



aprendizaje



Evidencia científica

Diseño

Estudios cuasiexperimentales, pre-post, métodos mixtos

Ámbito de estudio

Unidad de Gestión Clínica de Salud Mental del
Hospital Regional Universitario de Málaga

Población

F20-F29 Esquizofrenia, trastornos esquizotípicos y delirantes

F50 Trastornos de la conducta alimentaria

F80-F89 Trastornos generalizados y específicos del desarrollo

VARIABLES E INSTRUMENTOS

Esquizofrenia, trastornos esquizotípicos y delirantes

Recuperación en psicosis: Cuestionario sobre el Proceso de Recuperación (QPR-15-SP)

Apoyo social funcional: Cuestionario de Apoyo Social Funcional (DUKE-UNC-11)

Trastornos de la conducta alimentaria

Bienestar mental: Escala de Bienestar Mental de Warwick-Edimburgo (EBMWE)

Escala de Autoestima de Rosenberg (RSE)

Ansiedad: Escala de Trastorno de Ansiedad Generalizada (GAD-7)

Depresión: Cuestionario sobre la Salud del Paciente (PHQ-9)

Resultados psicológicos: Cuestionario de perfiles de resultados psicológicos (PSYCHLOPS)

Trastornos generalizados y específicos del desarrollo

Bienestar mental: Escala de Bienestar Mental de Warwick-Edimburgo (EBMWE)

Autoestima: Escala de Autoestima

Expresión emocional: Escala para la evaluación de la expresión

Habilidades sociales: Escala para la evaluación de las habilidades sociales

Resultados psicológicos: Cuestionario de perfiles de resultados psicológicos (PSYCHLOPS)



Evidencia científica

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REVIEW ARTICLE WILEY

Community-based art groups in mental health recovery: A systematic review and narrative synthesis

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Abstract
Introduction: Though the evidence of the role of the arts in mental health is growing, no systematic review has focused on the impact of art groups in non-clinical settings in the process of recovery following the CHIME framework.
Aim: The aim of this study was to examine the effects of engaging in community-based art groups in mental health recovery.
Method: A search in five electronic databases for relevant research using quantitative, qualitative or mixed methods published between 2000 and 2019 identified nine eligible studies.
Results: While there was great methodological heterogeneity, most studies were qualitative, used visual arts, facilitated by artists and assessed by mental health nurses, and took place in community locations or artistic venues. Quantitative outcomes, though few, provided evidence of increased well-being, and qualitative outcomes corresponded mostly with the recovery process of Connectedness. Additional outcomes related to the settings were a sense of safety and to the intervention: self-expression, development of skills and achievements, and the impact of final exhibitions and peer leadership.
Discussion: Studies should aim at prospective designs following mixed methods approaches, with larger and gender-sensitive samples, control groups and follow-up assessments, and evaluate cost-effectiveness.
Implications for practice: Community-based art groups which increase well-being and promote connectedness should be key in recovery-action planning.

KEYWORDS
 art, community participation

1 | INTRODUCTION
 Mental health recovery is a complex, active and ongoing journey, which involves living a meaningful life even in the presence of mental illness (Penas et al., 2019). While there is no consensus in the literature on the definition of mental health recovery, it is generally understood as a process of personal growth and self-actualization. This is an open access article under the terms of the Creative Commons Attribution License, which permits use, distribution and reproduction in any medium, provided the original work is properly cited, the use is non-commercial and any derivative works must also be distributed under the same license. © 2023 The Authors. Journal of Psychiatric and Mental Health Nursing published by Wiley on behalf of the British Association of Art Therapists.



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ORIGINAL ARTICLE WILEY

Effectiveness of museum-based participatory arts in mental health recovery

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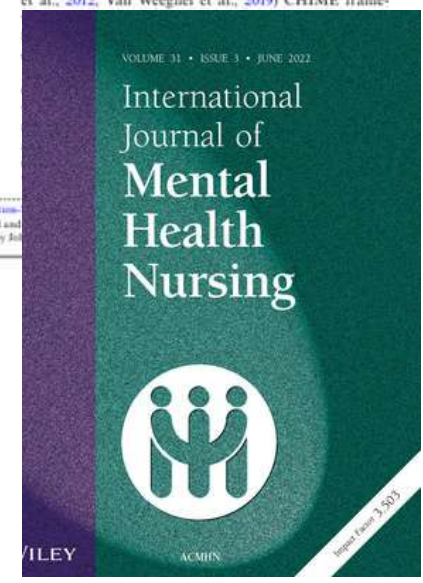
Funding information: Instituto de Salud Carlos III

