>
<th>Follow-up mean</th>
<th>Mean change (CI)</th>
<th>T-test p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHO-5</td>
<td>33</td>
<td>39.88</td>
<td>57.58</td>
<td>17.70 (10.62 – 24.77)</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td>COPM performance</td>
<td>31</td>
<td>3.95</td>
<td>5.35</td>
<td>1.40 (0.66 – 2.13)</td>
<td>0.001</td>
</tr>
<tr>
<td>COPM satisfaction</td>
<td>31</td>
<td>3.55</td>
<td>5.60</td>
<td>2.05 (1.11 – 3.00)</td>
<td>&lt;0.0001</td>
</tr>
</tbody>
</table>

> Wilcoxon Signed Rank Test same value as T-Test

<table>
<thead>
<tr>
<th>Clinical relevant value analysis</th>
<th>n</th>
<th>Difference Clinically relevant value &gt;2,00</th>
</tr>
</thead>
<tbody>
<tr>
<td>COPM performance</td>
<td>31</td>
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</tbody>
</table>
Results
COPM baseline & follow-up
Results
WHO-5 baseline & follow-up
Correlations - Pearson correlation

Tested hypotheses

- Well-being is associated with satisfaction with and performance of everyday activities
- The length of the course over time in the Center Therapy is associated with increased well-being and better satisfaction with and performance of everyday activities
- The amount of time spent in creative activities (the Center Therapy) is associated with increased well-being and better satisfaction with and performance of everyday activities

The analyzes showed no correlation between any of the variables studied
Participants' statements about the changes from baseline to follow-up

Doing Creative Activities

- And by painting, being creative in the workshops - I believe it’s common to us all. You get peace from all the tiresome thoughts. I forget time and place - making art is like reading a good book: calmness, excitement and joy!
Participating in the social context

- You can recognize yourself in others, right? Seeing things in a different perspective, you can see your own situation in a slightly different light.
Worklike content and structure

- *It's not just “hygge” (cosiness) - I will produce something that I can sell – serious work - my children say, "Are you going to work today?“*
Being an artist and myself

- Art has been integrated in me, in my way of acting - I feel satisfied with it's integration into my work and personality
Other treatments

- *I feel better [...] partly due to medicine, and due to structuring my everyday life and doing something creative*
The private life

- I have joined a rowing club with a friend, have a good time socially and my new girlfriend makes me happy
Conclusions

Newly referred in-patients’ and users’ participation in creative activities

- improved the performance of and satisfaction with everyday activities (COPM)
  - satisfaction above the 2.0 cut-off value of clinical relevance
- improved the participants’ wellbeing (WHO-5) over a period of 2-3 weeks

The participants explained the changes mainly in the doing creative activities and participation in the workshops.
Questions and thank you

**Thanks to co-researchers:**
Annemarie, Karin, Knud, Lone, Stella as well as patients, users and staff in the Center Therapy for the big effort and the illustrations of the creative activities in this presentation

**For strict and valuable supervision:**
Åse Brandt, Lene Lauge Lauge Berring,
Lena- Karin Erlandsson, Christel Leufstadius

**Financial support**
Professionshøjskolen København, Region Sjælland,
Lunds Universitet Medicinske Fakultetet, Ergoterapeutforeningen, Psykiatrien
Syd Region Sjælland, Denmark

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