



Service Priorities and Programmes
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A Randomized Controlled Study with Creative Art Programme to Enhance the Mood and Psychological Well-being of Elderly with Mood Disturbance

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Introduction

Creative arts are powerful occupations to improve one's well-being and alleviate mood disturbances as various researches suggested. The creative arts enabled the older adults to discover and express their emotion which results in positive feelings of health and well-being. A creative art programme for older adults with mood problems was jointly organized by Occupational Therapy Department of Kwai Chung Hospital and Art in Hospital during April 2015 to December 2016. The elderly's artwork would be exhibited in hospital gallery and they would visit the exhibition as a part of the programme. The aims of the programme are to improve psychological well-being and reduce mood disturbance through engaging the elderly into creative art activities.

Objectives

Enhance mood and psychological well-being of older adults with mood disturbance, based on therapeutic use of creative arts

Methodology

Subjects were recruited from psychogeriatric service users attending day hospital and Occupational Therapy outpatient services of Kwai Chung Hospital. They were randomly assigned to treatment group and control group (treatment as usual). Each session lasted for 90 minutes and was led by 1 OT and 2 artists. Participants were guided to explore and learn a variety of art media and therapeutic elements of art therapy were integrated in the programme. Geriatric Depression Scale (GDS) and Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS) were used as outcome measures of mood and psychological well-being. Pre-post assessments results were analyzed with ANOVA for repeated measure.

Result

62 subjects were recruited for the study and 47 subjects were included in the data

analysis. The mean (standard deviation) age of the subjects is 75.8 (6.9) and their education level range from below 6 months to more than 2 years. There were no significant differences on the age, gender and the distribution of education level between the two groups. ANOVA for repeated measure were used to analysis the result, there were significant difference between the control group and the treatment group in the results of SWEMWBS and GDS, with p value at 0.01 and 0.03 respectively. In future, the element of innovative technology would be incorporated into the creative art programme in early 2018 to further empower the elderly (such as animation, microfilm, etc.).