

# Creative Activities Create Everyday Life - An Action Research Inspired Study 2. stage

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**FREEDOM!!!**  
To be and to create.  
To keep a positive note  
Catalogue 2013



I am worth something.  
I am worth taking  
care of. Which allows me  
to take a shower [...] or  
something else  
Open Researchmeeting 2015

## Background

When I succeed with the composition in my painting, I go home to do the dishes (Housemeeting 2012)

Creative activities have traditionally been used in psychiatric treatment. International research in creative activities show an increase in and a strengthening of self-esteem and self-confidence, coping ability, autonomy, activity identity and social skills as well as support of recovery, rehabilitation and peer-support. Several research articles call for more mixed-method and quantitative studies.

Workshops in Centerterapien, Psychiatry South have been developing creative activities as part of rehabilitation in an occupational therapy setting.

Developing and studying creative activities in mental health and its influence on everyday life is needed.

## Action Research Inspired Study - A Developmental Purpose

The purpose of this study is to develop practice and knowledge through the triangle described by Hummelvoll: evidence, research and practice. He argues for turning locally based knowledge into global knowledge (Research Day, Psychiatric Research Unit Region Zealand 2012).

The study is a mixed-method study using semi-quantitative and qualitative methods in a frame inspired by action research in 4 stages (fig. 1):

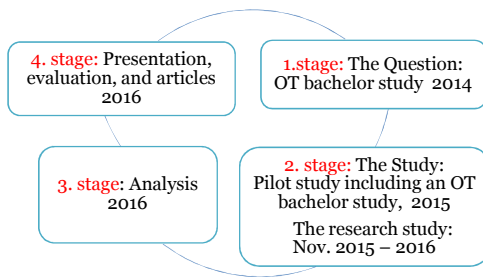


Figure 1

In October 2015 the study has completed the pilot study in 2. stage (fig. 1).

Presentations in national and international seminars and conferences in all 4 stages of the study enhance global relevance and validation.

## The Organisation of the Study

The study is organised in a cooperation between Psychiatry South, Metropolitan University College and the Psychiatric Research Unit Region Zealand. The study is supervised through SDU the University of Southern Denmark. It is supported by the Danish OT Federation.

The action research inspired frame is grounded in the practice of Centerterapien and through Housemeetings and a Research group with participation of in-patients, users and staff. Housemeetings and Research groupmeetings are held during all 4 stages ensuring relevance to and development in local practice.

## The Research Question – 1. stage

The research question of the study was formulated by the researchers and the Researchgroup after an OT-bachelor study in stage 1 (fig. 1).

The OT-bachelor study June 2014 used occupational therapy theory and a learning perspective. In a qualitative study using fieldwork and semi-structured interviews they found it likely that creative activities in an inclusive environment can give personal growth and initiate learning which can be transferred to everyday life.

The research question of the study:  
*How does creative activities contribute in rehabilitation of people with a mental illness?*

## The Pilot Study – starting 2. stage

The pilot study was carried out with 5 newly referred in-patients and users in a baseline and follow-up study using the questionnaires OVal-9, WHO-5 and semi-structured interview COPM.

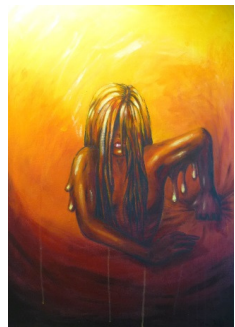
An OT-bachelor study June 2015 (fig. 1) interviewed the 5 informants and found positive effects on experienced value, well-being and the feeling of context through social engagement.

The research study starts in November 2015.

*The arts and crafts pieces in this poster are presented in a catalogue from an exhibition on the World Mental Health Day in Psychiatry South 2015.*



To participate in the research group makes me think that I am CAPABLE  
Process evaluation  
Housemeeting June 14



I use painting both as a tool and as therapy  
OT-bach. study June 2015



We make use of each other's knowledge. We ask about the drawing from yesterday.  
So we gain more self-confidence  
Open Researchmeeting 2015

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