



the british  
psychological society  
promoting excellence in psychology

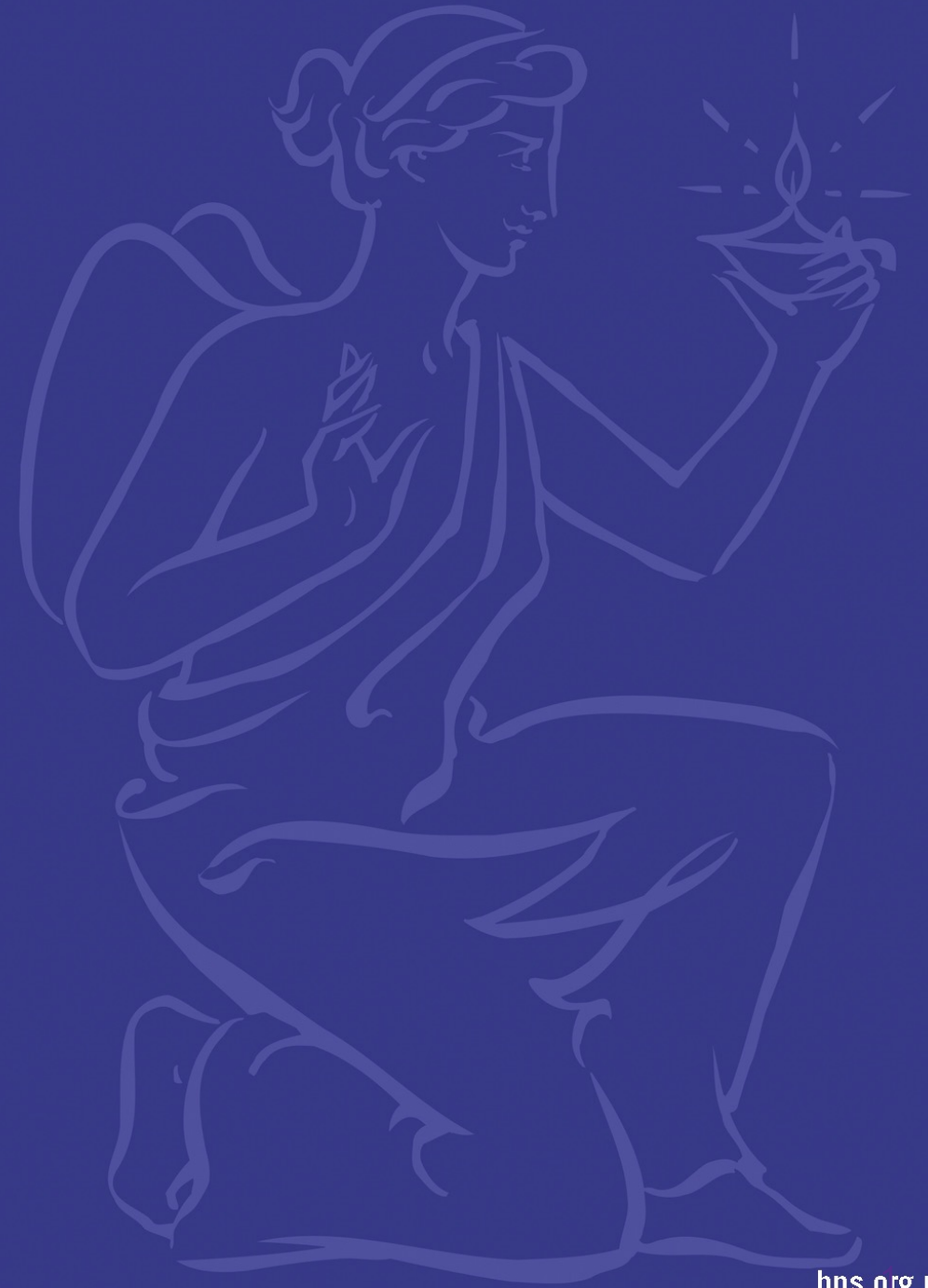
## **Dr Keri Wong**

6:40-7:20pm

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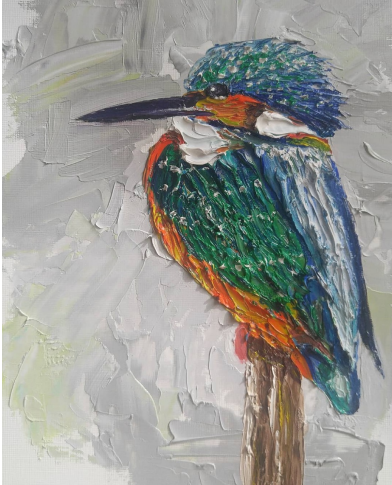
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## Psychology in the Arts





## Today

- ✓ Brief history of Arts & Health
- ✓ Definitions
- ✓ Evidence for what works
- ✓ What's next?

Today

- ✓ **Brief history of Arts & Health**

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A brief history of Arts & Health

# Healing practices as Art subject



- Dates to over 70,000 years ago
- Rock art of the San people in South Africa
- Half human hybrids are known to be healers or medicine men

