

The Use of Arts-making Activities among College Students: A Pilot Study

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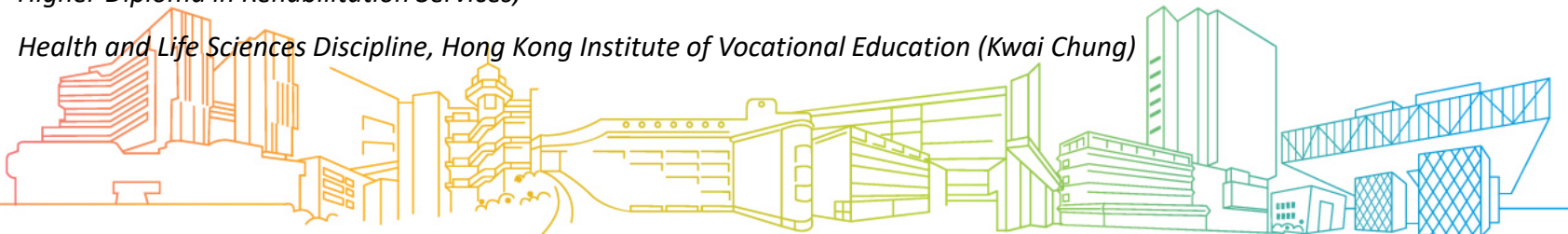
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Mental Health Crisis under COVID-19 pandemic

China:

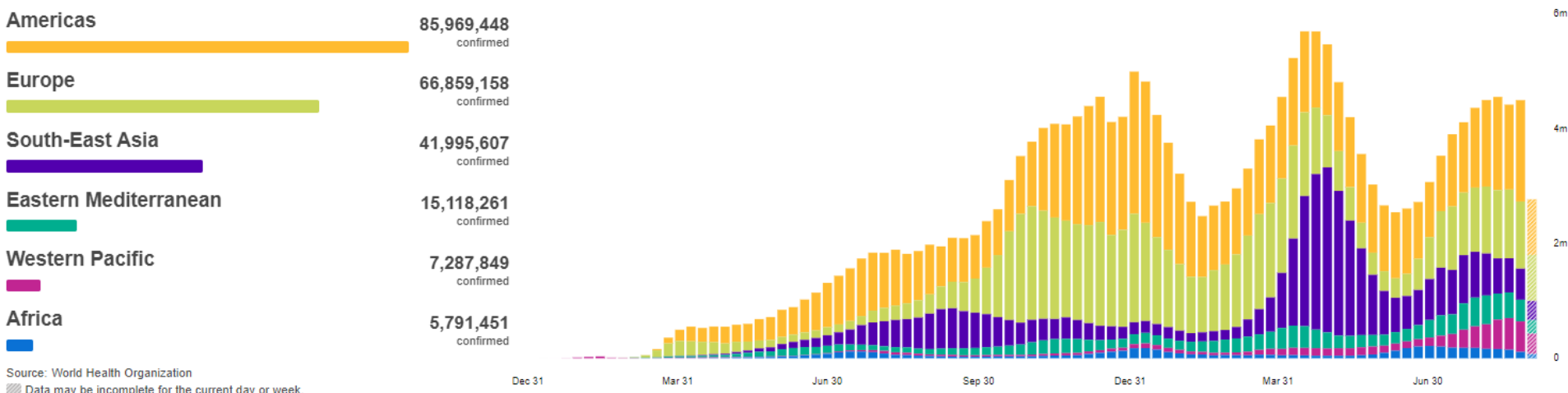
- the first reported case of COVID-19 was identified in December 2019

Hong Kong:

- the 'Serious Response Level' of the novel infectious disease plan was announced on January 4, 2020
- the first case of COVID-19 was reported in January 2020

Worldwide:

- COVID-19 was declared as a pandemic in March 2020 by WHO



Mental Health Crisis under COVID-19 pandemic

In the past year, social distancing measures and precautionary policies for preventing spread of COVID-19 have been applied by governments around the world.

Reports showed that these measures and fear of COVID-19 are associated with negative emotions and deteriorated psychological health in different populations.

