Artisan

Aspiration and Resilience Through Intergenerational Storytelling and Art-based Narratives

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Loneliness
/ˈləʊnlɪnɪs/

A major public health concern in the 21st Century

- Associated with a wide spectrum of health problems including but not limited to depression, substance abuse, and increase mortality risk by 30%[1]

- **Older adults:** 12 - 35% older adults in UK and US report feelings of chronic loneliness; 51% older adults in Singapore report feeling lonely

- **Youth:** 1 in 3 young people in the UK suffer from loneliness; Increasing Singaporean youths seek help due to loneliness and long for social connections

Estimated financial cost of loneliness to employers:
SGD$4.5 billion a year around the world

[1]Holt-Lunstad, J., Smith, R., Baker, et al. (2015). Loneliness and Social Isolation as Risk Factors for Morality: A Meta-Analytic Review. *Perspective on Psychological Sciences.* 10(2), 227-237.

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Overcoming Loneliness through Citizen Empowerment via the Arts

*Citizen Empowerment involves the promotion of **active participation and compassionate actions** in civic and community life, a crucial means to alleviate loneliness*

- "The Ministry of Culture, Community and Youth (MCCY) seeks to **inspire Singaporeans through the arts** and sports, strengthen community bonds, and promote volunteerism and philanthropy."

- Arts and heritage "help keep the individual **resilient, aid recovery and foster a flourishing society**." – UK National Alliance for Arts, Health and Wellbeing

- *Citizen Empowerment Model with Art and Compassion[2]:* integrate stories, arts, heritage and creative spaces to foster reflection, understanding, authentic dialogue, and community building to empower citizen and activate compassion
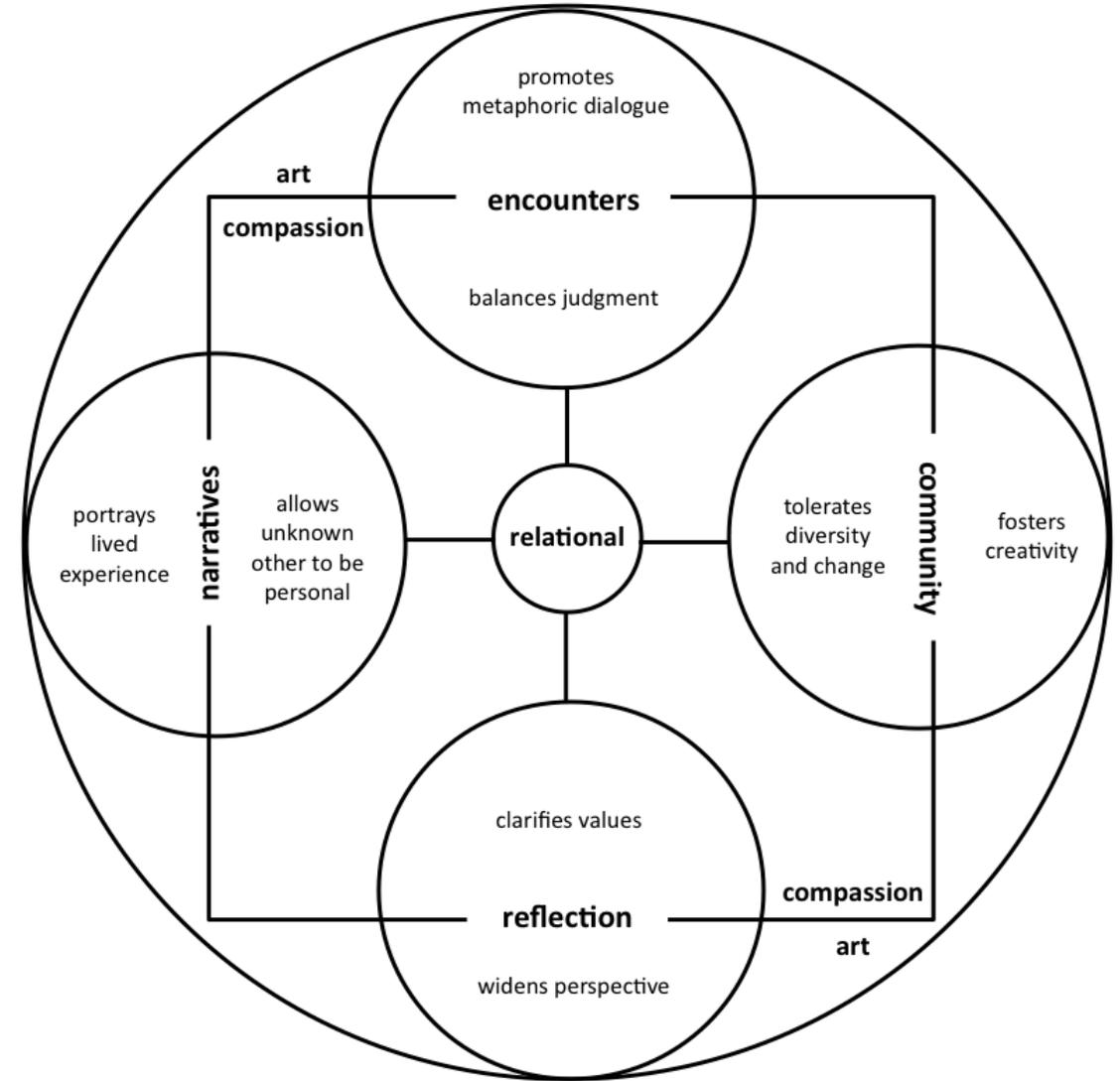
[2]Potash, J.S., Ho, R.T.H., & Ho, A.H.Y. (2018). Citizenship, Compassion, the Arts: People living with mental illness need a caring community. *Social Change, 48*(2), 1-22.

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Involvement in arts helps elderly enjoy a better quality of life: Study

It improved their cognitive functioning, health, mental and spiritual well-being, say seniors

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SINGAPORE – Seniors in Singapore have the lowest attendance and participation rates in the arts compared to other segments of the population. But a new study has found that those who are engaged with the arts are likely to enjoy a better quality of life.

The Arts for Ageing Well study, led by Nanyang Technological University's (NTU) School of Social Sciences Associate Professor Andy Ho, examined the effects of arts engagement and participation on the holistic well-being of the elderly in Asia.

As part of the study commissioned by the National Arts Council (NAC), a survey of 1,067 Singaporeans and permanent residents over the age of 50 was carried out between November last year and February.

Those who reported having been exposed to an art form were found to experience an improved quality of life by about 4 per cent.

Dr Ho told TODAY: "In our focus groups, they engage in a variety of art forms: Music, dance and visual arts. Some participants also shared with us that cooking (as a form of art) is very important to them. Things that help remind them of their childhood; so knitting and embroidery."

The study also found that three in four seniors surveyed acknowledge the benefits of the arts, and value it as a means of inspiration, expression and bridging differences.

