

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



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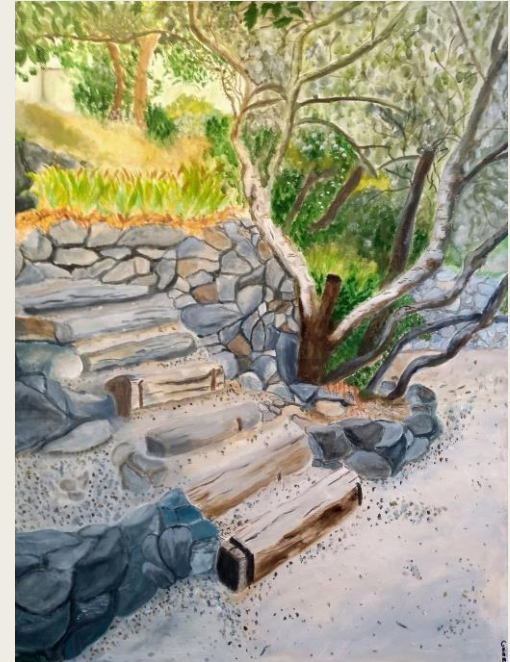
PROFESSIONSHØJSKOLEN

METROPOL

WFOT Presentation May 23rd 2018

*"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"*

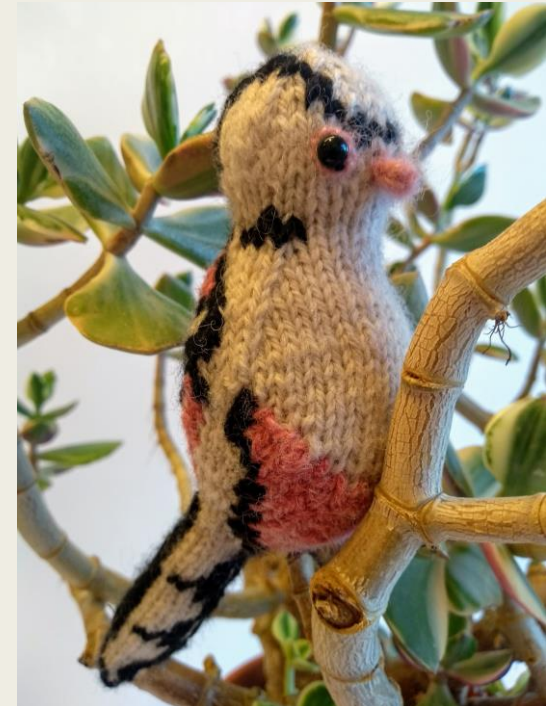


Arts and crafts in this presentation are created by patients and users in the Center Therapy

