

Museums for health and wellbeing: Evaluating impact

Province House,
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NOT
SO
GRIM
UP
NORTH

Why Museums?

“Museums and galleries are one of the few remaining public spaces where people can discuss, learn about, and reflect on life” (Wood 2008: 2)

- Identity, relationship-building, learning, healing
- emotional, spiritual and intellectual resources
- In UK: long history of socially-engaged practice and inclusion/access work
- Mostly free

UK Context – Museums

Growing area of practice

- ‘Museums Change Lives’
Museums Association Manifesto
(2014)
- Alliance for Museums Health
and Wellbeing established 2015
- Alliance for Culture Health and
Wellbeing (CHWA) (from April
2018)



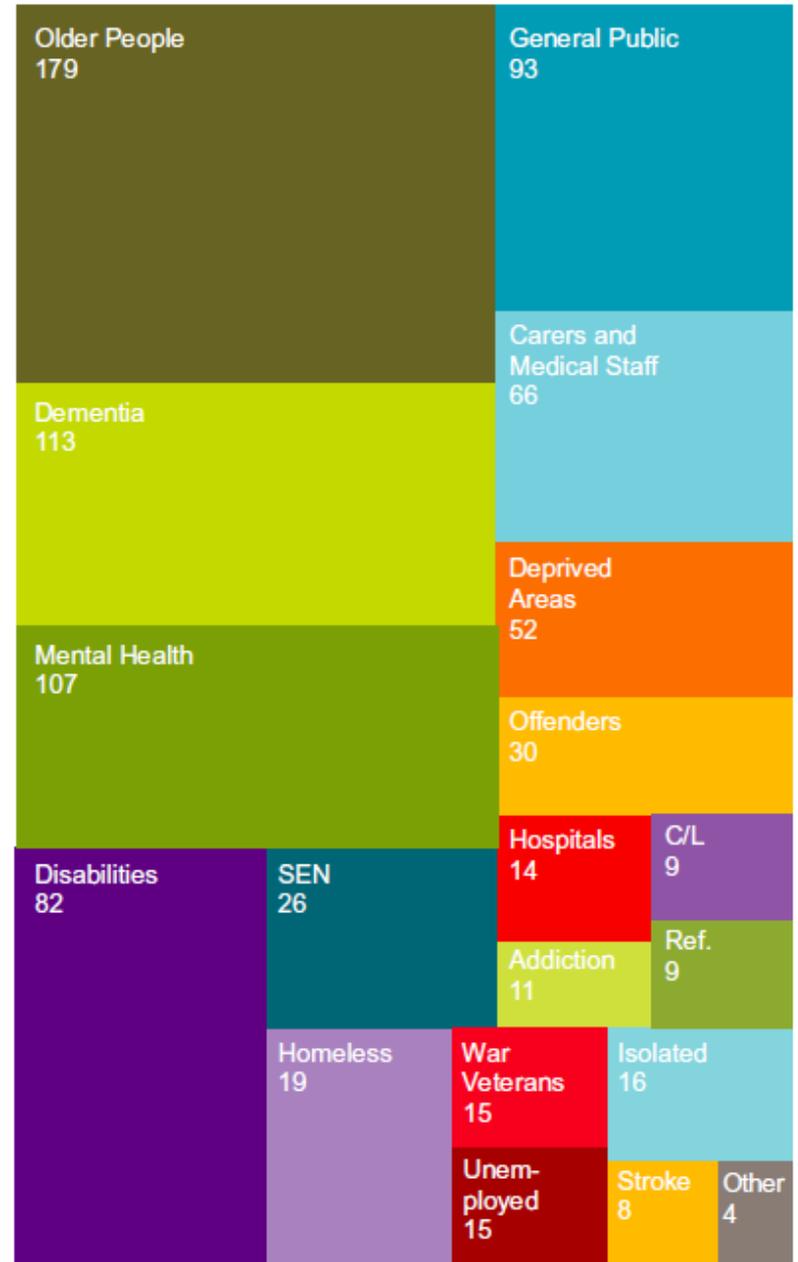


MUSEUMS FOR HEALTH AND WELLBEING

A PRELIMINARY REPORT FROM THE NATIONAL ALLIANCE
FOR MUSEUMS, HEALTH AND WELLBEING



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Research shows that museums benefit health and wellbeing through:

