

# A scoping review of art-based interventions on youth mental health in school and community settings in the Nordics (Research team presentation )

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# Background:

- ❑ Complementing a broader project (YIPEE).
- ❑ Adolescence is a pivotal and foundational phase of life (10 to 19 years old ) (1)
- ❑ 25% of the world's population (1·8 billion individuals).(1)
- ❑ Susceptibility to mental disorders.(2)
- ❑ Arts-based practices interventions have drawn more attention in mental health settings .(3)
- ❑ Utilizing emotional, spiritual, social needs to promote mental health.(3)
- ❑ Nordic countries are firmly committed to protecting and promoting youth's mental health.(4)
- ❑ lack of comprehensive reviews mapping the existing evidence and identifying gaps in knowledge.

## **Aim of the study:**

The aim of the study is to increase the understanding of the types and key-findings of art-based interventions that focus on improving the mental health and well-being of adolescents in schools and communities in the Nordics.

## **Research questions:**

1. What evidence exists on the types of arts-based interventions and their key findings targeting adolescent mental health and well-being in schools and communities in the Nordic countries?
2. What gaps exist in the current literature of arts-based interventions for adolescent mental health in school and communities in the Nordic countries?

# Method:

Scoping review was conducted based on :

- Study design
- Study setting
- Search strategy and search string
- Study selection
- Data collection and analysis

**Table 1. Eligibility criteria.**

No	Framework	Included	Excluded
1	<b>P (Population)</b>	<ul style="list-style-type: none"> <li>• Children</li> <li>• Youth from 10 to 19 years</li> </ul>	<ul style="list-style-type: none"> <li>• Articles that do not have children (10-19) in the participants.</li> <li>• Articles with only adults.</li> </ul>
2	<b>I (Intervention)</b>	<ul style="list-style-type: none"> <li>• Creative arts.</li> <li>• Expressive arts programs, courses, classes, activities, workshops</li> </ul>	<ul style="list-style-type: none"> <li>• Studies related to the arts-based intervention in a clinical-psychiatric setting.</li> <li>• Related to therapy or treatments.</li> <li>• The intervention refers to passive intake of art without any creativity from the participants.</li> </ul>
3	<b>C (Context/setting)</b>	<ul style="list-style-type: none"> <li>• Activities developed in School, after-school, community settings in Nordic countries.</li> </ul>	<ul style="list-style-type: none"> <li>• Activities developed in clinical or psychiatric settings and conducted by clinicians.</li> </ul>
4	<b>O (Out comes)</b>	<ul style="list-style-type: none"> <li>• The intervention targets mental health, well-being or positive mental health.</li> <li>• All articles refer to mental health promotion and prevention related to arts-based intervention.</li> </ul>	<ul style="list-style-type: none"> <li>• The intervention targets uniquely physical outcomes, therapeutic purposes outcomes not related to mental health.</li> <li>• Doesn't include mental health or well-being in the outcomes.</li> </ul>
5	<b>S (Studies Methods)</b>	<ul style="list-style-type: none"> <li>• Peer reviewed</li> <li>• experimental methods, intervention or implementation of arts based.</li> <li>• Qualitative, quantitative and mixed methods studies.</li> <li>• English language</li> </ul>	<ul style="list-style-type: none"> <li>• Grey literature.</li> <li>• Unpublished studies, systematic literature reviews and metanalysis.</li> <li>• The study does not contain any intervention.</li> <li>• Non-English language.</li> </ul>

# Results:

## Selected literature

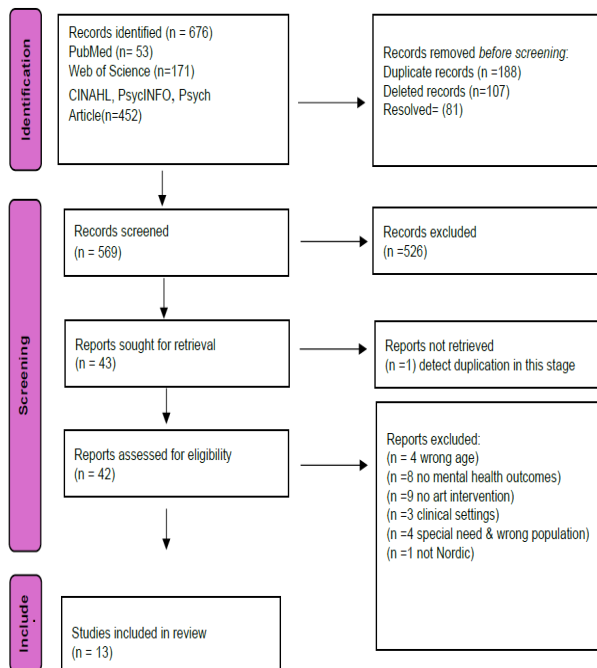


Figure 1. PRISMA 2020 flow diagram for scoping review

## Types of intervention:

Drama , Mixed, Craft, Dance, Music, Poetry

## Common outcomes:

- Improved emotional well-being
- Enhanced self-expression
- Increased resilience
- Improved social connectedness
- Improved student-teacher relationships
- Boosted self-esteem and self-confidence
- Strengthened cultural identity and inclusion

## Reviewed articles gaps

## Conclusion:

- The positive impact of interventions.
- Limited studies prevent generalization of the results.
- Similarity in outcomes with reviews from different geographical regions.
- Improvement in student-teacher relationships.
- Future research should focus on long-term outcomes to assess sustainability of the interventions.

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Thank you !