Abstract
The World Health Organization encourages mental health services to adopt a strategic intersectoral approach by acknowledging the potential of the arts and the value of culture on the process of mental health recovery. The aim of this study was to evaluate the impact of participatory arts in museums on mental health recovery. A quasi-experimental, pre-post and multicentre study was carried out. By using a mixed methods evaluation at baseline and at 3 months, quantitative outcome measures were used to assess the changes in recovery and social support and qualitative interviews to explore the self-perceived impact on five processes of recovery. One hundred mental health service users participated for 3 years in the face-to-face programme RecuperArte, of which the data of 54 were analysed. The results indicate a significant increase in recovery measured with the QPR-15-SP (42 vs. 44; $p=0.034$) and almost significant in functional social support measured with the DUKE-UNC (41.50 vs. 43.50; $p=0.052$), with almost large ($r=0.29$) and medium ($r=0.26$) effect sizes, respectively. Participants perceived mostly an impact on the recovery process of Meaning in life 30/54 (55.56%), Hope and optimism about the future 29/54 (53.7%) and Connectedness 21/54 (38.89%), followed by Identity 6/54 (11.1%) and Empowerment 5/54 (9.26%). The findings contribute to the growing evidence of the potential of the arts as a therapeutic tool, the value of museums as therapeutic spaces and the role of nurses in intersectoral coordination, between the mental health and cultural sectors, as facilitators and researchers of these evidence-based practices.

KEYWORDS
 art therapy, community participation, evidence-based nursing, mental health recovery, museums

INTRODUCTION

Mental health policies are moving towards services that support recovery with an increased emphasis on evidence-based, culturally sensitive and peer-supported programmes that encourage the active participation of individuals in meaningful experiences within local communities (Keet et al., 2019; World Health Organization, 2021). These recovery-oriented programmes seek to promote the five key processes described by the widely endorsed (Bird et al., 2014; Slade et al., 2012; Van Weeghel et al., 2019) CHIME framework: Connectedness, Hope, Identity, Meaning and Empowerment. This is an open access article under the terms of the Creative Commons Attribution License, which permits use, distribution and reproduction in any medium, provided the original work is properly cited, the use is non-commercial and any derivative works must also be distributed under the same license. © 2023 The Authors. International Journal of Mental Health Nursing published by Wiley on behalf of the British Association of Art Therapists.



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PRACTICE PAPER

It's all about the journey! An online museum-based recovery-oriented art psychotherapy group

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Abstract
Background: Whilst there is evidence of the value of museums for art psychotherapy, evidence about online groups to improve mental health recovery is still scarce. The aim was to assess the impact on mental health recovery of an online museum-based recovery-oriented art psychotherapy group.
Context: The group was designed to help adults under the care of a UK community mental health team with their journey of mental health recovery.
Approach: The group consisted of six, weekly online sessions and used the collections of two local museums. Quantitative outcome measures and qualitative feedback were used to evaluate the group.
Outcomes: Five women participated in the group, and four in the evaluation. Generic wellbeing after each session was rated 4 out of 5. Participants scored higher in the Questionnaire about the Process of Recovery (33.25 vs. 42) and a Visual Numerical Recovery Scale (3 vs. 3.25) after participating in the group. Feeling supported was what participants liked most and found most helpful, and they liked the short duration of the group least. Half found the online setting preferable to face-to-face, and all felt that the museum focus was inspirational, and enjoyed the artmaking. Participants gained a better understanding of their recovery journey and were able to express their emotions better.
Conclusions: This group contributed towards participants' mental health recovery and the museum focus was valued by them.
Implications for research: The evaluation findings encourage further exploration of this way of working.

Plain-language summary
 This article reports on the evaluation of an online art psychotherapy group for adults who were under the care of a UK National Health Service community mental health team. The group aimed to help participants to move on in their recovery journeys, and used photographs and videos of objects and artworks from two local museums as inspiration. Participants completed questionnaires and gave written feedback which was used to assess changes before and after participating in the group, and to find out how the participants felt about the group. The group consisted of six sessions, once a week. Five women participated in it, and four of these contributed towards the evaluation. Participants' sense of wellbeing after each session was high, and recovery scores improved after participating in the group. They valued feeling supported most of all, but wanted the group to have been longer. Half of them liked working online better than face-to-face, and all found the museum objects helpful and enjoyed the artmaking. All group members reported that the group helped them to understand their recovery journey and express their emotions better. In conclusion, this group contributed towards participants' mental health recovery and the museum focus was valued by them. The evaluation findings suggest that it would be worth researching this way of working.

