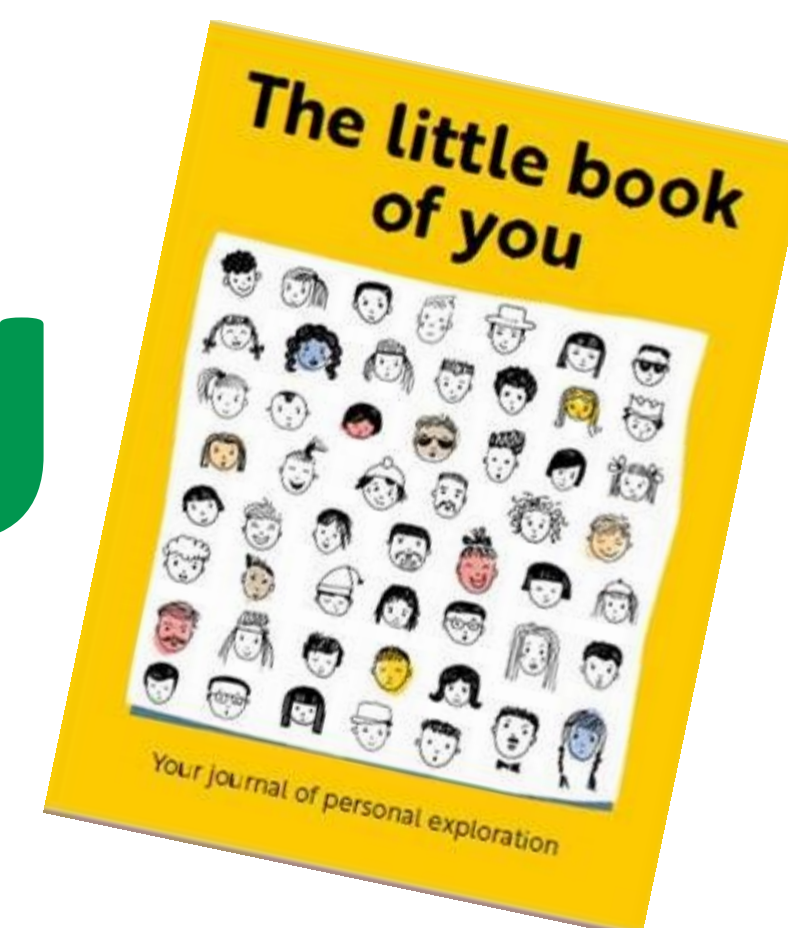




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THE LITTLE BOOK OF YOU



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Introduction & Background

What is the problem?

Inpatients with conditions ranging from eating disorders to mood and bipolar disorders are treated in an acute psychiatric ward at a large general hospital in Singapore. Extended inpatient stays are often needed to stabilise their physical and psychological conditions.

Boredom and **anxiety** are the **most common complaints** during hospitalisation. Patients with eating or mood disorders may have to grapple with additional challenges, such as **negative thought patterns** and **rumination** that can impede their recovery and negatively impact their emotional well-being and general satisfaction.

Patients need a range of activities to keep them engaged, motivated and occupied outside of their regular therapy sessions. This provision is in-line with the NICE guideline (1) that recommends **mental health patients should have daily access to a wide range of meaningful and culturally appropriate activities** during their inpatient stay. Workforce training and financial constraints remain the main barriers to patients' access to these services and their benefits.

Art making is a potential solution. There have been numerous studies that documented the **benefits of art making for mental health recovery** and **improving patients' psychological wellbeing** (2). For example, art-making activities such as colouring a mandala have been shown useful to reduce anxiety (3). Other studies suggested that art making can repair mood, reduce stress and act as an agent for change and coping in mental health.(4-6)

Objectives

Evidence-based. Self Help. Novel. Creative. Art-Based.

We seek to implement and measure the impact of a guided self-help intervention using evidence-based art-making activities as a supplement to the existing treatments. In line with the NICE guideline, through the application of this novel initiative in the patient care; we aim to see improvement in the patient's satisfaction and emotional well-being level during their inpatient stay.

Problem Analysis

A. Establishing Intervention Design Criteria

Prior to idea generation, the team has established four criteria to aid in the designing suitable intervention. These are:

1. Safety

- Solution provided should adhere to the hospital and ward 46a safety standards and guidelines. This solution includes but is not limited to infection control policy and not using any sharp items that patient could use to harm themselves or others.
- Psychologically safe. Activities or images that could trigger strong emotional responses are discouraged.
- Activities that promote recovery, positive futures and goal planning, as well as improvement in mood and reduction in anxieties are encouraged.