- positive social experiences, leading to reduced social isolation
- opportunities for learning and acquiring new skills
- calming experiences, leading to decreased anxiety
- increased positive emotions, such as optimism, hope and enjoyment
- increased self-esteem and sense of identity
- positive distraction from clinical environments, including hospitals and care homes
- increased communication between families, carers and health professionals (Source: Chatterjee and Noble, 2013)

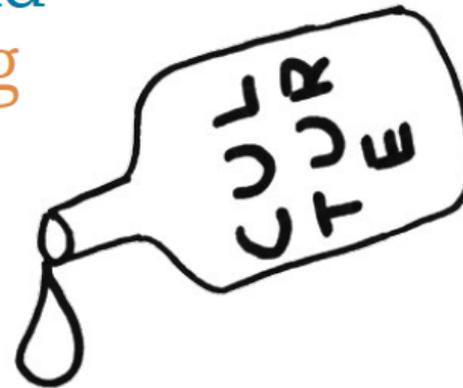
Studies now suggest that attending and participating in arts and culture has a beneficial impact upon mental wellbeing and upon chronic diseases such as cancer, heart disease, dementia and obesity, with knock on effects for life expectancy. (Source: Creative Health, 2017)

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

**Creative
Health:**
The Arts for
Health and
Wellbeing

The Short Report

July 2017



Measuring Wellbeing...?



HEALTH 2020

A European policy framework
and strategy for the
21st century



Growing International Interest

Stiglitz, Sen and Fitoussi, 'Commission on the Measurement of Economic and Social Progress' France 2009

OECD, 'Better Life Index' and Hows Life 2010

EC 'Eurostat'

WHO Europe 'Measuring wellbeing'

UN Wellbeing Event – 2 April New York 2012 'Happiness and Wellbeing'

UK – National Measuring Wellbeing Programme 2012
ONS

UK – What Works Centre for Wellbeing 2015

Measuring wellbeing?

- Wellbeing both objective and subjective
- ‘Feeling good and functioning well’

- Need for multidisciplinary approaches – arts, humanities, social science, science
- Needs for mixed-methods
- Needs to be set within cultural contexts of health

UCL Culture, Health and Wellbeing Research

Professor Helen Chatterjee



- Heritage in Hospitals (2008-2013)
- Touching Heritage (2014)
- Museums on Prescriptions (2015-2017)
- **Not So Grim Up North (2016-2018)**
- Forced Displacement and Cultural Interventions (2017-2019)

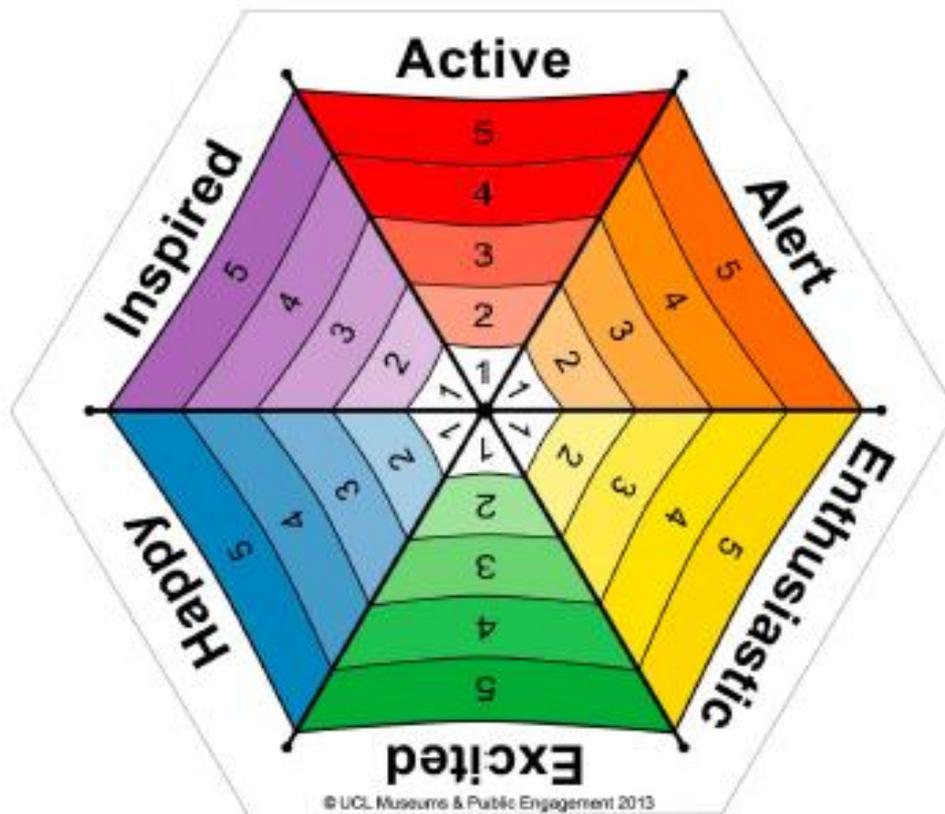
<https://culturehealthresearch.wordpress.com/>