Introduction

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 Supplemental data for this article can be accessed online at <https://doi.org/10.1080/13604483.2023.2188610>



A close-up, profile view of a man with a light beard and mustache, looking slightly downwards and to the left. He is wearing a brown corduroy jacket over a white t-shirt. He is seated on a green, textured chair. The background is softly blurred, showing a window with a plant and a white wall. The lighting is warm and natural, suggesting an indoor setting during the day.

Conocí gente extraordinaria e hice nuevas amistades.

Ahora tengo entusiasmo por la vida.

Es algo en lo que ocupar mi mente.






Salir de mí misma y, al mismo tiempo, conecté con mi yo más creativo y saludable.

He podido hablar libremente en un grupo que se sentía como un entorno seguro, donde aprendí de otras experiencias.

He identificado muchos de los problemas psicológicos que tengo, el origen de estos y cómo superarlos o aprender a convivir con ellos.





*Fue muy buena experiencia.
Desconecté de varios problemas de casa.*

*Yo uso el dibujo de por sí para expresarme de vez en cuando
pero nunca lo había hecho tan a fondo.*

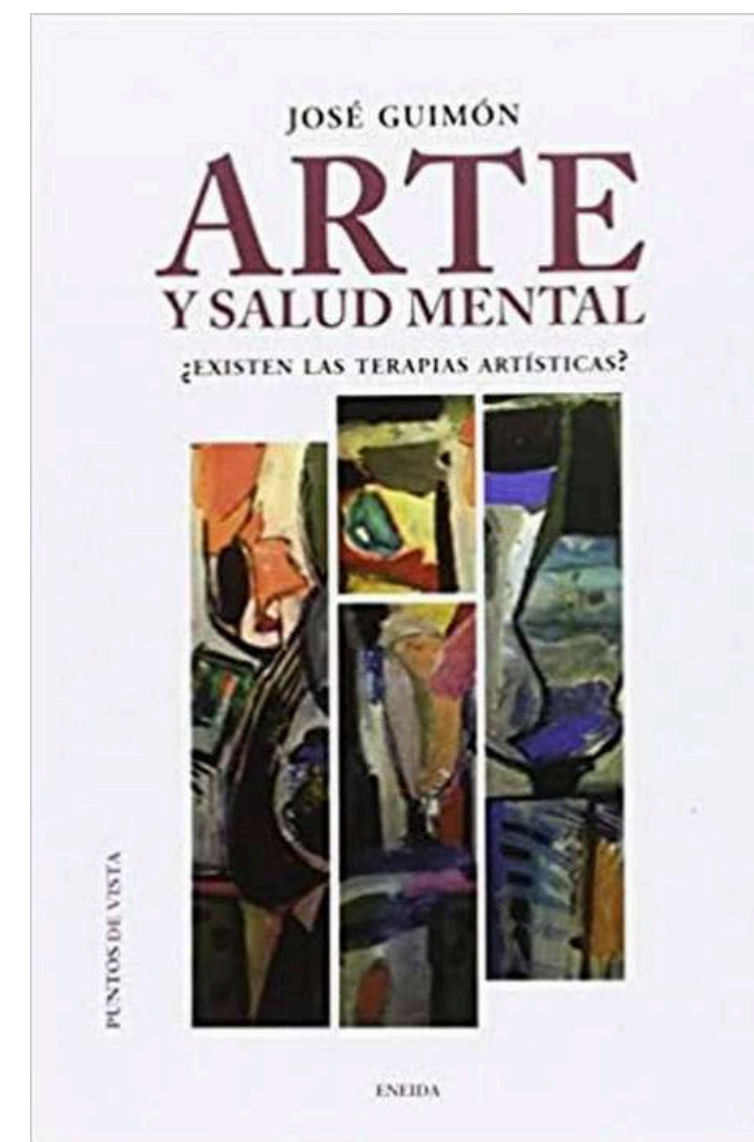
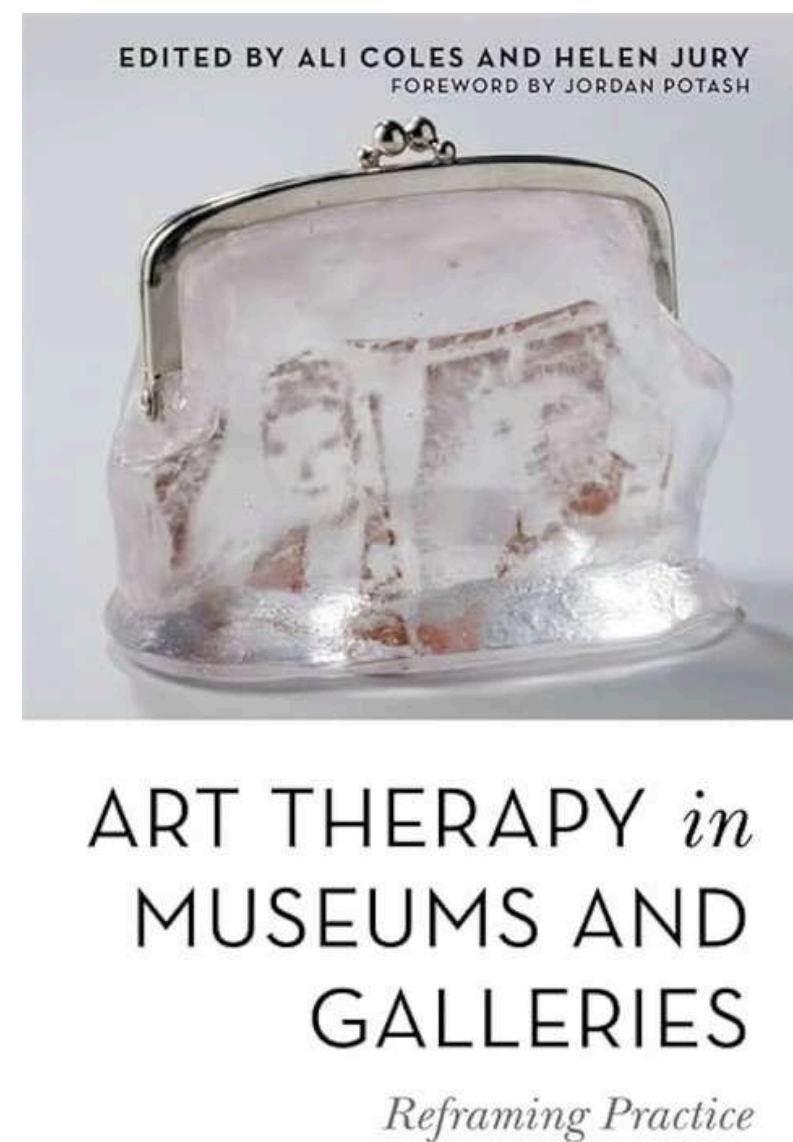
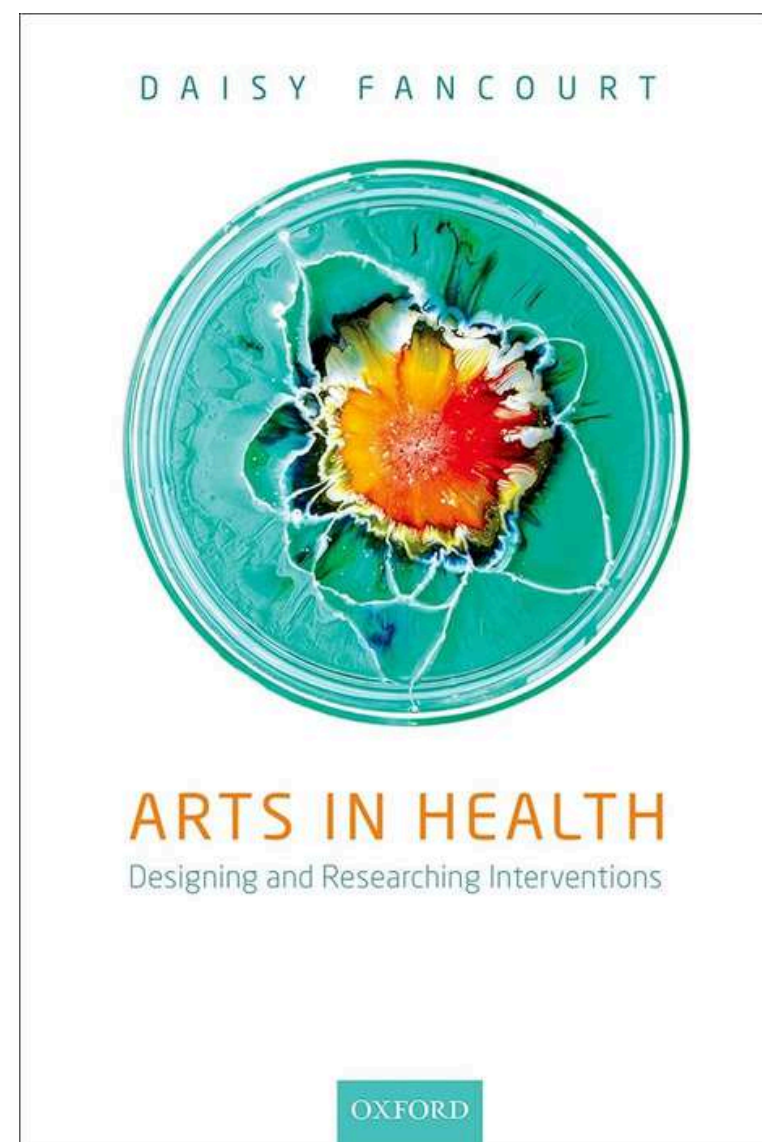
Mejóro mi control sobre mis emociones. Hubo veces en las que iba con algo de malhumor que en el transcurso de la visita subconscientemente mejoraba.