2. Practical

- Materials have to be easily stored and distributed by the ward.
- Materials should be easy for patients to use and require minimal assistance from the staff.

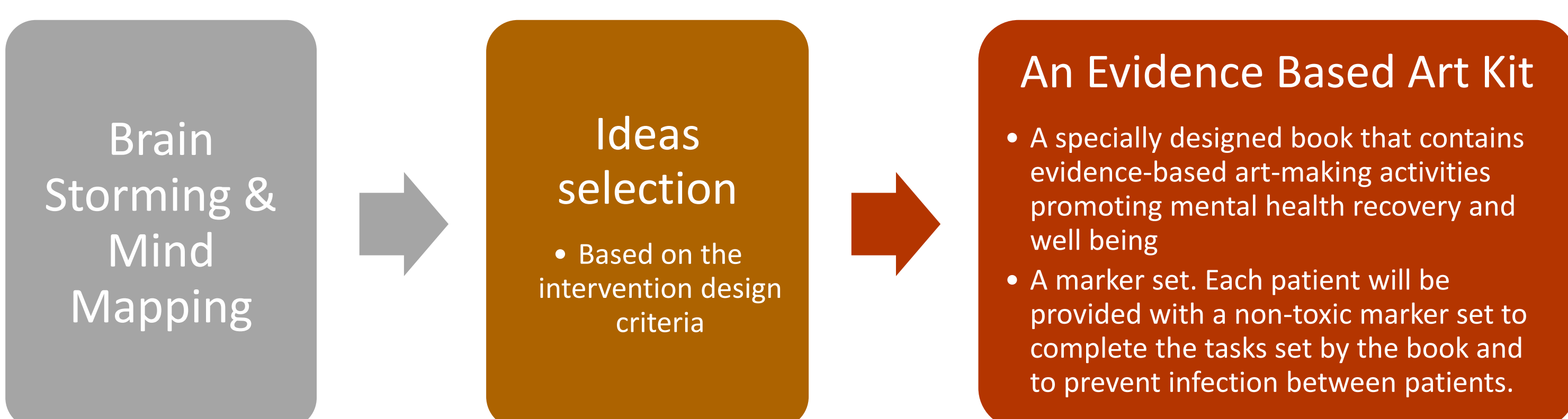
3. Low in cost and staff resources

- Solution provided should be of low cost
- Patients can use the solution independently

4. Evidence Based

- Given the numerous documented benefits of art making in supporting mental wellness and recovery, priority is to utilise solutions that contain art-based activities.

B. Ideas Generation Process



Methods: From Design to Evaluation

Part 1. Book Design and Production

- Literature search – visual art & art therapy based activities that can improve patients' mental wellbeing.
- Create a brief for book design based on literature search
- Engage external vendors to design and build prototype based on brief
- Design, review and finalize book content and book design
- Minimise costs

Part 2. Production of prototypes and kit assembly

- Obtaining grant for book prototype
- Selection of appropriate art materials
- Kit assembly: 1 book and 1 marker set

Part 3. Data Collection

- Develop pre and post self-administered questionnaire for participants to measure their specific and total emotional wellbeing [four and ten-point Likert scales, respectively] throughout the duration of the intervention.
- Brief ward staff regarding the initiative, patients recruitment process and form collection methods
- Distribution of kits and questionnaires to patients able to read and communicate in English, and without active psychosis
- Data Collection. The median time to complete the activities in the book was 12 (IQR x days).

Part 4. Data analysis and Evaluation

- Wilcoxon's signed rank test used to compare pre- and post-intervention questionnaire results.

Results

Between April - September 2018, the study recruited 19 participants in total out of 29. 16 (84.2%) successfully completed the book and the questionnaires. Of these, **12 participants (75%) reported an improvement** of total emotional wellbeing score, while only 1 participant (6.3%) reported a reduction.

Overall, the median total emotional wellbeing score increased from 11 at baseline to 15 after the intervention (p-value <0.01).

Qualitative feedback was obtained, the majority of feedback involved suggestions to improve the design of the book.

Conclusion & The Future

Conclusion

This project demonstrated that, "The Little Book of You", **an evidence and art-based activity handbook is effective** in improving psychiatric patients' emotional wellbeing in the psychiatric ward. The book is also easy to follow and to complete. These findings serve as a foundation for future trials of art-based activities aimed to supplement and enhance patient care.

The future of "The Little Book of You"

1. To redesign the book incorporating the patients' feedback.
2. To pilot the intervention to the inpatients at targeted general medical wards. This intervention included the provision of educational sessions to suitable healthcare staff in integrating the kit in the patient care.
3. Together with the stakeholder, we will develop a sustainability plan around the production and distribution of the book.

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