

## NCUR Application

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Class: Senior

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Attach File: <http://>

**Title of Presentation:**

The effects of a creative arts outreach program on behaviors of psychiatric adolescent inpatients.

**BHSU IRB, IACUC or Biosafety #:**

H-16-08

**Abstract:**

The creative arts have been used as a form of treatment in psychiatric facilities for some time. The benefits to patients may include improvements in self-esteem, behaviors, nonverbal interactions, social relationships and interpersonal functioning, peer approval, and providing patients with alternative ways of expressing themselves, their feelings or their problems. The current study investigated the effectiveness of an arts community outreach intervention program that was implemented at an inpatient psychiatric facility for adolescents (range of 12-18 years). It was hypothesized that if the arts program was effective, then the patients would show an improvement as reflected by their behavior and participation scores, as determined by the staff at the facility. A total of 38 adolescent patients (24 males; 14 females; average age of 15 years) were in the facility during the time the arts intervention program was offered. Due to the high attrition rate and patient turnover, only 15 patients (11 males; 4 females) were present for the first four months of the program. Data, however, will be analyzed for both samples. The arts outreach program is directed by the local Art Gallery and administered by local artists once a week, until funding is exhausted. Each weekly program was administered for one hour to the males and for one hour to the females. Programming included drawing, working with wooden blocks, a theatre workshop, creating a wall collage, and working with stackable cards. The facility and its staff assign scores to each patient every day on a variety of measures such as daily behavior, participation, chores, and school. The facility's procedures were not interrupted or altered in any way during the study and so these scores served as the dependent variables for this modified uninterrupted time-series research design. Baseline data was collected for 4 weeks, and intervention data was

collected for 4 months. Post-treatment data cannot be collected until program funding has ended. Staff surveys were also collected once a month soliciting the staff about their impressions of the program and their patients. Once the analyses are complete, we expect our hypothesis will be supported for a number of our dependent variables. However, if the hypothesis is not supported, we anticipate a few limitations: Having different artists during the intervention may create a range in the effects of the treatment; the length of the study may have been too short to study the effects of the treatment; programming once a week may not be sufficient for a measurable effect; and the absence of a qualified therapist to facilitate the therapeutic process may also contribute to possible null findings. Findings will highlight strengths and weaknesses to help improve future arts outreach intervention programs in psychiatric facilities.

**I certify that: My project is at or near completion and the abstract accurately represents my findings:**

Yes

### **Statement of Student Responsibilities:**

If my project is accepted for NCUR and I receive funding, I agree to:

- complete my project before departure
- make a trial presentation to my faculty advisor before departure
- present my paper/project at NCUR and attend other sessions
- all required IRB, IACUC and Biosafety approvals have been received
- give presentation at Black Hills Research Symposium (BHRS)
- Represent BHSU in a professional & responsible manner