What do we do...?

- Investigating the health and wellbeing impact of taking part in museum/heritage activities, including object handling
- Quasi-experimental studies and mixed-methods approaches (Pre-post study design and qualitative)
- Developing robust methodologies for gathering evidence.

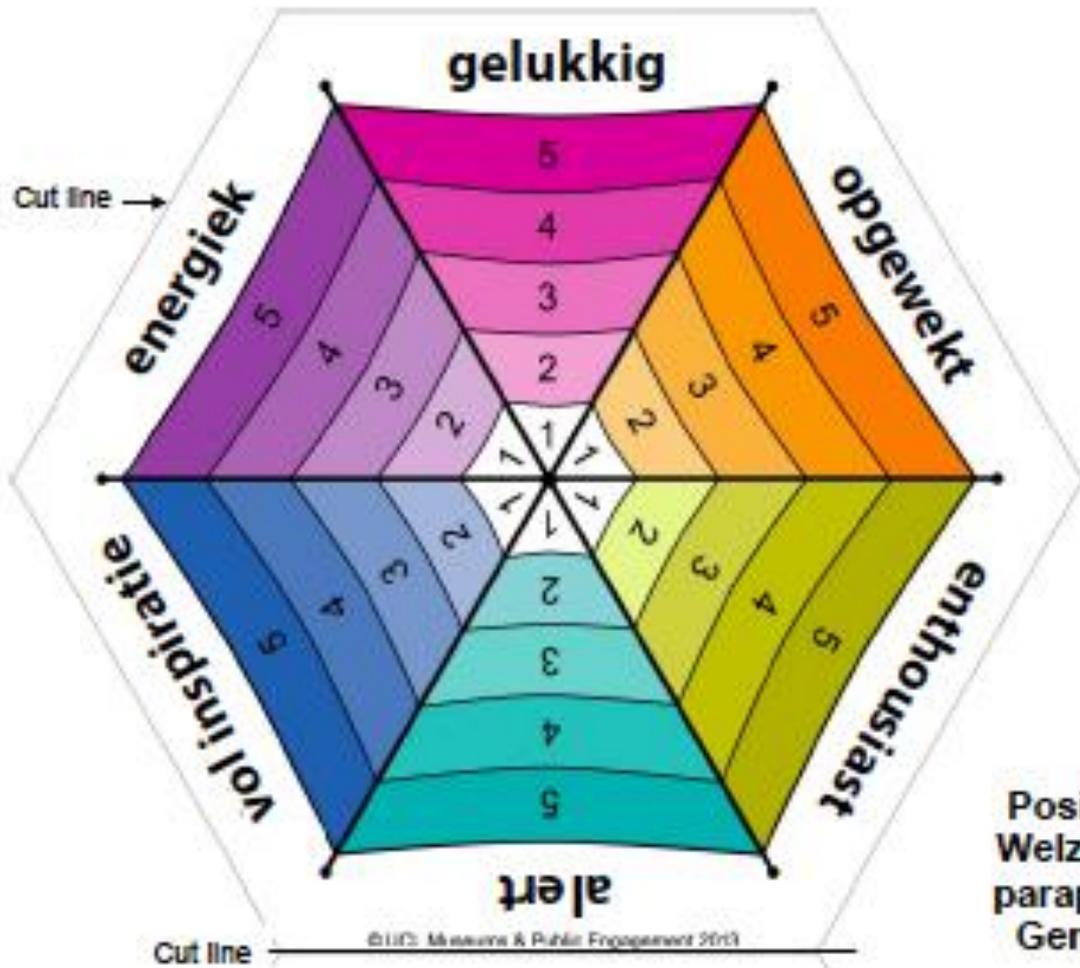
UCL Museum Wellbeing Measures

Positive Wellbeing Umbrella
Generic



<https://culturehealthresearch.wordpress.com/>