# 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**

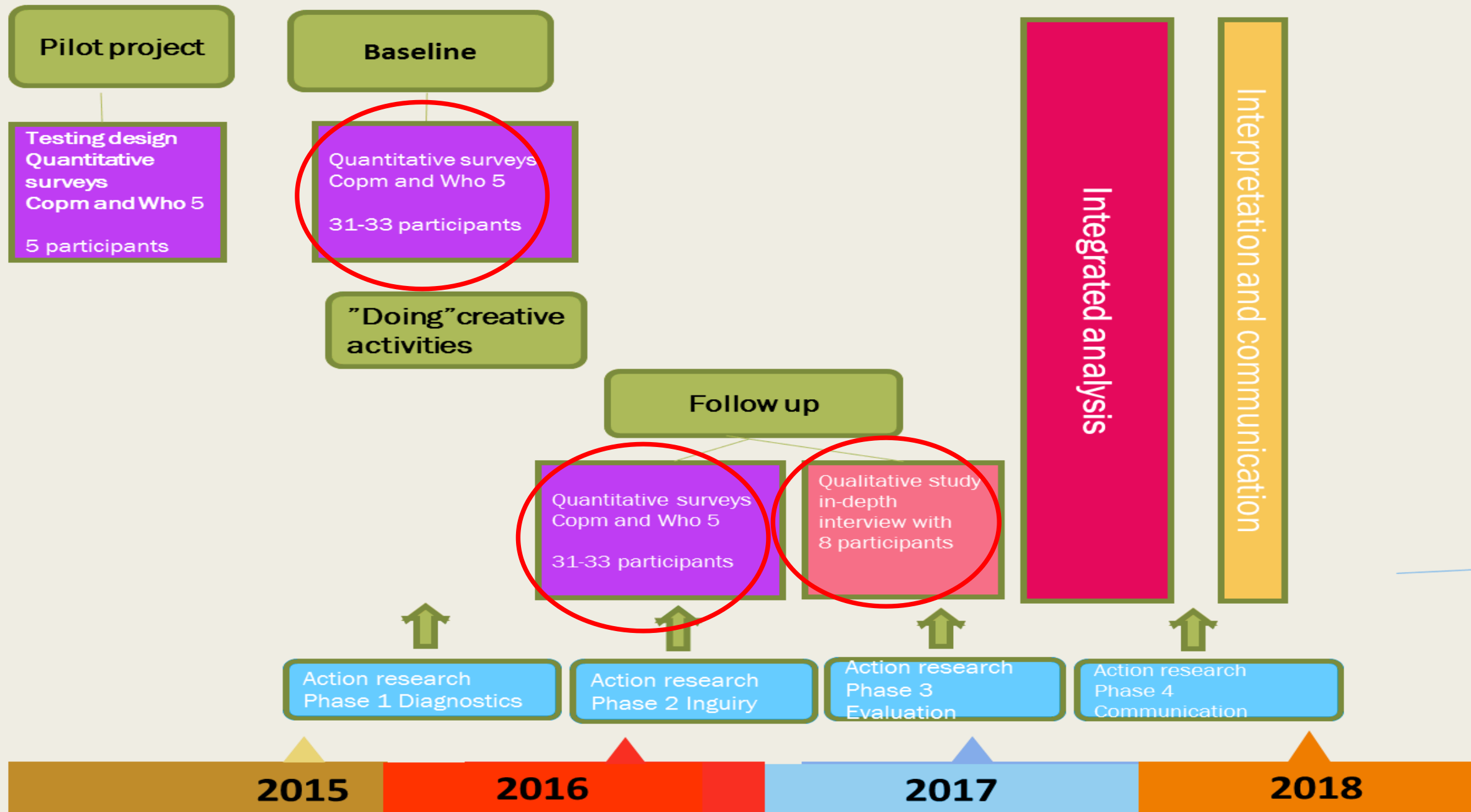
## BEAUTIFULL YOU

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 wrinkles in the skin  
Behold the fairytale which takes a firm grip 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

Age	19 – 76 yrs (average 41,4; SD 16,2)
Gender	20 women and 11 men
Education	Most had no education, a short-cycle higher education or a medium-cycle higher education
Life circumstances	Two thirds lived alone and one third lived with others in different ways
Main Occupation	4 had a job – the remaining were either unemployed or retired on a pension
Status	29 in-patients and 2 out-patients (users)
Diagnosis;self-reportet	Depression/affective disorders followed by schizophrenia, borderline and anxiety