Seniors who attend arts events experience increased social support (of

> Participation in the arts contributes significantly to the mental health and sense of purpose in seniors, empowering them to live an active and fulfilling life.
>
> **Ms Grace Fu**
> MINISTER FOR CULTURE, COMMUNITY AND YOUTH

Seniors engaged in the arts report greater sense of well-being: Study

1 of 2   Seniors showcase a hip-hop dance performance at the Arts In Eldercare Seminar at Our Tampines Hub on Sept 6, 2017. ST PHOTO: ARIFFIN JAMAR

PUBLISHED SEP 6, 2017, 9:30 AM SGT | UPDATED SEP 6, 2017, 6:18 PM

Akshita Nanda Arts Correspondent

SINGAPORE - Watching a movie or a play, or looking at a painting, can significantly increase mental and physical health and quality of life for Singaporeans aged 50 and above, according

Citizens Empowered through Arts, Heritage and Storytelling

Wealth of evidence highlighting the efficacy of the arts and heritage for building resilience and social connectedness

- *The Singapore Arts for Ageing Well Study:* Art engagements significantly enhance psychological health, social integration, life meaning and spiritual wellbeing among soon-to-be and current generations of seniors

- *Art-Based Storytelling:* According to the AWW focus group study findings, art-based storytelling is a treasured art form of older Singaporeans that can foster narrative identity processing in spite of potential language barriers

- *Narrative Identity Processing:* A critical pathway for healthy personality development, self-transformation and enhanced social relationships through the retelling of one's life stories in connection with social-cultural heritage

- *Review of Non-familial Intergenerational Arts Programs in East Asia:* Reduction in age stereotypes, improved problem solving skills, strengthened relational bonds, and enhanced wellbeing

- *Museum on Prescription Study:* Significance of cultural artefacts, heritage institutions and creative spaces in the creation of identity and social cohesion

[3]Ho, A.H.Y., et al. (2018). *Research Report on The Arts for Ageing Well.* Singapore: Action Research for Community Health, Nanyang Technological University.

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Aspiration and Resilience Through Intergenerational Storytelling and Art-based Narratives

A 5-week 15-hour group-based intervention framework that brings together youths and seniors to embark on a journey of intergenerational storytelling, heritage bonding and creative art-making under the skylights of museums, galleries and communities.

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Artisan Participatory Action Research Intervention Framework

Theme 1
Discovering our National Heritage

Curated museum tour focuses on artefacts that tell stories of national heritage

Dyads share their personal stories and create art that symbolizes the meaning of being a Singaporean

Reflective writing & Group sharing

Theme 2
Strengthening Social Bonds

Curated museum tour focuses on artefacts that tell stories of social connections

Dyads share their personal stories of friendships, and together, create art that symbolizes unity

Reflective writing & Group sharing

Theme 3
Overcoming Adversities & Resilience

Curated museum tour focuses on artefacts that tell stories of national resilience

Dyads share their personal stories of overcoming adversities, create art that symbolizes resilience

Reflective writing & Group sharing

Theme 4
Building Our Dreams & Aspirations

Curated museum tour focuses on artefacts that tell stories of hope

Dyads share their dreams for the nation, create art that symbolizes their future aspirations for Singapore

Reflective writing & Group sharing

Theme 5
Sharing our Stories and Legacies

Dyads are provided with an open platform to reflect and verbally share their art, stories, as well as gratitude and wisdom with the group

Artworks and creative writings are showcased to all group members, and members of the community

Each ARTISAN Group comprised 7-8 pairs of youth-senior dyads, and was led by a Artist/Art Therapist together with a minimum of 2 trained facilitators.

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Research Objectives

Empowerment

Reducing loneliness, cultivating resilience, fostering social connectedness and nationhood, and enhancing psychosocial wellbeing, life satisfaction and quality of life

Social Change

Encouraging intergenerational interactions and knowledge exchanges, fostering real social change in building a more resilient and connected citizenry in the local society

Engagement

Promoting public engagement and dialogue on citizen empowerment and loneliness alleviation through a series of ARTISAN Exhibitions

Sustainability

Conducting robust research to provide an empirical foundation for arts engagement and a future population health study, aspiring toward large scale implementation of ARTISAN

Research Design & Procedures

In partnership with the National Museum of Singapore, TOUCH Community Services, Nanyang Polytechnic, and Ngee Ann Polytechnic, this pilot study adopts a *Participatory Action Research (PAR)* approach to develop a novel ARTISAN intergenerational arts programme

A pilot *Waitlist Randomized Controlled Trial (RCT)* design: pre, post, and follow-up data are collected and analyzed to evaluate programme effectiveness in achieving the objectives of promoting life meaning, resilience, wellbeing, social support and national identity among study participants

PAR

RCT

Community Recruitment

Pre-intervention Discussion

Randomization [t = 0 Week]

Immediate Intervention Group (n = 30)	Waitlist Control Group (n = 30)
[T1] Consent + Baseline Assessment	[T1] Consent + Baseline Assessment
ARTISAN (t = 5 Week)	
[T2] Outcome Assessment	[T2] 2nd Baseline Assessment
	Crossover to ARTISAN (t = 5 Week)
[T3] Follow-up Assessment	[T3] Outcome Assessment

Public Exhibitions

Feasibility Focus Groups

Project Completion

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Research Design & Procedures

30 Youth   30 Seniors

Inclusion Criteria:

- Youths: Between age 18 - 35
- Seniors: Above age 60
- Fluent in English or Mandarin

Exclusion Criteria:

- Unable to provide informed consent (or parental consent)
- Suffer from major mental illness or cognitive impairment

Quantitative Assessment

1. Quality of Life (WHOQoL8)
2. Satisfaction with Life (SWLS)
3. Resilience (ER89)
4. Meaning in Life (MLQ)
5. Social Connectedness (SCS)
6. National Identity (NATID)
7. Social Support (MOS-SS)
8. Loneliness (ULS-4)
9. Compassion (SCBCS)
10. Basic demographic data

Qualitative Assessment

1. Pre-intervention discussions
2. Facilitators' record of the implementation
3. Weekly group reflections
4. Feasibility focus groups

Sample size calculations to provide 80% power to detect a effect size of 0.8, at 5% level of significance (two-tailed test), and an estimated attrition rate of 20% at follow-up

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Data Analyses

1. **Descriptive Statistics**

2. **Paired sample t-test**

   - To assess pre and post intervention assessment findings

3. **Linear Mixed Effects Model**

   - To assess between-group differences between the intervention and control group – Intervention effects

4. **Linear Mixed Effects Model**

   - To assess within-group differences in the intervention group over time – Maintenance effects