Collaborations

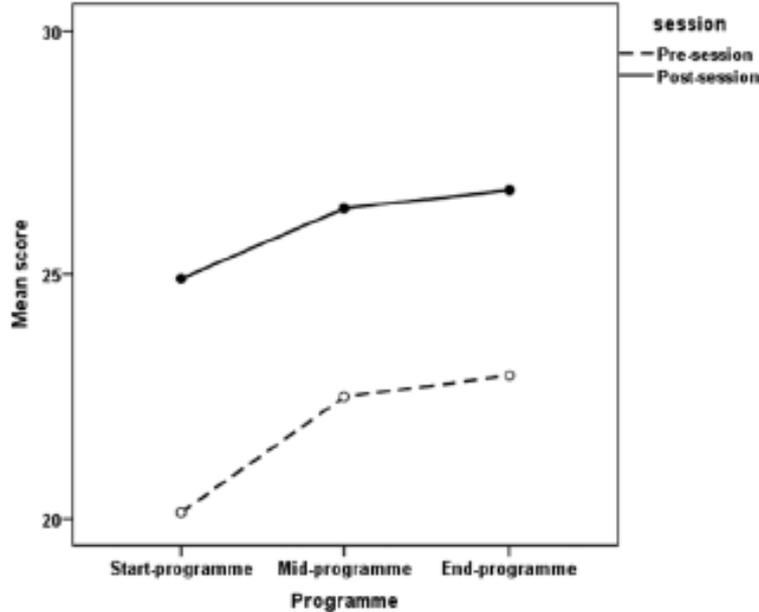


faro

Positieve
Welzijns-
paraplu -
Generiek

Figure 2

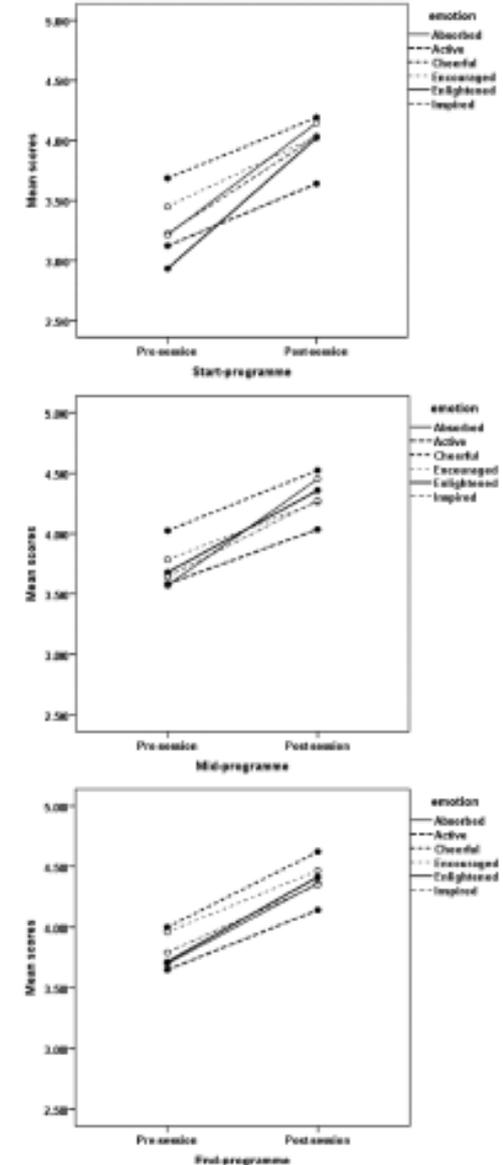
Pre-post session means across the programme



Thomson, L. J., Lockyer, B., Camic, P. M., & Chatterjee, H. J. (2017). Effects of a museum-based social prescription intervention on quantitative measures of psychological wellbeing in older adults. *Perspectives in Public Health*,

