

Prescribed culture

Kjerstin Stigmar

PhD, RPT

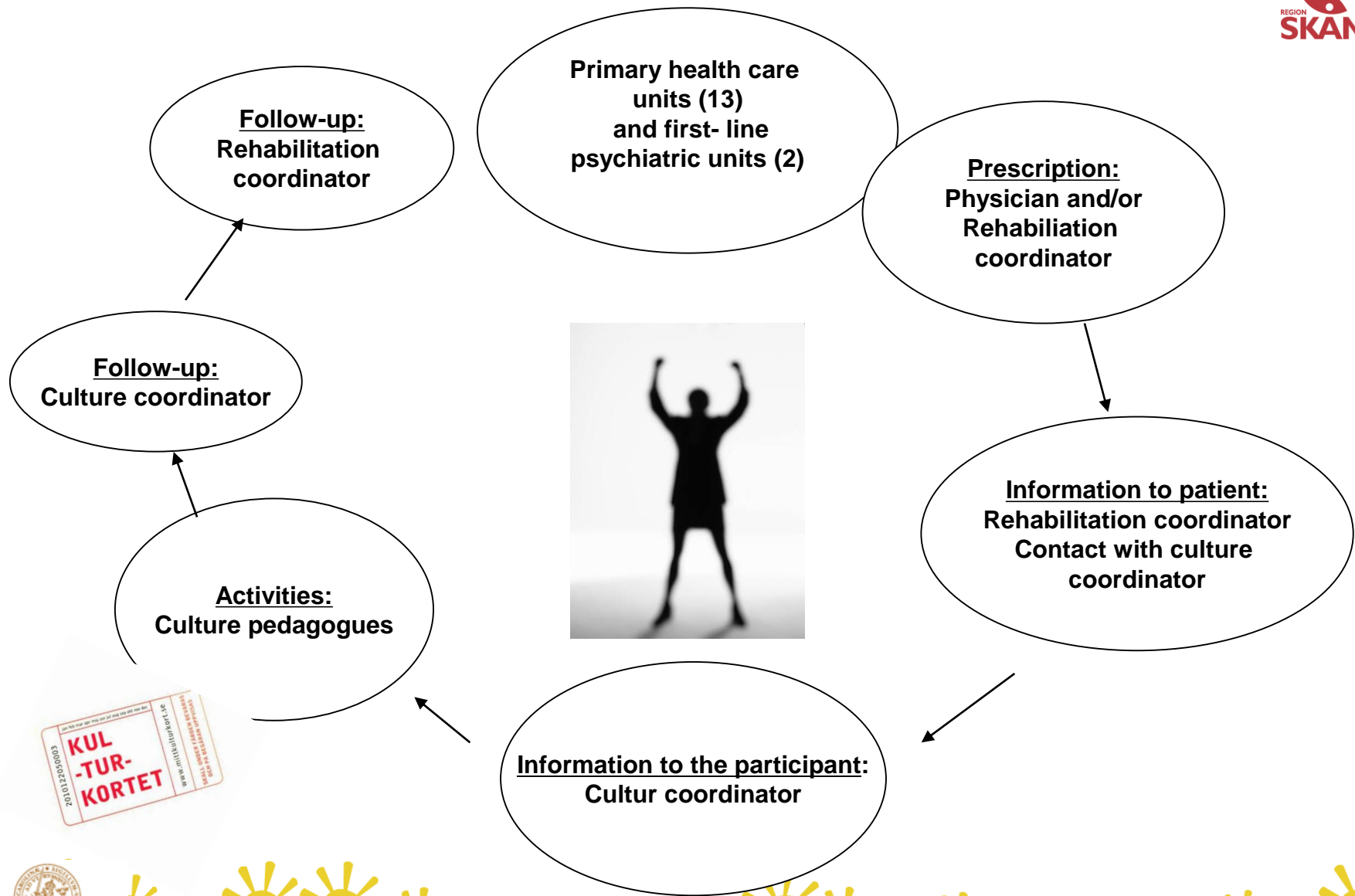
Epidemiology and Register Centre South, Skåne University Hospital
Faculty of Medicine, Department of Health Sciences, Lund University