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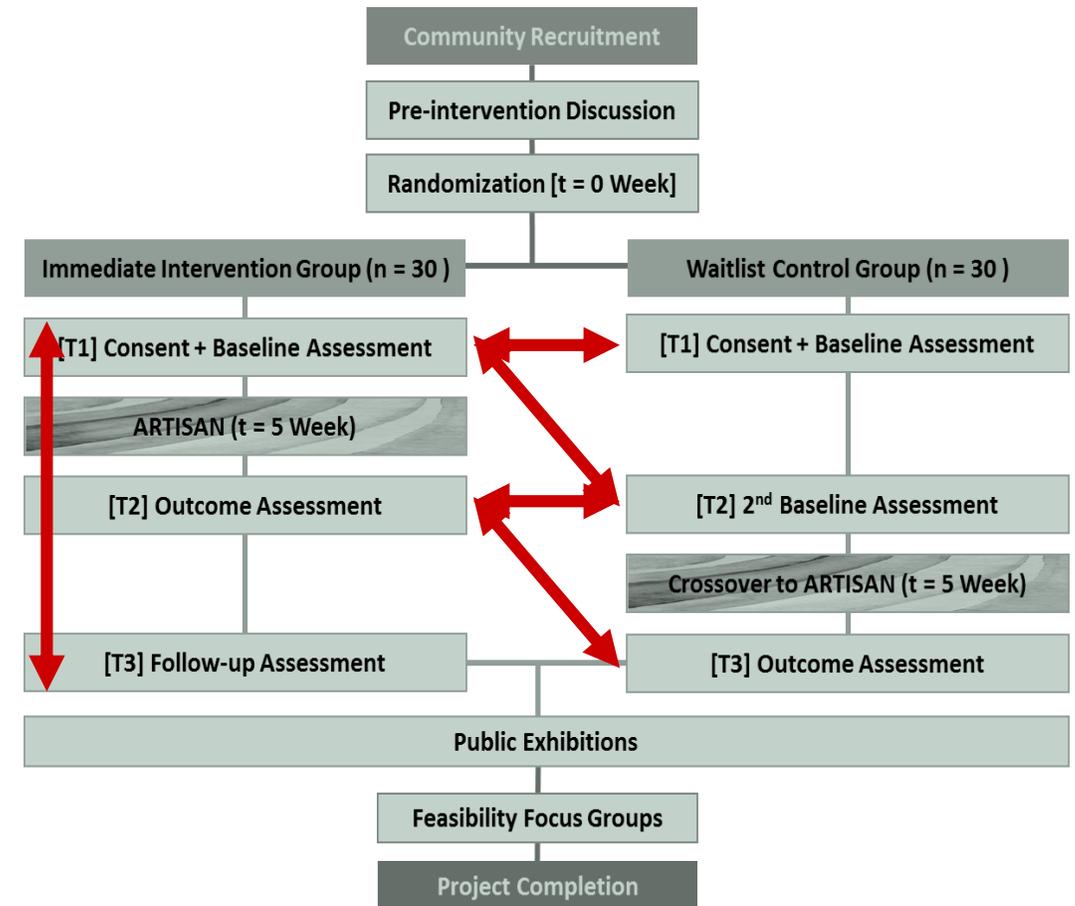
ARTISAN Participants Demographic Information

	Senior (n = 34)	Youth (n = 34)
Group Composition	Intervention: 17 (50%) Waitlist Control: 17 (50%)	Intervention: 18 (52.9%) Waitlist Control: 16 (47.1%)
Age	Range: 60 – 83 (M = 73.1, SD = 6.53)	Range: 19 – 29 (M = 22.2, SD = 2.34)
Gender	Male: 6 (17.6%) Female: 28 (82.4%)	Male: 8 (23.5%) Female: 26 (76.5%)
Ethnicity	100% Chinese	92% Chinese; 5.9% Malay; 2.9% Eurasian
Chronic Illness	Yes: 21 (61.8%)	Yes: 1 (2.9%)
Socio Economic Status		

Education Level

	Senior	Youth
Degree and Above	0%	26%
Pre U/ 'A' Levels/ Diploma	9%	68%
'O' Levels/ ITE/ NEC	18%	6%
None/Primary	74%	0%

Monthly Household Income

	Senior	Youth
> SGD 8,000	3%	24%
SGD 4,000 - 7,999	0%	29%
SGD 2,000 - 3,999	0%	6%
< SGD 2,000	94%	26%

No statistically significant differences between intervention group and control group

Note: Two participants dropped out after providing consent; participants' data were omitted for the analyses

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Waitlist Pilot RCT: Overall Quantitative Findings (N=68)

Intervention vs. Control

Life Satisfaction
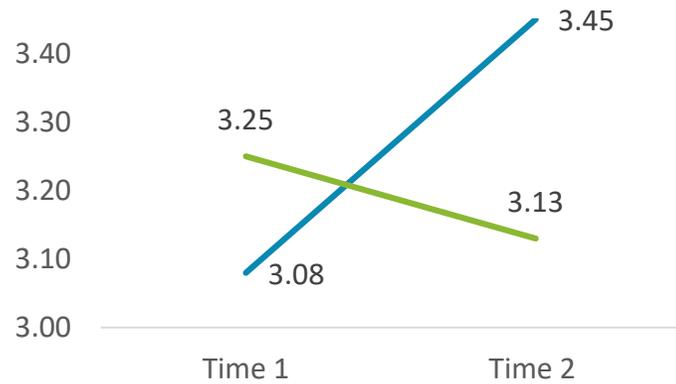
- Intervention (n=35)
- Control (n=33)

Intervention: Time 1 = 3.08, Time 2 = 3.45
Control: Time 1 = 3.25, Time 2 = 3.13

Significant **time x treatment** interaction effect:
[95% CI = .223, .772], p < .001

Significant **time effect** for **intervention group**:
[95% CI = .180, .562], p < .001

Effect size for Group differences at Time 2:
d = -.526

ARTISAN Impact Across Time for Intervention Group

Life Satisfaction

Time 1 = 3.06, Time 2 = 3.43, Time 3 = 3.29

- Intervention (n=35)
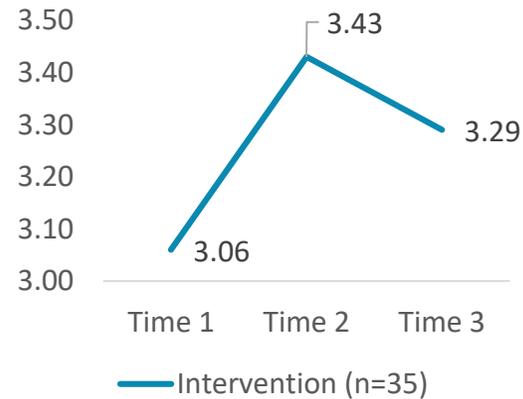
Significant increase from **T1 to T3**,
[95% CI = .041, .416],
p = .017, **d = -.466**

Loneliness (ULS-8)

Time 1 = 2.12, Time 2 = 2.08, Time 3 = 1.91

- Intervention (n=35)
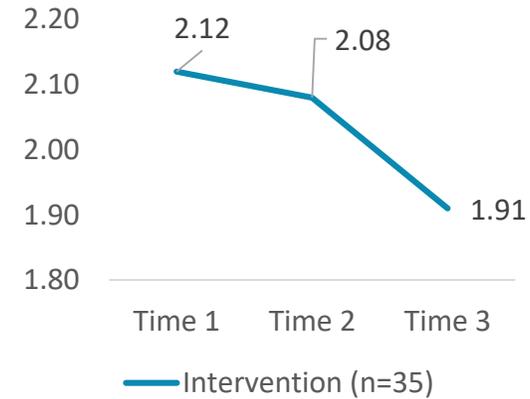
Significant decrease from **T1 to T3**,
[95% CI = -.339, -.080],
p = .001, **d = .608**

