

ARTS ON REFERRAL (AoR)

A SALUTOGENIC FORM OF REHABILITATION

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CONCLUSION

AoR can be helpful in improving mental wellbeing and feelings of belonging.

Important components for the health-promoting changes in AoR were

- Perceived belonging
- Permissive environment
- Challenging but manageable arts activities

INTRODUCTION

Arts on Referral (AoR) is a complementary intervention used to support people who are on sick leave due to stress, anxiety and depression and/or musculoskeletal pain.

Patients are identified and referred to AoR by professionals in primary health care and outpatient psychiatric care.

AoR is performed beyond healthcare and coordinated by a person from the municipality.

In this study, AoR was defined as participating in arts activities in closed groups, for 2.5 hours twice a week for ten weeks including i.e. song, crafts, drama and concert.

AIM

To deepen the understanding of how AoR works from a health-promoting perspective and how people with CMD and/or musculoskeletal pain experience AoR.

METHOD

Thematic analysis was performed on data from five focus groups containing participants from five AoR groups in four different municipalities in Sweden.

Thirty women (aged 20– 65) participated

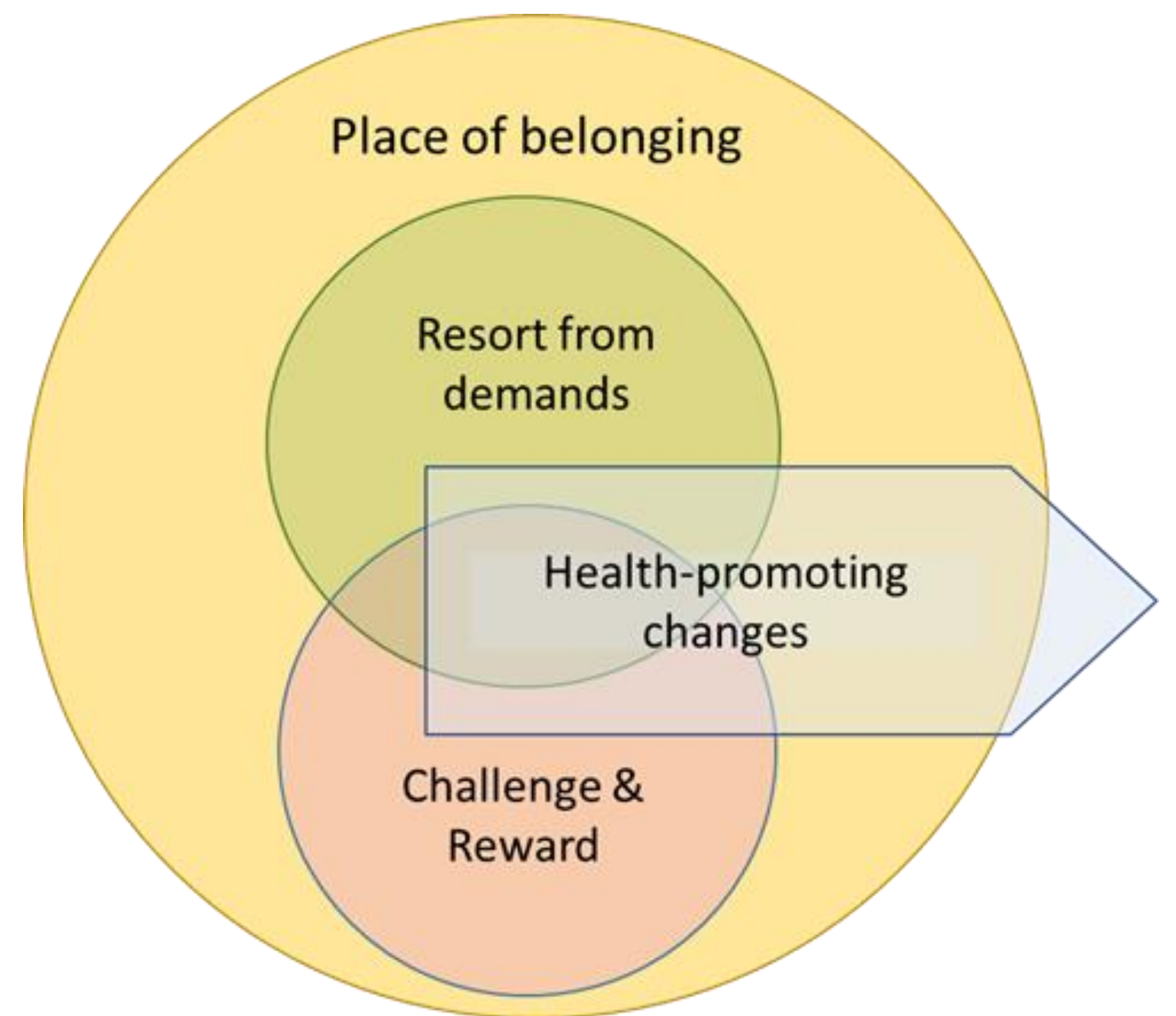