Arts & Culture in rehabilitation

- Pilot project 2010
- Project 2012-2014
- Target Group:
individuals with common
mental disorders and/or
prolonged pain; on sick
leave or at risk for sick leave and
social isolation (n=187)







Sofiero Royal Castle
and garden



Fredriksdal open-air Theatre and gardens



Dunker's
Culture Centre



Cinema



Community Theatre



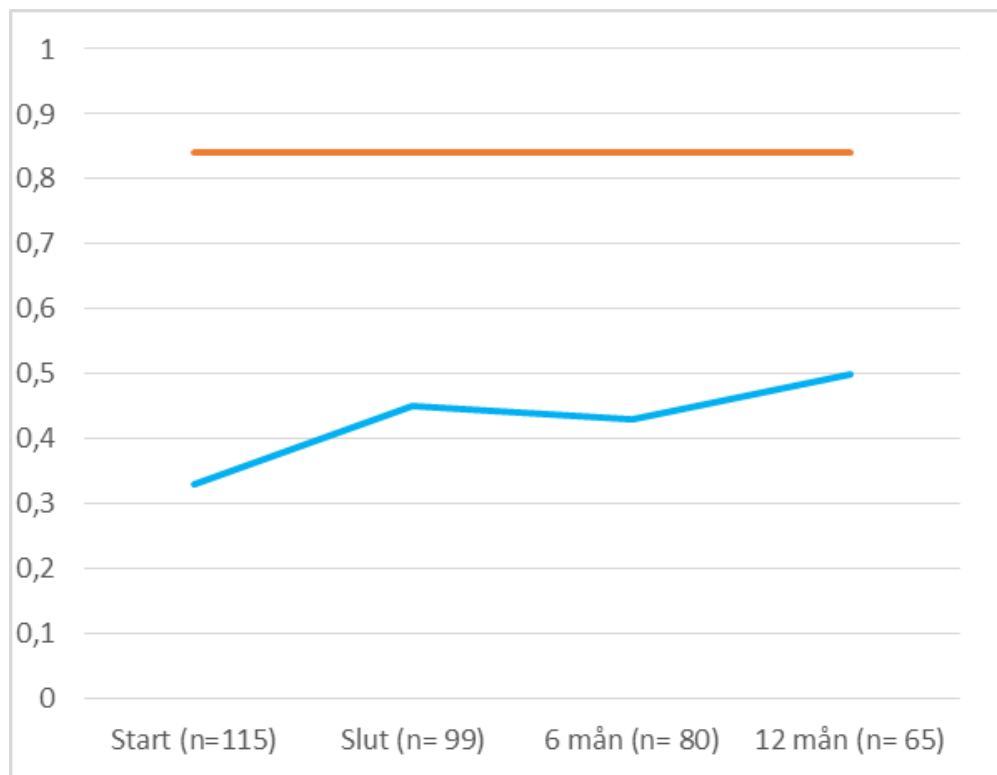
Concert Hall



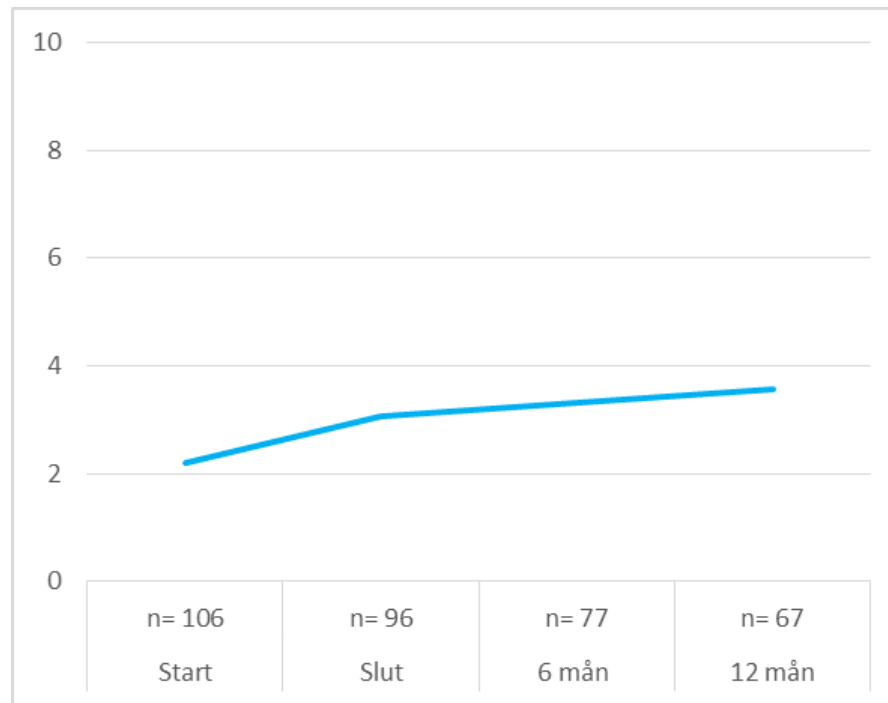
Follow-ups

- Before-after design
- 123 participants
- Start, end and six respectively 12 month
- Questionnaire including: questions on work ability, sick leave, health related quality of life, general health, pain and function