Resilience (ER-89)

Time 1 = 5.17, Time 2 = 5.34, Time 3 = 5.48

- Intervention (n=35)
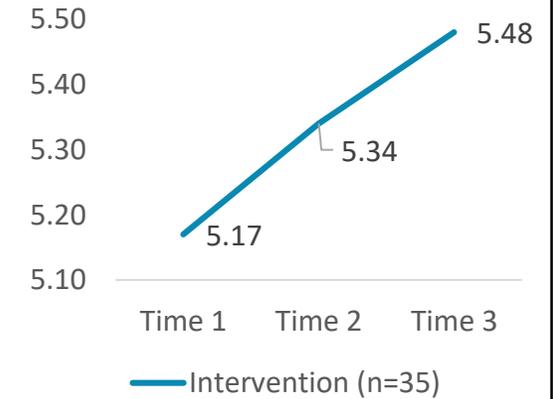
Significant increase from **T1 to T3**,
[95% CI = .070, .551],
p = .011, **d = -.457**

Significant improvements were also observed in multiple resilience domains across time:
Integrated Performance Under Stress, Active Engagements with the World, Optimal Emotional Regulation, and Openness to Life Experiences

Note: Time 1 = Baseline | Time 2 = Post-Intervention | Time 3 = 5-Week Follow-Up

Linear Mixed Effects Modelling was performed. Model adjusted for covariates: age, gender, marital status, employment status, income level, residence type, presence of chronic illness

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Quantitative Findings

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Youth Quantitative Findings (N=34)

Pre-test vs. Post-test
Paired Samples t-test

- Life Satisfaction
- Quality of Life
- Life Meaning
- Resilience
- Compassion
- Loneliness
- National Identity

		M	SD	t	df	p	Cohen's d
Life Satisfaction	Pre-test	2.94	.489	4.52	33	<.000	-.775
	Post-test	3.32	.535				
Quality of Life (WHOQOL-8)	Pre-test	3.81	.583	4.68	33	<.000	-.802
	Post-test	4.08	.528				
Life Meaning (MLQ)	Pre-test	5.04	1.311	2.34	33	.026	-.401
	Post-test	5.36	1.038				
Social Connectedness (SCS)	Pre-test	4.42	1.132	1.57	33	.125	-.270
	Post-test	4.66	.919				
Resilience (ER-89)	Pre-test	5.07	.749	2.24	33	.032	-.384
	Post-test	5.26	.885				
Integrated Performance Under Stress (ER-11 Subscale)	Pre-test	5.00	1.148	1.10	33	.278	-.189
	Post-test	5.13	1.096				
Active Engagement with the World (ER-11 Subscale)	Pre-test	4.98	1.053	1.68	33	.103	-.288
	Post-test	5.18	1.086				
Repertoire of Problem Solving Strategies (ER-11 Subscale)	Pre-test	4.98	.930	2.41	33	.022	-.413
	Post-test	5.24	.988				
Optimal Regulation (ER-89 Subscale)	Pre-test	5.16	.781	1.96	33	.058	-.337
	Post-test	5.34	.907				
Openness to Life Experiences (ER-89 Subscale)	Pre-test	5.02	1.029	1.34	33	.189	-.230
	Post-test	5.18	1.083				
Compassion (SCBCS)	Pre-test	5.51	1.014	3.03	33	.005	-.519
	Post-test	5.79	1.009				
Loneliness (ULS-8)	Pre-test	2.27	.424	3.19	33	.003	.547
	Post-test	2.11	.375				
Emotional Support (MOS-SS)	Pre-test	3.62	.858	1.65	33	.108	-.284
	Post-test	3.80	.930				
Positive Interaction (MOS-SS)	Pre-test	3.76	.707	1.48	33	.149	-.253
	Post-test	3.92	.839				
Affectionate Support (MOS-SS)	Pre-test	3.74	.891	1.70	33	.098	-.292
	Post-test	3.93	.974				
National Identity (NATID)	Pre-test	3.93	.630	3.14	33	.004	-.538
	Post-test	4.17	.553				
Belief System (NATID Subscale)	Pre-test	3.05	.869	1.00	33	.326	-.171
	Post-test	3.16	.888				
Cultural Homogeneity (NATID Subscale)	Pre-test	4.80	.920	2.30	33	.028	-.395
	Post-test	5.06	.798				
National Heritage (NATID Subscale)	Pre-test	4.54	1.048	3.107	33	.004	-.533
	Post-test	5.06	.997				

Note: N = 34. Results of the paired sample t-tests comparing pre and post intervention scores

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Youth Quantitative Findings (N=34)

Intervention vs. Control
Linear Mixed Effects Model

Life Satisfaction
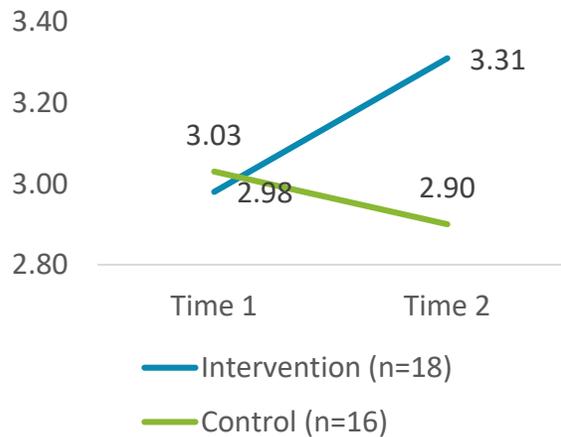
Significant **time x treatment** interaction effect:
[95% CI = .091, .846], p = .0015

Significant **time effect** for **intervention group**:
[95% CI = .074, .592], p = .012

Effect size for Group differences at Time 2:
d = - .678

Quality of Life
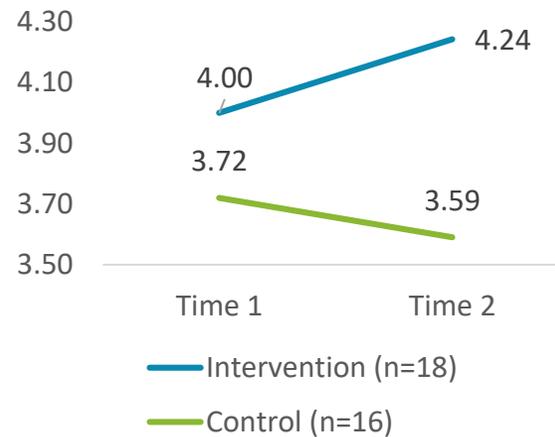
Significant **time x treatment** interaction effect:
[95% CI = .163, .523], p <.001

Significant **time effect** for **intervention group**:
[95% CI = .092, .339], p <.001