- more than half of the respondents rated the psychological impact as moderate-to-severe (Wang et al., 2020)
- One-third of respondents reported psychological distress (Ngoc Cong Duong et al., 2020)
- One-fourth of respondents reported moderate to severe psychological impact (Alkhamees, Alrashed, Alzunaydi, Almohimeed, & Aljohani, 2020)

Mental Health Crisis under COVID-19 pandemic

Despite of no lock-down and less affected daily life in Hong Kong, recent research reported that:

The parameters of mental health, including stress level, anxiety and depressive symptoms, and unhappiness, were found worsening during the COVID-19 outbreak (Zhao et al., 2020)



Impacts on Mental Health Services in Local Community

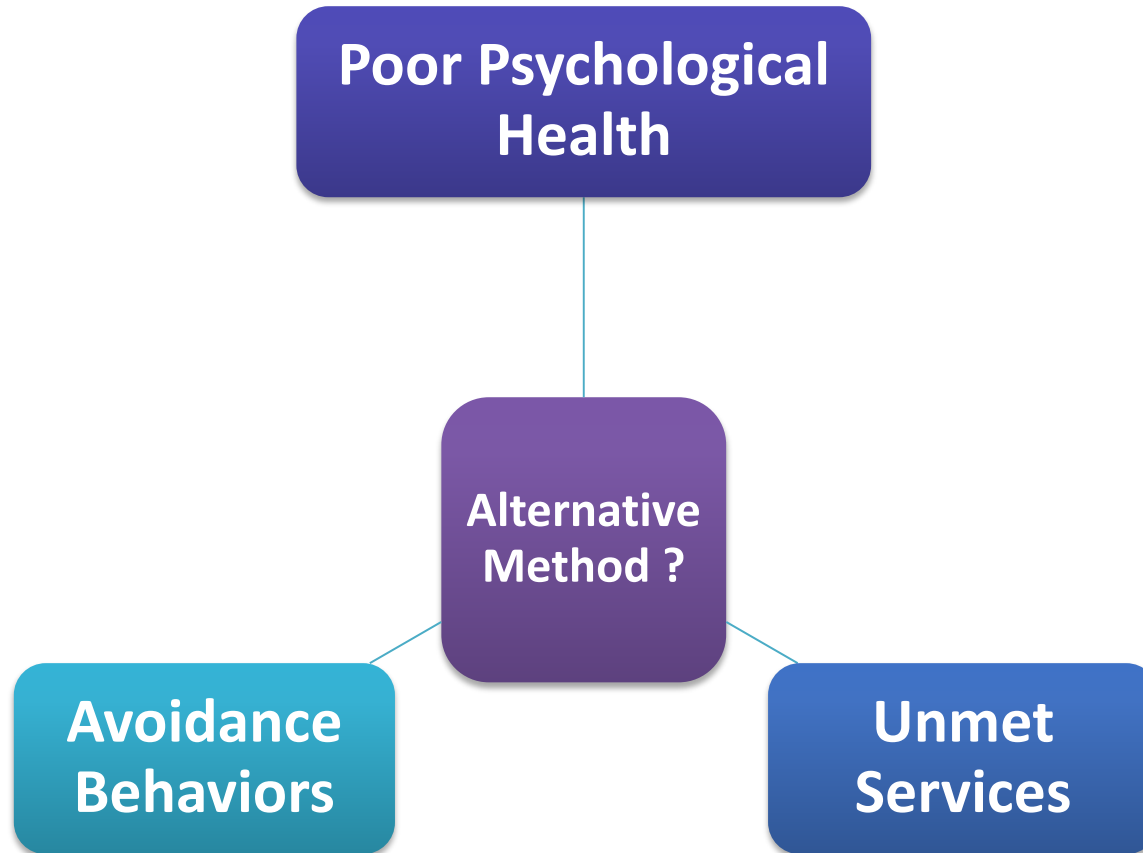
Unmet healthcare needs during COVID-19 pandemic

Suspension of non-emergency and non-essential services in hospitals and other public facilities

People whose mentally distressed during COVID-19 experienced unmet medical care due to some avoidance behaviors (Kim, You, & Shon, 2021)

Married females with both higher educational attainment and concern about COVID-19 were associated with avoiding healthcare services (Hung et al, 2020)

Impacts on Mental Health Services in Local Community



Arts-making Activities for Mental Health Management

There is a growing recognition of the value of the arts in improving quality of life and holistic health. Arts practices has been parts of mental health management for enhancing well-being among different populations.