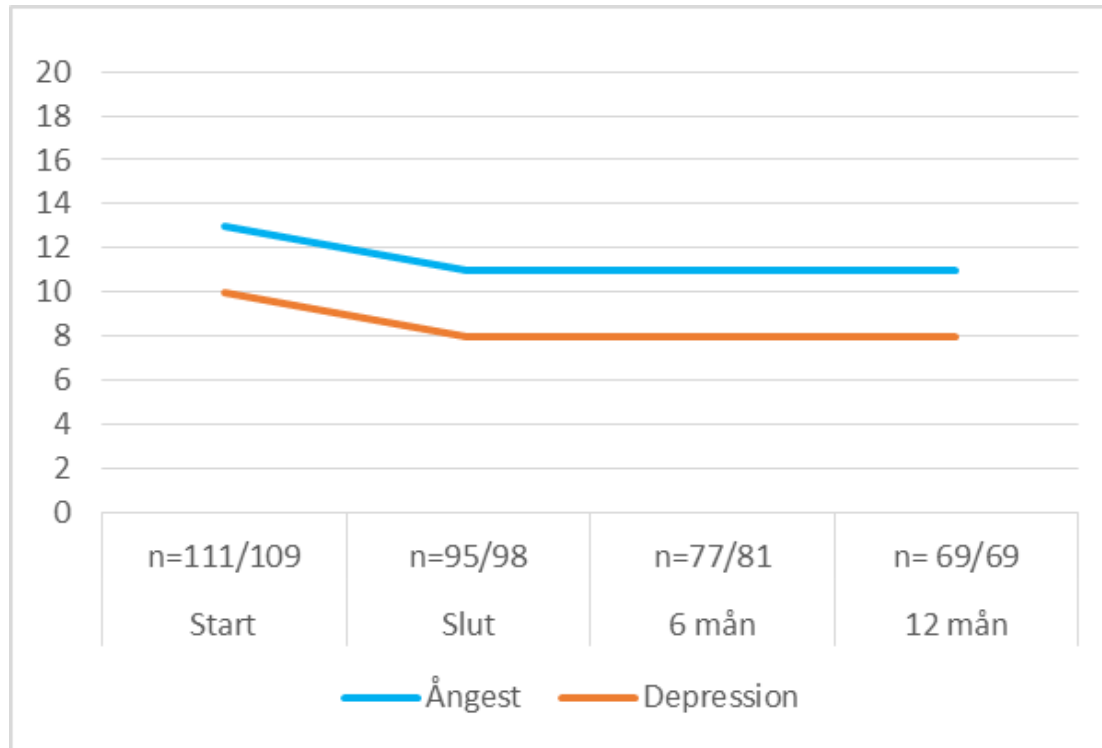
Health related quality of life



Work Ability



Anxiety and depression



On the results

Strengths:

- 123 participants
- A broad repertoire of cultural activities
- Validated and reliable measures
- Long follow-up

Weaknesses:

- No control group
- High drop-out rate on follow-ups



In conclusion

On group level:

The participants improved their work ability, health related quality of life, function and anxiety-depression decreased.

Clinically relevant individual changes:

At the end of the program 41 % had improved work ability and/or health related quality of life and at 12 month, 29 % had such improvement.



Thank you for listening!

Kjerstin.stigmar@med.lu.se