Effect size for Group differences at Time 2:
d = - 1.31

National Identity (NATID)
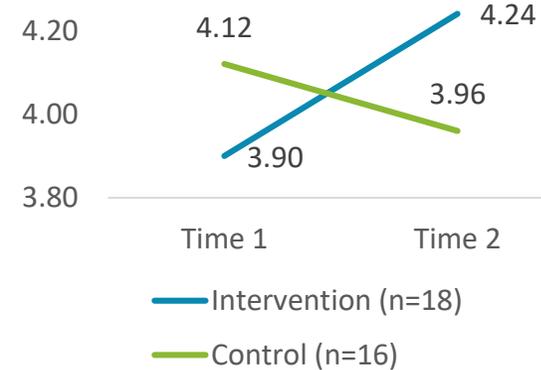
Significant **time x treatment** interaction effect:
[95% CI = .183, .805], p =.002

Significant **time effect** for **intervention group**:
[95% CI = .120, .547], p =.002

Effect size for Group differences at Time 2:
d = - .440

National Heritage (NATID Subscale)
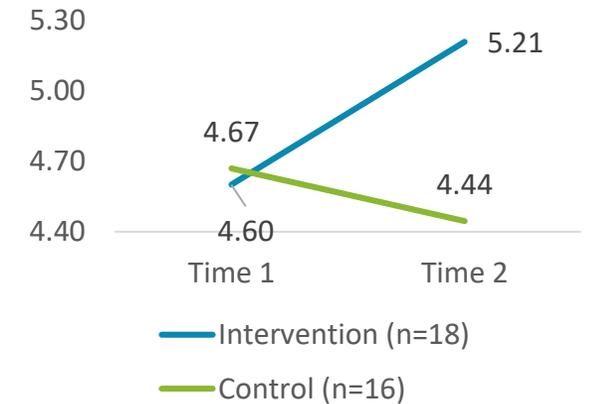
Significant **time x treatment** interaction effect:
[95% CI = .193, 1.47], p =.011

Significant **time effect** for **intervention group**:
[95% CI = .181, 1.04], p =.005

Effect size for Group differences at Time 2:
d = - .826

Note: Time 1 = Baseline | Time 2 = Post-Intervention | Time 3 = 5-Week Follow-Up

Linear Mixed Model performed on T1 and T2 scores, comparing the intervention with control group. Covariates: Age, Gender, Marital Status, Employment Status, Income level, residence type, presence of chronic illness

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Youth Quantitative Findings (N=18)

Life Satisfaction

3.30
3.20
3.10
3.00
2.90

2.94 — 3.28 — 3.28

Time 1   Time 2   Time 3

— Intervention
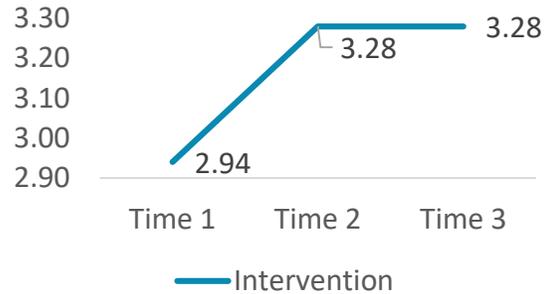
Significant increase from **T1 to T3**,
[95% CI = .091, .575], p = .007, **d = -.687**

Quality of Life
(WHOQOL-8)

4.2
4.1
4

4.03 — 4.24 — 4.20

Time 1   Time 2   Time 3

— Intervention
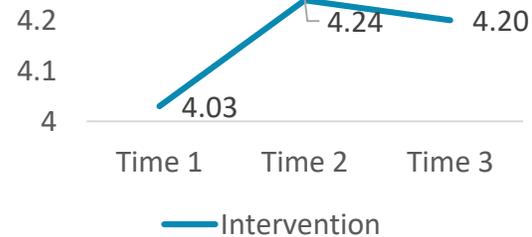
Significant increase from **T1 to T3**,
[95% CI = .063, .284], p = .002, **d= -.777**

Loneliness (ULS-8)

2.30
2.20
2.10
2.00

2.25 — 2.11 — 2.06

Time 1   Time 2   Time 3

— Intervention
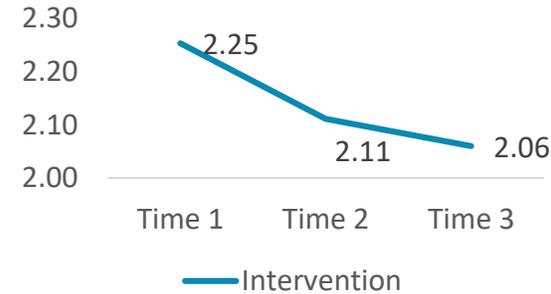
Significant decrease from **T1 to T3**,
[95% CI = -.336, -.046], p = .010, **d = .477**

Emotional Support
(MOS-SS)

4.10
3.90
3.70
3.50

3.66 — 3.80 — 4.01

Time 1   Time 2   Time 3

— Intervention
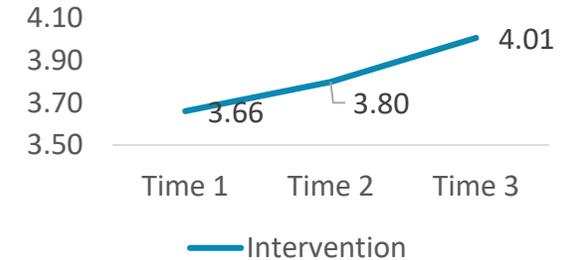
Significant increase from **T1 to T3**
[95% CI = .102, .592], p = .005, **d= -.567**

Affectionate Support
(MOS-SS)

4.10
4.00
3.90
3.80

3.81 — 4.00 — 4.09

Time 1   Time 2   Time 3

— Intervention
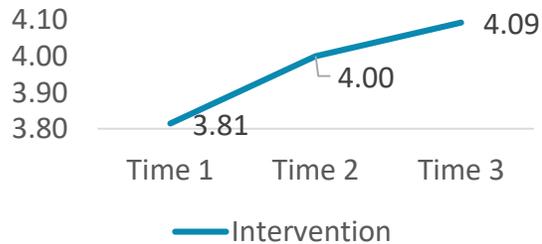
Significant increase from **T1 to T3**,
[95% CI = .030, .526], p = .028, **d = -.465**

National Identity
(NATID)

4.30
4.20
4.10
4.00
3.90
3.90

3.90 — 4.23 — 3.97

Time 1   Time 2   Time 3

— Intervention

Significant increase from **T1 to T2**,
[95% CI = .132, .534], p = .001, **d = -.783**
Significant decrease from **T2 to T3**,
[95% CI = -.464, -.062], p = .010, **d = .678**

National Heritage
(NATID Subscale)

5.2
5
4.8
4.6

4.63 — 5.24 — 4.76

Time 1   Time 2   Time 3

— Intervention
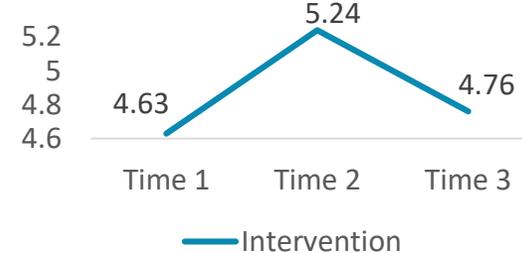
Significant increase from **T1 to T2**,
[95% CI = .182, 1.04], p = .005, **d = -.804**
Significant decrease from **T2 to T3**,
[95% CI = -.910, -.053], p = .028, **d = .525**