- Painting
- Listening/Playing Music
- Dancing



Objective

***To investigate the impacts of
online arts-making activities
on stress level and quality of life of
college students
by quasi-experimental design***

Study Population

Local College Students:

- Lifestyle changes
- Adapting different mode of study and social life
- Not accessing school counsellors or psychologists
- Basic skills of using digital products and network

Include: Age 16-25; Hong Kong cultural background

Exclude: Upper limb injury or surgery within 3 months

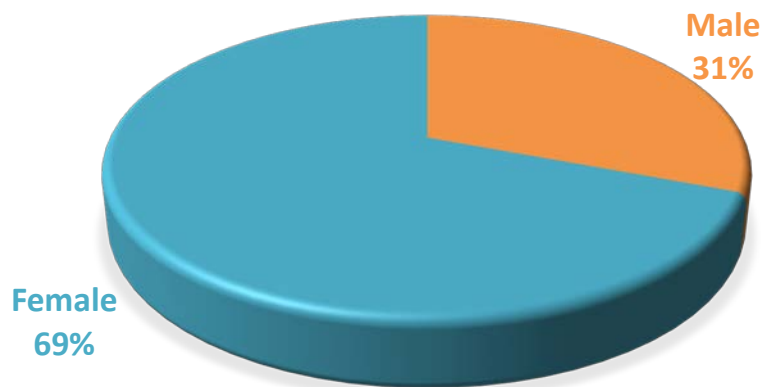
Study Population

13 full-time students

from Institute of Vocational Education (IVE)

recruited by convenient sampling

GENDER OF PARTICIPANTS



Gender	Frequency
Male	4
Female	9
Mean Age = 19.77±0.73 years	

Online Arts-Making Activities

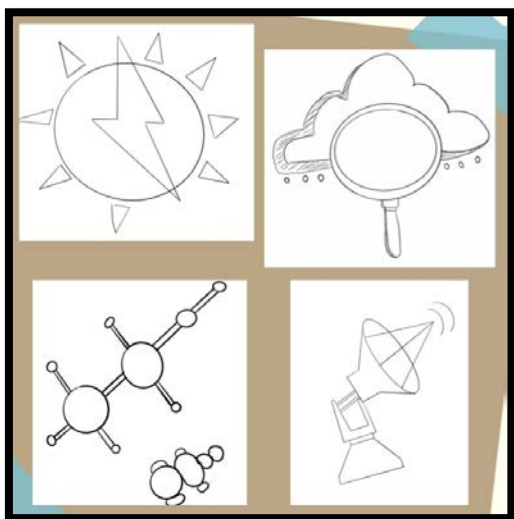
Draw all you can

- Assist the processes of Arts creation
- Building up confidence
- Funny and relaxing
- Engaging



Attractiveness and engagement are crucial for effectiveness of digital intervention (Garrido et al., 2019)