A brief history of Arts & Health

# Healthy food & medical practices across cultures



Image: <https://pixabay.com/illustrations/fish-papyrus-egyptian-fishing-1173705/>

- Papyrus manuscripts from around 2000 BC on healthy food (e.g., onions, fish)
- Priest and Pharaohs undertaking healing practices
- Also, rituals traced in Ancient Greece, India, China (acupuncture/herbal medicine)



A brief history of Arts & Health

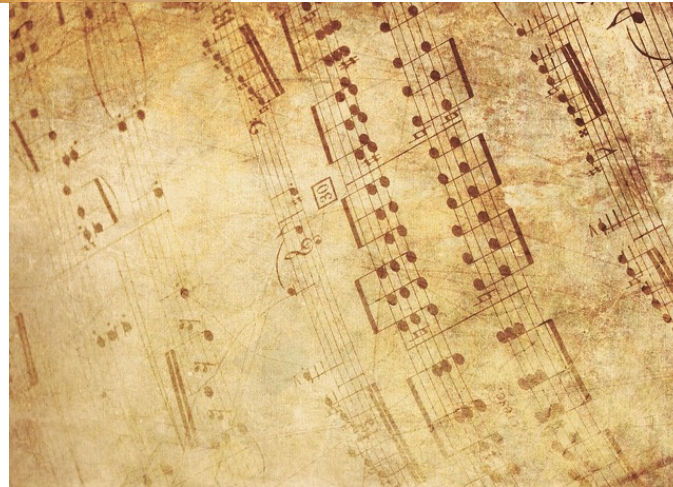
# ...healing effects of Art!



...places of  
religious  
worship



Literature,  
poetry, music,...



Literature: <https://pixabay.com/photos/book-read-old-literature-books-1659717/>

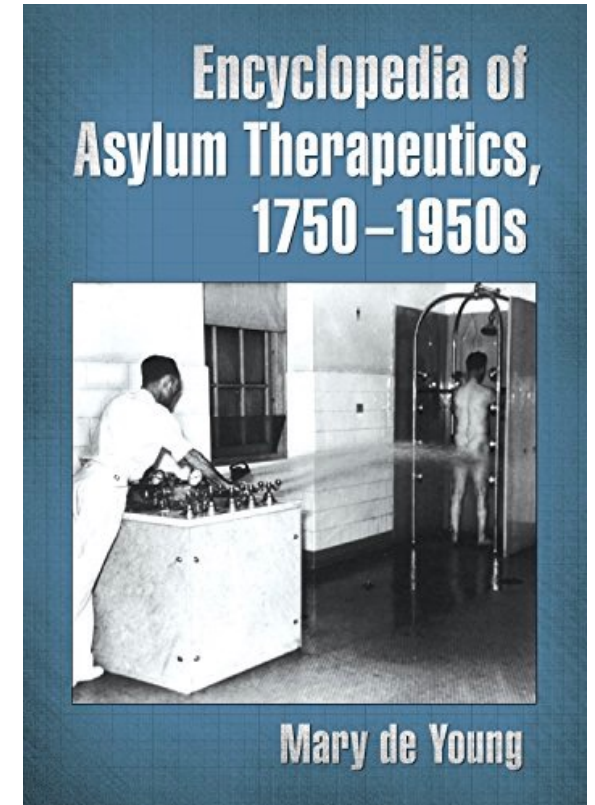
Music: <https://pixabay.com/illustrations/music-melody-old-fashioned-1363069/>