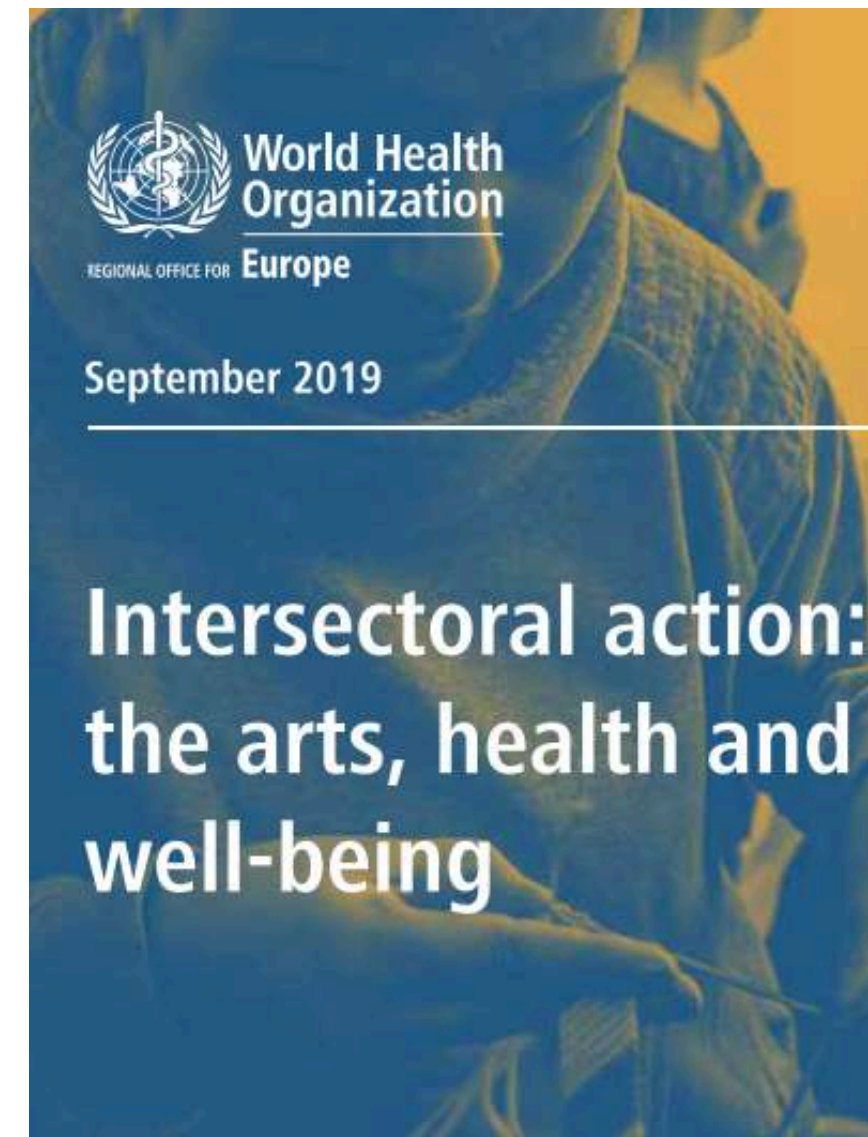
Conclusiones

Los **museos** pueden ser espacios de encuentro generadores de experiencias significativas para la salud mental, y un puente hacia el bienestar comunitario.

Lecturas recomendadas



Lecturas recomendadas





European Union
European
Social Fund



*Lo importante no es lo que das,
si no lo que el otro hace con ello.*

María del Río Diéguez.

Arte, museos y salud mental: Transformando la salud mental comunitaria



Museu Valencià d'Etnologia

Dra. Jessica Marian Goodman Casanova

Co-Investigadora Responsable - Área 3 - Grupo C03

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Arteterapeuta

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