Figure 1. Identified categories and how they relate to each other.

FINDINGS

Four categories were identified which all related to each other, illustrated in figure 1. Findings were discussed in the light of Wenger's concept of community of practice and Csikszentmihalyi's concept of flow.

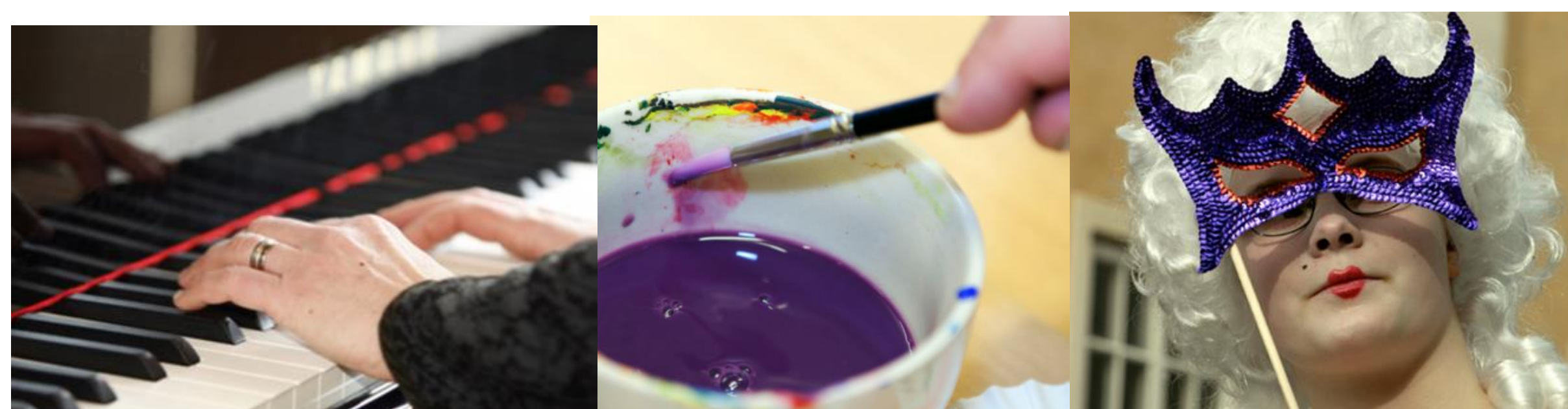
Participants' descriptions of the meaning of being in the AoR context illustrate that their participation becomes, in practice and meaning, a community of practice. In this community of practice arts activities offered challenge, reward and inspired to creativity and contributed to flow experiences.

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PAULA BERGMAN

Paula Bergman is a PhD student in welfare and social sciences at the School of Health and Welfare at Jönköping University. In her doctoral project, she studies the effects of Arts on Referral (AoR). The overall aim of the thesis is to study whether AoR can contribute to increased well-being and reduced sick leave for individuals in the target group, but also to examine whether the effort can be considered as health economic. Paula works as a public health developer in Jönköping County and has a master's degree in public health science.

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