Problem Solving
(Resilience - ER Subscale)

5.40
5.20
5.00

5.10 — 5.43 — 5.15

Time 1   Time 2   Time 3
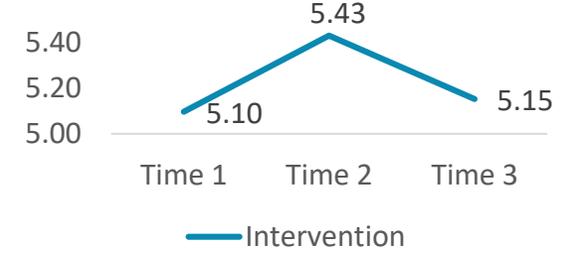
— Intervention

Significant increase from **T1 to T2**,
[95% CI = .074, .593], p = .012, **d = -.607**
Significant decrease from **T2 to T3**
[95% CI = -.537, -.019], p = .036, **d = .488**

Linear Mixed Effect Model performed on assessment at all time points in the intervention group; Covariates: Age, Gender, Marital Status, Employment Status, Income level, residence type, chronic illness

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Seniors

Quantitative Findings

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Seniors' Quantitative Findings (N=34)

Pre-test vs. Post-test
Paired Samples t-test

- Life Satisfaction
- Quality of Life

		M	SD	t	df	p	Cohen's d
Life Satisfaction	Pre-test	3.26	0.511	2.478	33	.019	-.425
	Post-test	3.50	0.508				
Quality of Life (WHOQOL-8)	Pre-test	3.97	.440	2.267	31	.030	-.401
	Post-test	4.16	1.214				
Life Meaning (MLQ)	Pre-test	5.54	0.884	0.948	33	.350	-.163
	Post-test	5.72	1.099				
Social Connectedness (SCS)	Pre-test	4.65	0.844	0.868	33	.392	-.149
	Post-test	4.83	0.841				
Resilience (ER-89)	Pre-test	5.25	0.986	0.632	33	.532	-.108
	Post-test	5.33	1.184				
Integrated Performance Under Stress (ER-11 Subscale)	Pre-test	5.59	1.134	0.666	33	.510	-.114
	Post-test	5.47	1.274				
Active Engagement with the World (ER-11 Subscale)	Pre-test	4.94	1.247	0.930	33	.359	-.160
	Post-test	5.09	0.946				
Repertoire of Problem Solving Strategies (ER-11 Subscale)	Pre-test	5.36	1.111	0.066	33	.948	.011
	Post-test	5.35	0.876				
Optimal Regulation (ER-89 Subscale)	Pre-test	5.47	0.908	0.285	33	.778	-.049
	Post-test	5.51	1.303				
Openness to Life Experiences (ER-89 Subscale)	Pre-test	4.86	1.304	0.859	33	.397	-.147
	Post-test	5.01	0.936				
Compassion (SCBCS)	Pre-test	5.46	1.146	0.386	33	.702	-.066
	Post-test	5.54	0.456				
Loneliness (ULS-8)	Pre-test	1.92	0.429	0.011	33	.992	.002
	Post-test	1.92	0.844				
Emotional Support (MOS-SS)	Pre-test	3.64	0.810	0.298	33	.768	.051
	Post-test	3.60	0.701				
Positive Interaction (MOS-SS)	Pre-test	3.84	0.745	0.599	33	.553	-.103
	Post-test	3.92	0.800				
Affectionate Support (MOS-SS)	Pre-test	3.86	0.914	0.369	33	.715	.063
	Post-test	3.79	0.619				
National Identity (NATID)	Pre-test	4.84	0.754	0.787	33	.437	.135
	Post-test	4.72	0.846				
Belief System (NATID Subscale)	Pre-test	4.16	0.995	0.841	33	.407	.144
	Post-test	3.97	0.941				
Cultural Homogeniety (NATID Subscale)	Pre-test	5.19	0.933	0.222	33	.826	-.038
	Post-test	5.23	1.114				
National Heritage (NATID Subscale)	Pre-test	5.85	1.114	0.772	33	.446	0.132
	Post-test	5.65	1.351				

Note: N = 34, except Quality of Life (n = 32). Results of the paired sample t-tests comparing pre and post intervention scores

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Seniors' Quantitative Findings (N=34)

Intervention vs. Control
Linear Mixed Effects Model

Life Satisfaction
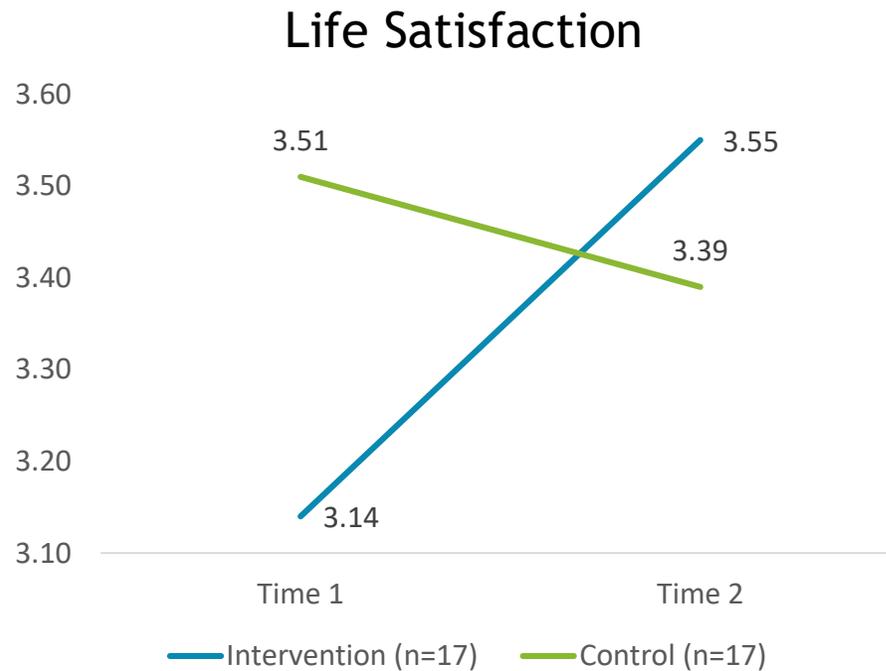
Significant **time x treatment** interaction effect:
[95% CI = .120, .939], p = .0011
Significant **time effect** for **intervention group**:
[95% CI = .122, .701], p = .005

Effect size for Group differences at Time 2:
d = - .485

Note: Time 1 = Baseline | Time 2 = Post-Intervention | Time 3 = 5-Week Follow-Up

Linear Mixed Model performed on T1 and T2 scores, comparing the intervention with control group. Covariates: Age, Gender, Marital Status, Employment Status, Income level, residence type, presence of chronic illness

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Seniors' Quantitative Findings (N=17)