Church: <https://pixabay.com/photos/church-interiors-arches-windows-2989682/>

A brief history of Arts & Health

# 18c, 19c, 20c shifts

- More scientific, systematic (though not always more ethical!) approaches in psychiatry tested on patient populations (e.g., photography therapy, shock therapy).
- Post-WW1 shifts in attitudes towards art and the practice of medicine: arts therapies, arts-based learning, and targeted (p.19) patient programs formed



De Young, M. (2015). Encyclopedia of asylum therapeutics, 1750-1950s. McFarland.



## Today

- ✓ Brief history of Arts & Health
- ✓ **Definitions**
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## Definitions

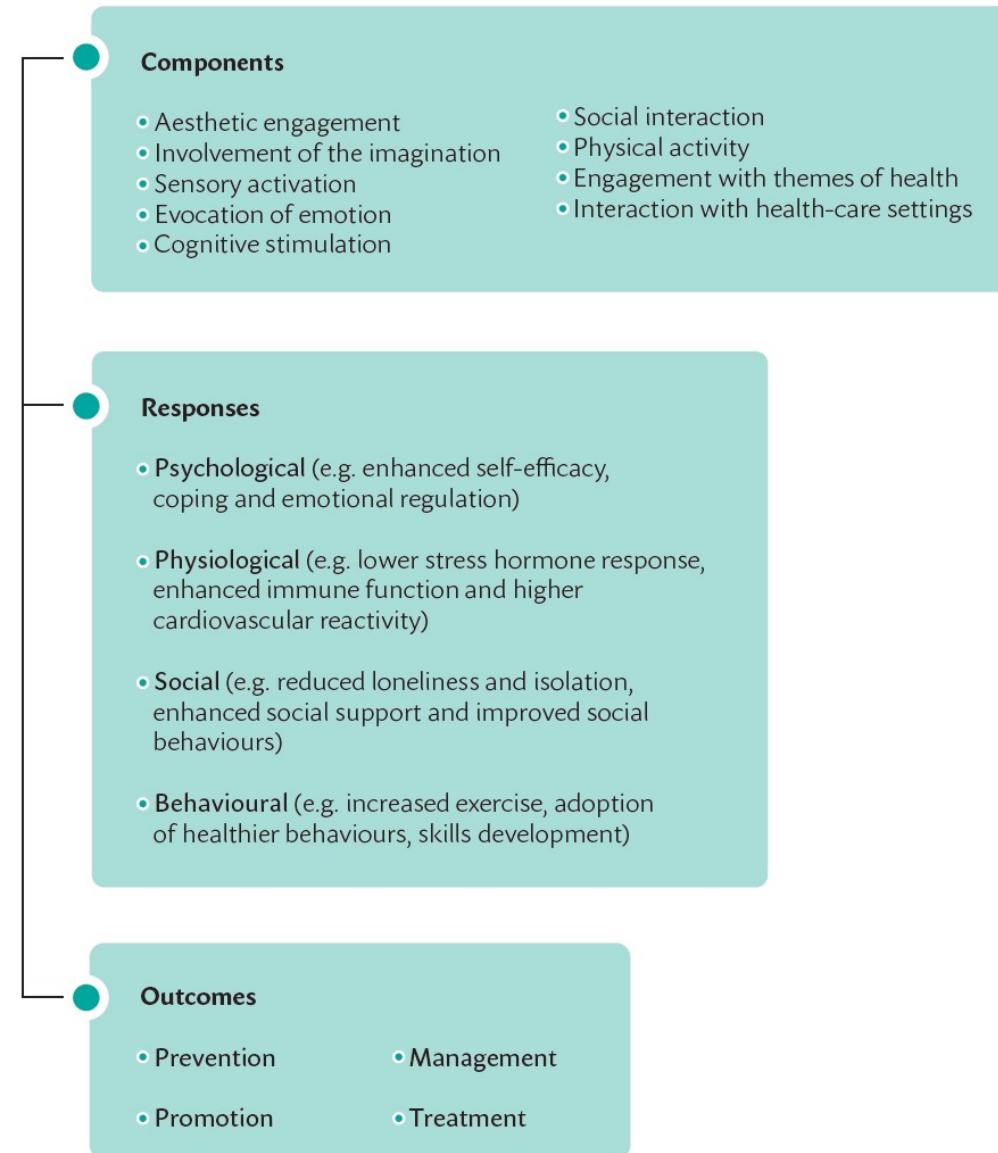
# What do we mean by **Health**?