Figure 3

Pre-post session changes in emotions over programme



Not So Grim Up North: Investigating the health and wellbeing benefits of museum-based activities



Project Team

- Prof. Helen Chatterjee (PI), UCL Division of Biosciences and UCL Culture.
- Dr Nuala Morse, Whitworth Art Gallery, University of Manchester and UCL Culture
- Dr Linda Thomson, UCL Division of Biosciences and UCL Culture
- Zoë Brown, Tyne & Wear Archives and Museums
- Wendy Gallagher, Whitworth Art Gallery, University of Manchester



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Overall Project Aims

- To better understand the impacts of museum activities on health and wellbeing outcomes for:
 - older adults living with dementia in hospital settings
 - stroke rehabilitation patients in hospital settings
 - adults with mental health issues
 - stroke/ acquired brain injury survivors
- To develop a framework for evaluating museums-in-health projects with diverse audiences

Hospital Projects – 6 weeks, 1 hour

1) **Art & Culture Club**, Stroke Unit, Trafford General Hospital, Central Manchester University Hospitals NHS Trust. Stroke patients (n=5), acute stages of recovery



2) **Castleside Inpatient Dementia Unit**, Northumberland, Tyne & Wear NHS Trust. Patients with moderate-to-severe dementia and presenting with behaviours that challenge (n=14).



What we did..

- Developed protocol; gain medical ethics committee approval; gain consent
- Designed museum activities
- **Co-developed methodology** with healthcare staff [video analysis]
- Reflected on our experience with all partners.

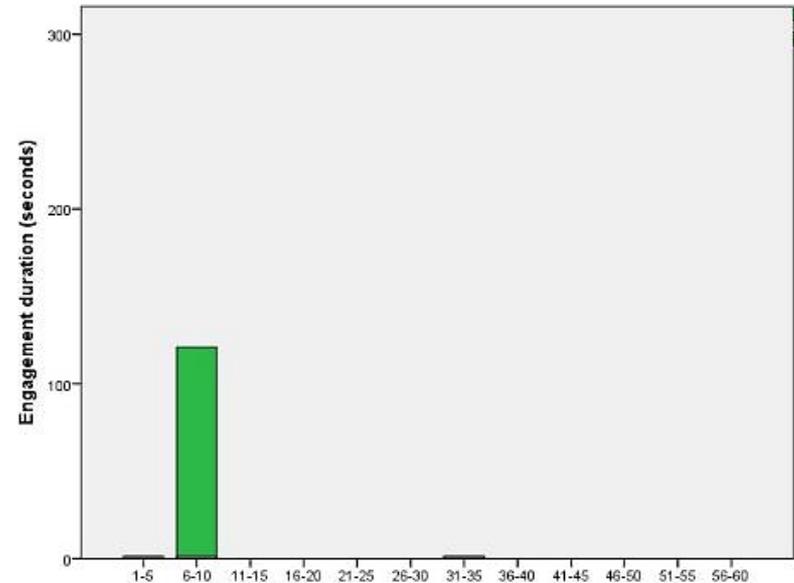
Museum Engagement Observation Tool

- Observational tool developed for systematized continuous video analysis
- Looks at 6 dimensions of engagement within a museum object handling session:

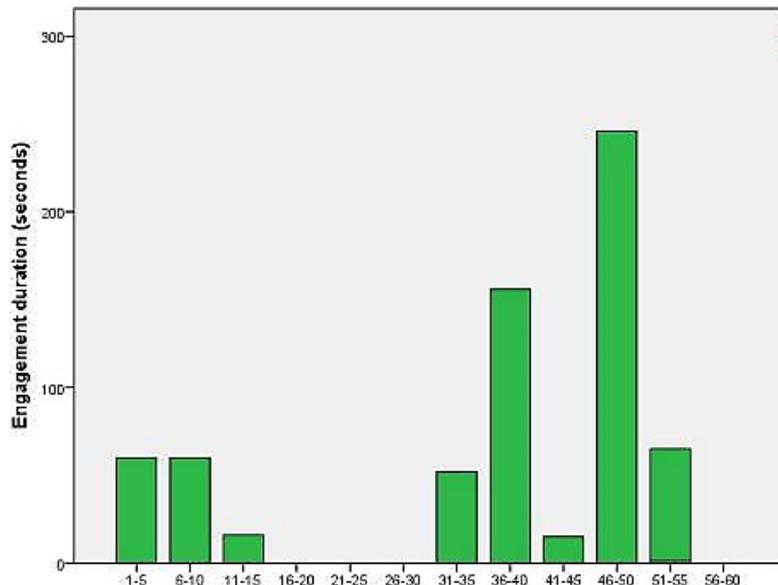
1. Address
2. Attention
3. Engagement (*attitude towards museum object and duration of engagement*)
4. Social interaction
5. Well-being
6. Agitation