Life Satisfaction
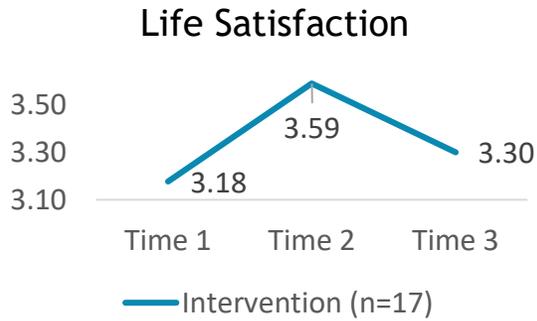
Significant increase from **T1 to T2**,
[95% CI = .125, .698], p = .005, **d = -.578**
Significant decrease from **T2 to T3**,
[95% CI = -.580, -.008], p = .044, **d = .500**

Loneliness

Significant decrease from **T1 to T3**,
[95% CI = -440, -.017], p = .034, **d = .804**

Resilience (ER-89)
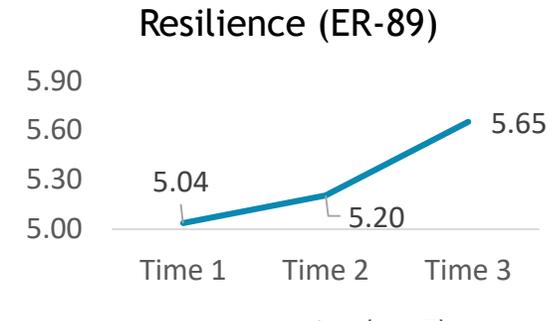
Significant increase from **T1 to T3**,
[95% CI = .187, 1.04], p = .005, **d = -.776**

Optimal Regulation
(ER-89 Subscale)
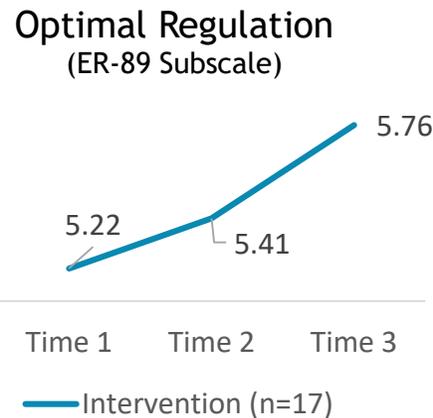
Significant increase from **T1 to T3**,
[95% CI = .108, .974], p = .014, **d= -.695**

Openness to Life
Experience (ER-89 Subscale)
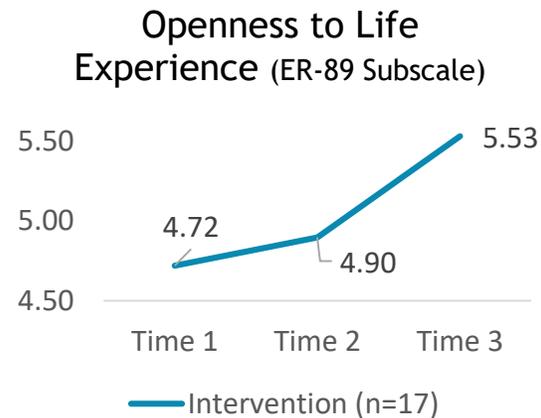
Significant increase from **T1 to T3**,
[95% CI = .228, 1.39], p = .006, **d = -.677**

Performance under Stress
(ER-11 Subscale)
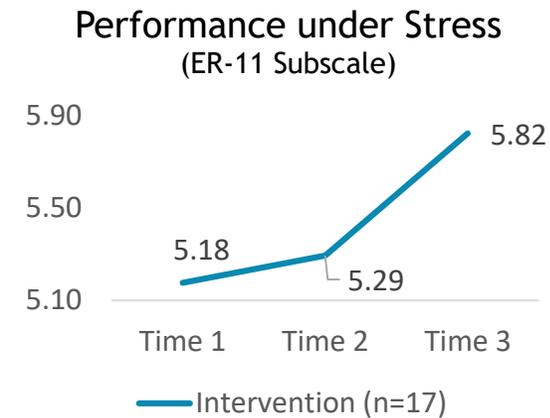
Significant increase from **T1 to T3**,
[95% CI = .160, 1.13], p = .009, **d= -.894**

Active Engagement
(ER-11 Subscale)
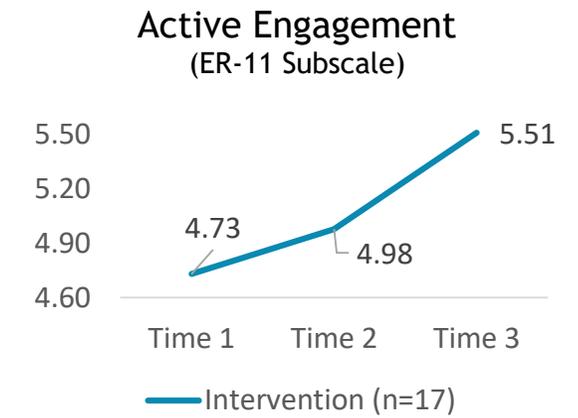
Significant decrease from **T1 to T3**,
[95% CI = .158, 1.39], p = .014, **d = -.603**

Linear Mixed Effect Model performed on assessment at all time points in the intervention group; Covariates: Age, Gender, Marital Status, Employment Status, Income level, residence type, chronic illness

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Qualitative Findings
from Participants' Sharing

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Qualitative Findings from Participant's Sharing

Resilience & Capacity Building

Previously I was more individualistic and shy… now I learnt that I have the capacity to try out new forms of art and work with someone very different from me.

24 year old, Female, Malay

I realize that even at this age, there is so much I can learn, and find more confidence in trying new things, creating new things.

71 year old, Female, Chinese

Fostering Nationhood

I get to learn about the past of Singapore, our forefather's contributions and how hard it was for Singapore to get here. I like the touching stories told by all of them (senior participants).

23 year old, Female, Chinese

Sharing our ideas, young and old, learning about each other's unique Singapore from different times. The places may be gone, but our memories and heritage still remain.

70 year old, Male, Chinese

Social Connectedness & Gratitude

These five weeks has taught me how to better communicate with the elderly and not to disregard our differences but to celebrate them. It has also made me aware of how different the times were growing up and made me more appreciative.

23 year old, Female, Chinese

I have a greater appreciation of working together with youths … ARTISAN has broken the intergenerational barrier.

64 year old, Female, Chinese

Qualitative data in the forms of audio recordings of focus group discussion were transcribed verbatim, back-to-back translation when appropriate, and analyzed using thematic analysis.

