Research examples from the
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**Singing for Wellbeing**

Singing and mental health
Aim: To assess the effect of weekly singing for people with enduring mental health issues.
Design: Longitudinal observation study with measures of mental distress and mental well-being at baseline, 3 and 6 months. Written and interview feedback.
Intervention: Weekly singing groups led by experienced musicians.
Findings: Significant increase in wellbeing scores and decrease in mental distress scores. Participants (n=26) found the groups enjoyable and felt benefits to wellbeing and confidence.
Clift et al 2015 Singing for mental health and wellbeing, CCCU

Singing and COPD
Aim: To assess the effects for people with COPD of singing groups on lung function, quality of life (QoL) and physical and mental wellbeing.
Design: Feasibility study with measures at baseline, 5 months and 10 months.
Intervention: 30 weeks of group singing led by experienced musicians.
Findings: Spirometry and QoL measures improved at 10 months. Participants (n=106) reported physical, psychological and social wellbeing.

Singing for older people
Aim: To evaluate effectiveness and cost-effectiveness of singing on physical and mental health of older people
Design: Randomised controlled trial with QoL measures at baseline, 3 and 6 months.
Intervention: 3 months singing in community settings. Usual activities as control.
Findings: Significant improvement in mental health. Participants (n=204) reported a variety of benefits. Evidence points to groups being cost-effective.

**Dance and health**

Green Candle: remember to dance
Aim: To evaluate the impact of dance on people with dementia
Design: Two cohort, (n=37) repeated measures with case studies.
Intervention: One group weekly dance in community, one group twice weekly dance in hospital setting.
Findings: Dance supports QoL, functioning, motivation, creative and emotional expression, confidence, social competence and overall wellbeing at different stages of dementia.
Vella-Burrows, T. & Wilson, L. 2016 Remember to Dance, CCCU.

Edna: arts and dance for older people
Aim: To evaluate a 12 week arts & dance programme for older people in the community.
Design: Mixed methods pretest-posttest. Physical and psychosocial measures.
Intervention: 3 months dance and arts programme.
Findings: 38 individuals took part. Improvements in posture, shoulder mobility and balance, psychological & social benefits.
Skingley et al. 2016 Working with Older People, 20, 2, 46-56.

**Cultural value**

Cultural value in coastal towns
Aim: To investigate the value of cultural practices in 3 coastal towns undergoing regeneration.
Design: Mixed-methods, participatory action research.
Findings: Culture has an impact on health & wellbeing though this is not an explicit outcome for cultural organisations. A link between cultural engagement and social capital was expressed by participants. There are challenges for research in identifying outcomes and appropriate measures in this area of research.
Vella-Burrows et al 2014, Cultural Value and Social Capital, CCCU.

Other activities
Founding co-editor of Arts & Health: an international journal for research, policy and practice from 2009
Chair of Arts & Health Specialist Interest Group, Royal Society for Public Health.
Conference host (with SEMPRE) 2011, 2013.
Singing, Wellbeing and Health resource guides (for mental health, COPD, dementia, Parkinson’s and Tips and Tactics).