# Datacollection Quantitative

- COPM
- WHO-5



# Datacollection

## 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

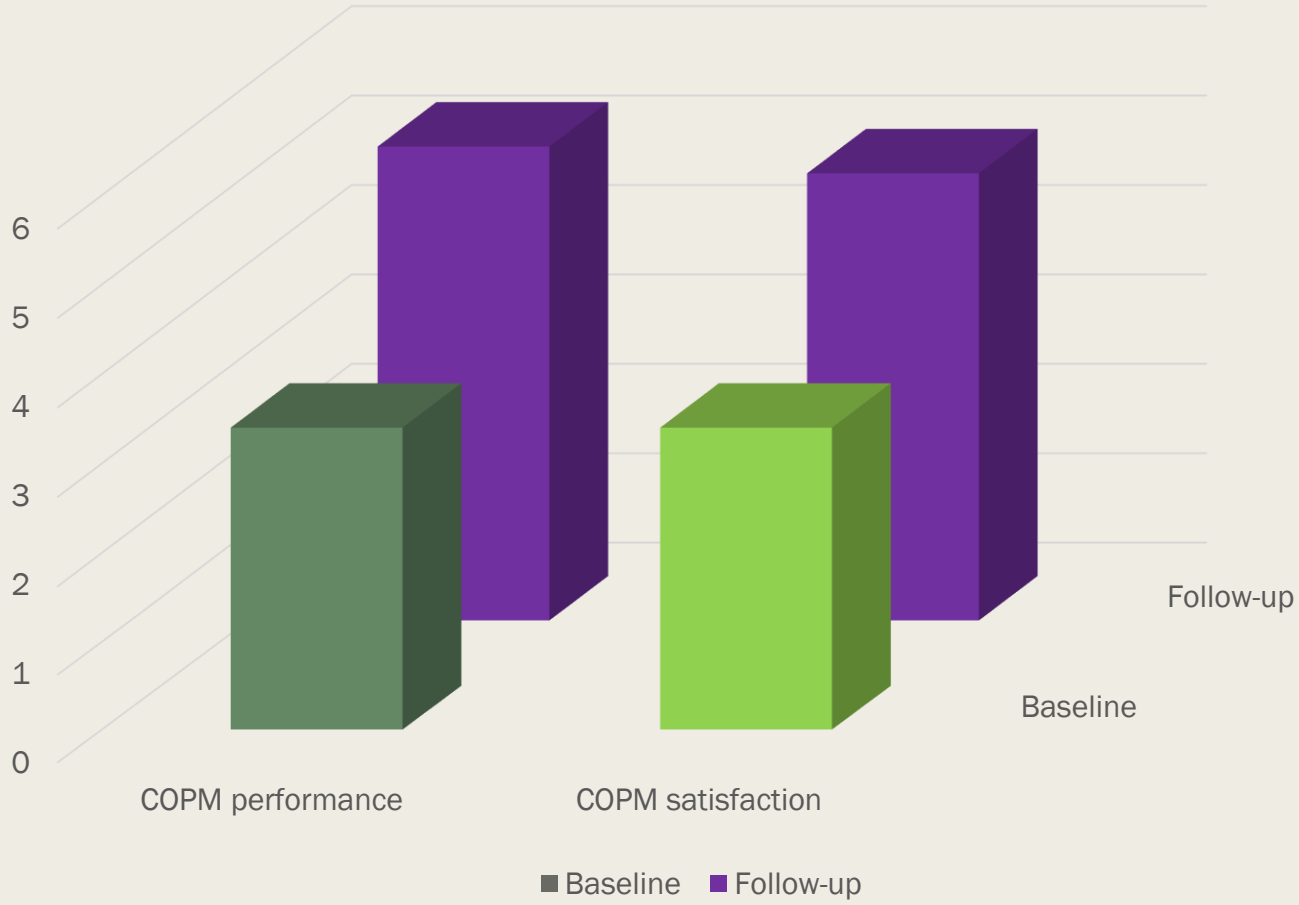
Outcome	n	Baseline mean	Follow-up mean	Mean change (CI)	T-test p-value
WHO-5	33	39.88	57.58	17.70 (10.62 – 24.77)	<0.0001
COPM performance	31	3.95	5.35	1.40 (0.66 – 2.13)	0.001
COPM satisfaction	31	3.55	5.60	2.05 (1.11 – 3.00)	<0.0001 <sup>α</sup>

<sup>α</sup> Wilcoxon Signed Rank Test same value as T-Test

Clinical relevant value analysis	n	Difference Clinically relevant value >2,00
COPM performance	31	1,40
COPM satisfaction	31	2,05