Engagement: P5 f

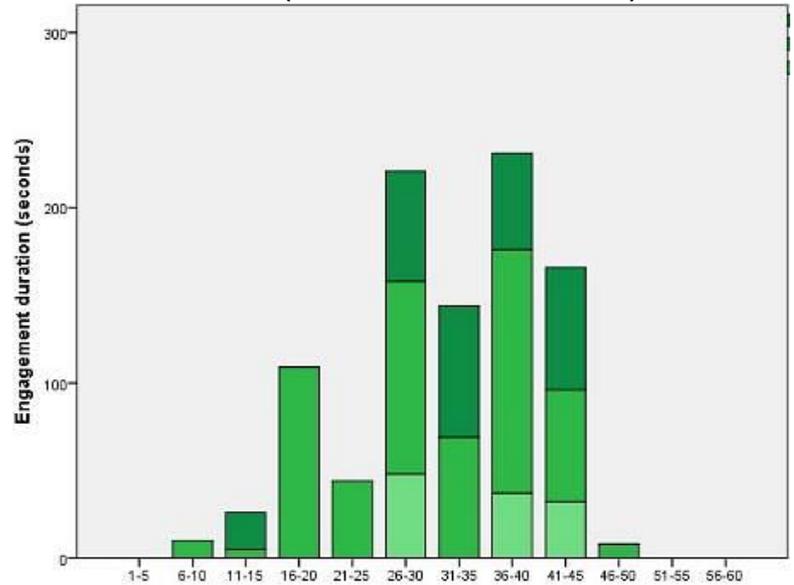
- Negative engagement with objects
- Responds to prompts only
- Visual engagement with objects
- Explores objects (not engaged in conversation)
- Explores objects and engages in conversation



Session 3 (5 minute intervals)



Session 4 (5 minute intervals)



Session 6 (5 minute intervals)

Museum projects: 10 weeks, 2hours

GROW, at Whitworth Art Gallery. Participants (n=10) referred from Mental Health services in the community



Momentum, at TWAM acquired brain injury (n=8):



What we did...

Week 1	Week 5	Week 10
<ul style="list-style-type: none"> • UCL Wellbeing umbrella (pre and post) • SWMWEBS or SF-SIS 	<ul style="list-style-type: none"> • UCL Wellbeing umbrella (pre and post) 	<ul style="list-style-type: none"> • UCL Wellbeing umbrella (pre and post) • SWMWEBS or SF-SIS • End of project interviews

- Participant diaries
- Facilitator diaries

Thematic analysis – Stroke recovery

- Sense of self : [reconciliation in relation to identity]
 - “To be fully whole, a whole person again”
 - Learning and creativity [participation in everyday life]
 - Group support [social connections]
 - ‘Moving forward’ [optimism]
- Sessions supporting different aspects of recovery

Interviews – Mental Health

Do you think this programme helped with your recovery?

*It does, it might not be directly part of the recovery, it can't be the medical side of it, but **the emotional side and the mental side**, unconsciously it has helped. It has helped greatly. **It has pushed those demons away.** They have been blanketed, blocked. Something as simple as getting your hands dirty, doing a drawing, creative writing: **my mind was switched onto something positive rather than something nasty negative.***

Overall findings

- Positive impact of creative museum sessions on:
 - Psychosocial wellbeing and mood
 - Links between cognitive, emotional and physical health.
 - The potential of object handling in dementia care and in physical rehabilitation (acute phases of stroke)
 - Value of museums sessions for recovering sense of self and belonging and supporting recovery (mental health and stroke recovery)

Thank you for your attention Get in touch and follow the project

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www.healthandculture.org.uk/not-so-grim-up-north
<https://culturehealthresearch.wordpress.com/not-so-grim-up-north/>