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Community
Exhibition
May - June 2018

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National Day Showcase | *Aug* 2018
Family Day Showcase | *Sept 2018*
Grandparent's Day Showcase | *Nov 2018*

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The *Artisan* Experience

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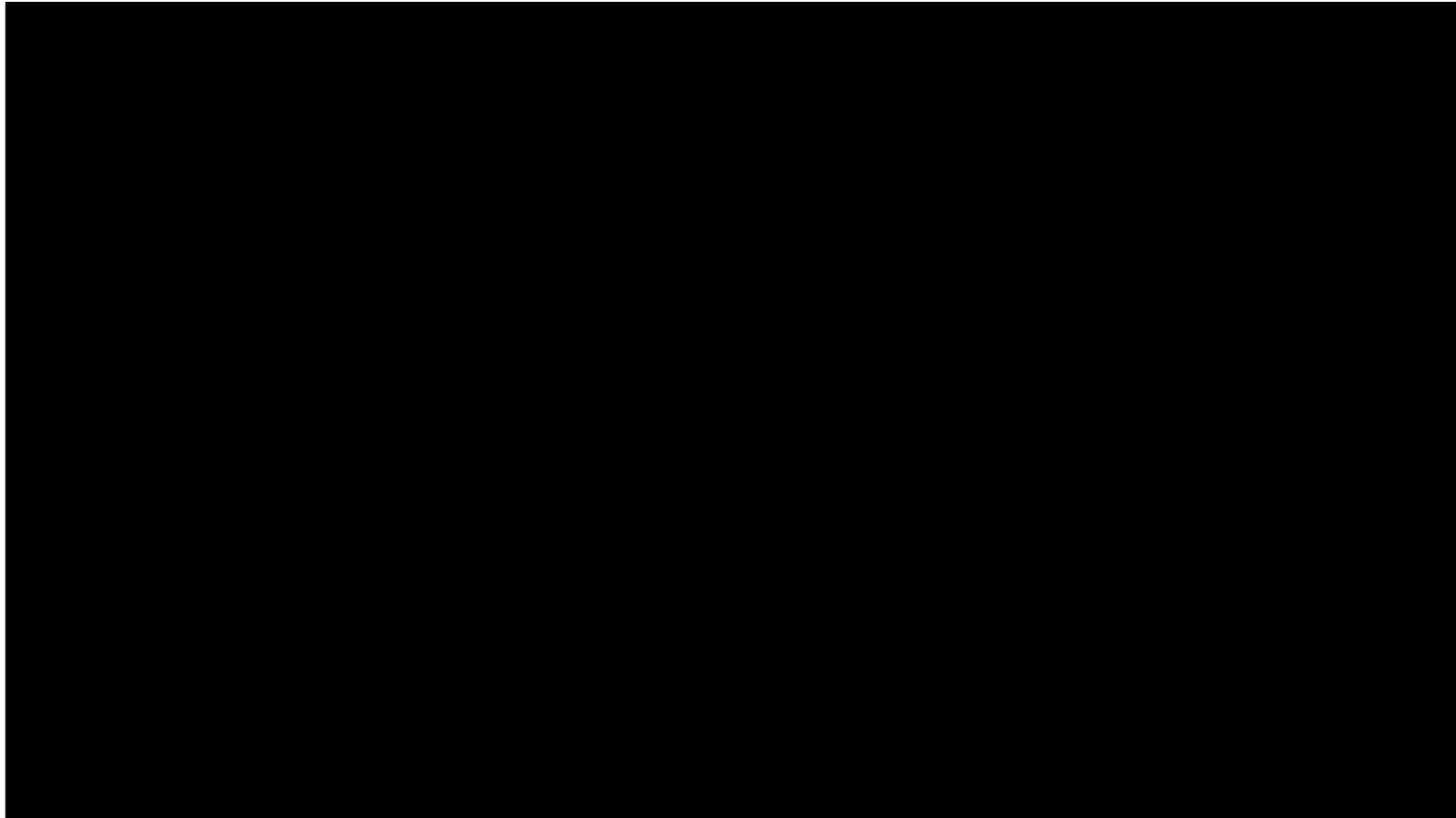
The Way Forward...

Artisan

A National Study on Citizen Empowerment to Overcome Loneliness through Arts and Heritage

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Artisan
Research Objectives, Significance, & Long-Term and Sustainable Social Impact

Empowerment

*Reduce loneliness, cultivate resilience, social connectedness and nationhood, as well as enhance psychological and psychophysiological wellbeing, self-esteem, life satisfaction and QoL of **400 youths and 400 seniors via societal-wide implementation of an empirically-driven, cultural-specific, and locally developed ARTISAN framework across 6 major museums and galleries in Singapore.***

Social Change

*Foster real social change in building a more resilient, connected and compassionate citizenry in the local society. **Stories of 800 ARTISAN RCT participants will be curated to form a digital archive named "Stories-Connect", with downloadable podcasts, e-learning tools and social media advocacy to support local heritage and value education, reaching an estimated 600,000 individuals annually.***

Engagement

*Promote public engagement and dialogue for citizen empowerment and loneliness alleviation through **a series of ARTISAN Exhibitions to be hosted at each of the 6 participating museums and galleries, reaching an anticipated 338,330 visitors.***

Sustainability

*Ensure the long term sustainability of ARTISAN through the development of the **ARTISAN Facilitator Training and Mentorship programme to coach 200 frontline/in-training health and social care workers to provide ARTISAN to an additional 1,600 youths & seniors.***

Artisan

A National Study on Citizen Empowerment to Overcome Loneliness through Arts and Heritage

The ultimate goal of ARTISAN is citizen empowerment for addressing the urgent public health problem of loneliness.

It is an innovative, empirically driven, culturally specific and locally developed intervention framework that integrates stories, arts, heritage and creative spaces for bridging and illuminating the lives of youths and seniors.

The comprehensive programming of ARTISAN: The National Study will create a sustainable social movement of compassionate citizenry and loneliness alleviation, one that will build and fortify a more caring and inclusive Singapore.

The pioneering ARTISAN framework will also serve to inform the practice, research and policy of art-based and heritage-space interventions around the globe.

Community Collaborators:

MCCY — Ministry of Culture, Community and Youth · NATIONAL ARTS COUNCIL SINGAPORE · National Heritage Board · National Museum of Singapore · NATIONAL GALLERY SINGAPORE · ACM ASIAN CIVILISATIONS MUSEUM · INDIAN HERITAGE CENTRE · Malay Heritage Centre Istana Kampong Gelam · peranakan MUSEUM · NYP NANYANG THE INNOVATIVE POLYTECHNIC · NGEE ANN POLYTECHNIC · SINGAPORE POLYTECHNIC SP · SUSS SINGAPORE UNIVERSITY OF SOCIAL SCIENCES · NIE NATIONAL INSTITUTE OF EDUCATION SINGAPORE · LASALLE COLLEGE OF THE ARTS · AMKFSC COMMUNITY SERVICES · LIONS BEFRIENDERS SINGAPORE Connecting Seniors, Enriching Lives · O'Joy Care Services · TOUCH Community Services · ST JOSEPH'S HOME CATHOLIC WELFARE SERVICES · ntuc Health · Tsao Foundation Longevity is Opportunity

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Thank You

Contact Us: andyhyho@ntu.edu.sg

| https://blogs.ntu.edu.sg/arch | www.facebook.com/archlabntu |

This study is funded by the National Arts Council Singapore, and implemented in partnership with the National Museum Singapore, TOUCH Community Services, Nanyang Polytechnic and Ngee Ann Polytechnic

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