- “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” (WHO, 1948)
- Now includes health management and palliative care
- Homeostasis



Fig. 1. A logic model linking the arts with health



# What do we mean by **Health & Arts**?



- "creative activities that aim to **improve individual or community health using arts-based approaches**, and that seek to **enhance healthcare delivery through provision of artworks or performances**" (White, 2009)
- "a range of **arts practices** occurring primarily in healthcare settings, which brings together the skills and priorities of both arts and health professionals." (Arts Council Ireland, 2010)



Definitions

# What do we mean by **Health & Arts**?



- **Performing arts**  
e.g. music, dance, theatre, singing and film
- **Visual arts, design and craft**  
e.g. crafts, design, painting, photography, sculpture and textiles
- **Literature**  
e.g. writing, reading and attending literary festivals, poetry
- **Culture**  
e.g. going to museums, galleries, art exhibitions, concerts, the theatre, community events, cultural festivals and fairs
- **Digital and electronic arts**  
e.g. animations, film-making and computer graphics

Question

# Does **Art engagement** improve health?





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# Evidence from...

1. uncontrolled pilot studies
2. case studies
3. small-scale cross-sectional surveys
4. nationally representative longitudinal cohort studies
5. community-wide ethnographies
6. randomized controlled trials from diverse disciplines

Evidence

# Music, Arts & Crafts

Individual **singing lessons compared to other social activities** → social cohesion, trust, self-perception, oxytocin levels, reduce prejudice

- Mother-infant relationships
  - 4-week 15-minute calm music < singing → decreased cortisol (stress), better emotional state (Wulff et al., 2021)
- Reduce loneliness/social isolation esp for low SES





## A Global Music Community

The Music Man Project has launched regional teaching hubs in counties across England and in every nation of the UK. It has reached communities thousands of miles away in South Africa, India, Nepal, USA and the Philippines. Regional projects are officially licenced for free, enabling them to use The Music Man Project brand and to access exclusive music, teaching resources and performance opportunities.

The Music Man Project explores how far the universal language of music can be used to free the constraints placed on people with a learning disability across the world, joining them together through song, country by country.