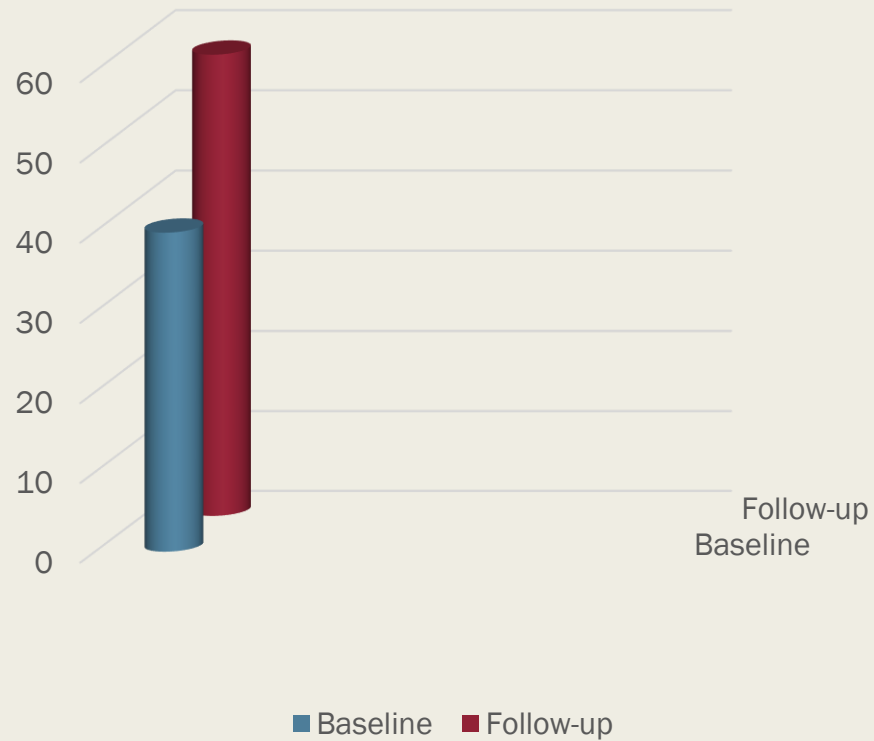
# Results

## 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

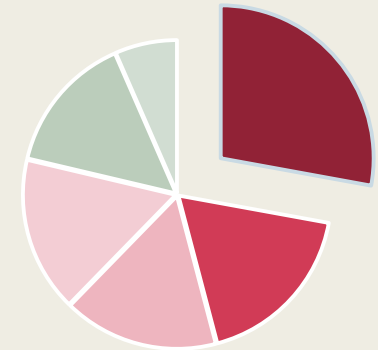
The analyzes showed **no correlation** between any of the variables studied

# Participants' statements about the changes from baseline to follow-up

## Doing Creative Activities

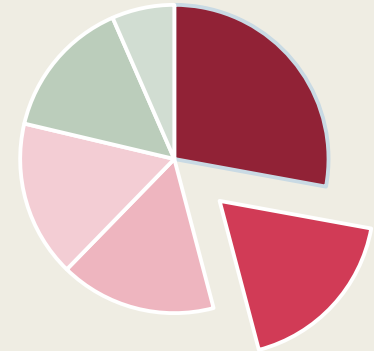
- *And by painting, being creative in the workshops - I believe it's common to us all. You get peace from all the tiresome thoughts. I forget time and place - making art is like reading a good book: calmness, excitement and joy!*

The amount of statements in the 6 themes:



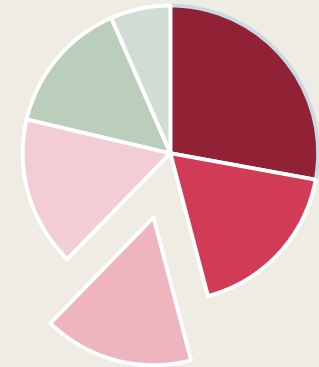
## Participating in the social context

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



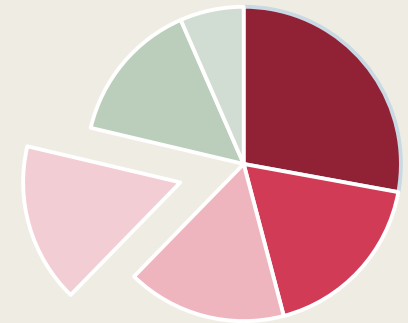
## Worklike content and structure

- *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?"*



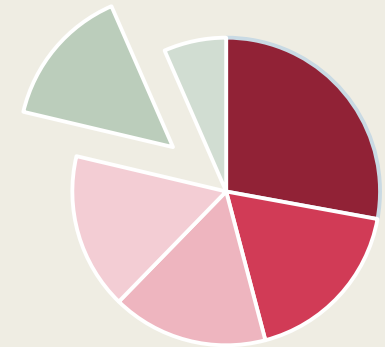
## Being an artist and myself

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



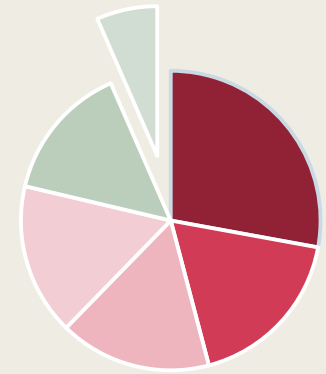
## Other treatments

- *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

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