David Stanley, Founder of The Music Man Project

- Fosters social inclusion in patients, children with/without disabilities, inter-generations
  - [Music Man Project](#) adults with Down syndrome (Bradford, 2020)
  - Singing helps children with stutter, deaf children (Wan et al., 2010)
  - **Neurological differences** and changes between children musically trained vs not (Jaschke et al., 2013)
  - **Educational attainment** (Miendlarzewska & Trost, 2013)

- For young people and children especially in low SES neighborhoods, **group music and drama-based activities**, particularly through community centers can increase self-esteem and reduce anxiety in children and young people

Global Case Study:

- Free music education in El Sistema Venezuela classrooms (c. 1975) & 127 countries in Europe → positive social and cognitive development in children (Delgado, 2017; Heath, 2001)



# Effectiveness of arts interventions to reduce mental-health-related stigma among youth: a systematic review and meta-analysis



Shivani Mathur Gaiha<sup>1,2,3\*</sup> , Tatiana Taylor Salisbury<sup>4</sup> , Shamaila Usmani<sup>5</sup>, Mirja Koschorke<sup>4</sup>, Usha Raman<sup>6</sup>  and Mark Petticrew<sup>2</sup>

- Art-based interventions are few and far between for prisoners but generally not as good as CBT, though group-based intervention maybe more accessible and has less stigma than CBT/psychotherapy (Yoon et al., 2017)
- But 57 art interventions reduced mental-health-related stigma among youths ( $N = 41,621$ ,  $d = .28$ ) - E.g., **theatre, multiple art forms, film and role play**
- None reported negative effects or unintended negative outcomes
- Heterogeneity in session time (single vs multiple)
- (-) few studies of LiMC, school buy-in is challenging



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# What's next?

## More research on the program specification

- Which part works and why? Program duration? Specific assessments
- **Aim:** culturally diverse programs offered throughout the lifespan

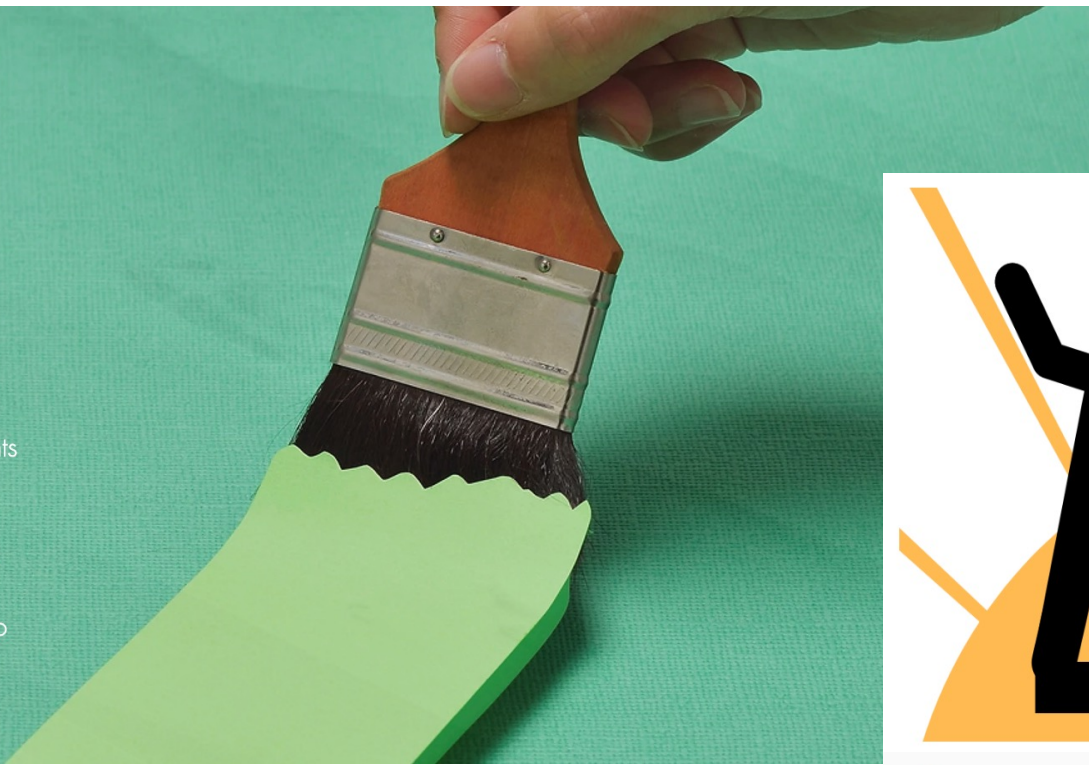
## More inter-disciplinary collaborations & public awareness

- Co-financing projects across healthcare sectors
- **Aim:** better understanding of effects on specific populations

## More arts engagement at the individual, local, national levels

- Social prescribing, inclusion of training for healthcare providers
- **Aim:** increase school buy-in, engagement, & government support

# Art during times of crisis



**ARTS**  
MENTAL HEALTH

**ARTS FOR MENTAL HEALTH**

We are a student-led non-profit that hopes to provide students who are interested in both arts and mental health the opportunity to explore, experience, and learn together. All university students (worldwide) are welcome to join our free membership in which you can participate in our creative groups, workshops, talks and join our team. Come join us to explore the power of art and boost your mental health knowledge with like-minded students!

**UCL** **ARTS** **UCL**  
MENTAL HEALTH **ChangeMakers**

**COP WELL**  
A UCL & JEdelve Study

**JAMAL EDWARDS DELVE** **UKRI** **Research England** **UCL**  
IOE – FACULTY OF EDUCATION AND SOCIETY

- Art during times of crisis – Two COVID examples

1. [COPEWELL Project](#) (Wong, 2021)
2. [ARTSMH](#) (Leung et al., 2021)
3. Green spaces/built environment & health ([BE-Well Net](#)) (Wong, 2022)



# THE BE-WELL NETWORK

UCL

UKRI

## HOW DO WE MEASURE

WELL BEING

&

THE BUILT ENVIRONMENT

## DIVERSITY IS STRENGTH;

### WHAT RESEARCH ARE YOU WORKING ON?

GREEN SPACE + CHILDREN'S MENTAL HEALTH

HEALTH & WELL BEING IN COVID-19 PANDEMIC

INTEGRATED ARTS IN HEALTHCARE SETTINGS

HARMONISING CLINICAL PROCESS & PHYSICAL LAYOUT

PHYSICAL INFLUENCES ON NEURODIVERSE CHILDREN

OBESEITY & FAST FOOD

BUG

RUG

SPACE IS AT A PREMIUM INDOORS & OUT!

ACCESS TO GREEN SPACE?

## WE CANNOT SEPARATE PHYSICAL & MENTAL SPACE

## CLIMATE CHANGE SUSTAINABILITY & eco-capability

WHAT CAN WE LEARN FROM OTHER CULTURES?

LEARN TO SPEAK THE LANGUAGE OF ACADEMIC PAPERS

QUESTIONS OF IMPOSED CULTURE & COLONIALISM ON THE ENVIRONMENT

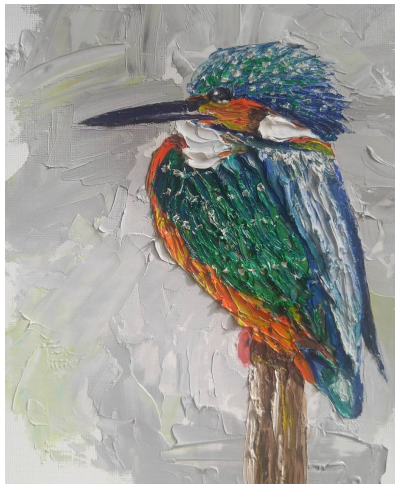
WE ARE FORTUNATE TO LIVE IN A COUNTRY WHERE WE HAVE THE RESOURCES TO EXPLORE SOLUTIONS

& EXPLAIN THE VALUES BEYOND MONEY

BREAK OUT OF YOUR SILOES!



Do the specifics matter?







the british  
psychological society  
promoting excellence in psychology

**Dr Keri Wong**

**Questions?**

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