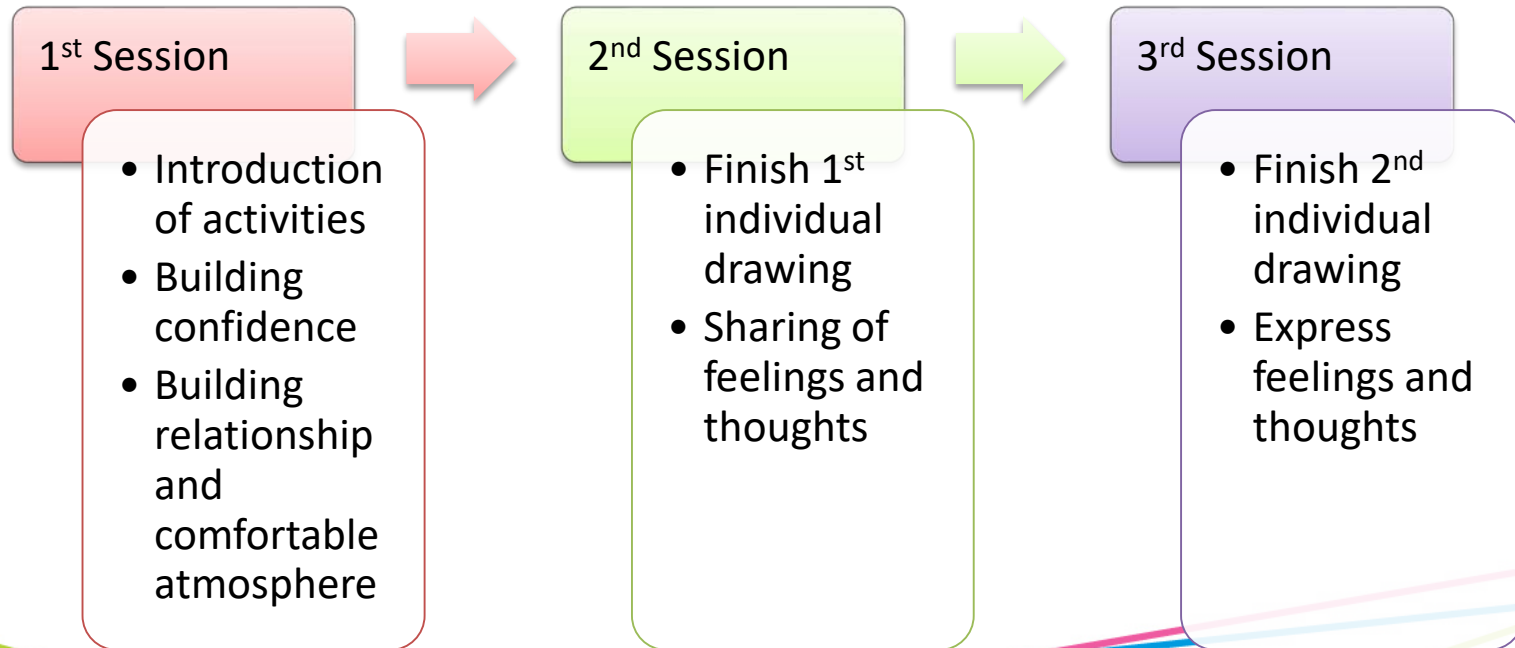
Online Arts-Making Activities



Online Arts-Making Activities

3 sessions (1.5 hours/session) by MS Teams
in February 2021

Small group: 3-4 participants and 2 researchers



Assessments

Quasi-experimental Design



- ✓ Self-reported questionnaire on demographic information
- ✓ Perceived Stress Scale (PSS)
- ✓ WHOQOL-BREF (HK)

Results and Discussions

Demographic Information and Lifestyle of Participants

	Frequency(%)
Reported lifestyle	
Sedentary	8 (61.5%)
Active / Physical Demanding	5 (38.5%)
Exercise habit	
No regular exercise habit	5 (38.5%)
1-2 times per week	5 (38.5%)
3-4 times per week	3 (23.1%)

61.5% of participants reported sedentary lifestyle.

38.5% reported no regular exercise while 38.5% had exercise habits of only 1 to 2 times per week.

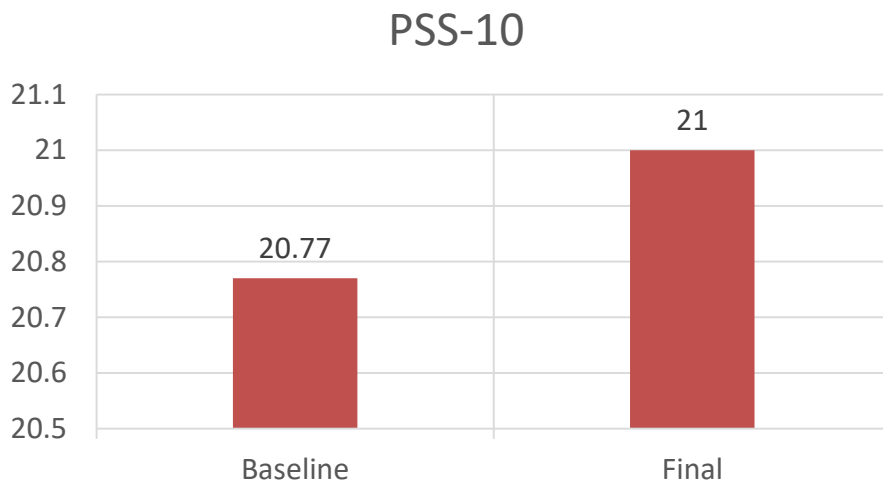


Physical inactivity was common!
Not managing mental health by sports or outdoor activities!

Results and Discussions

10 items Perceived Stress Scale (PSS-10)

	Baseline	Final	Mean difference	Sig.
PSS-10	20.77±7.72	21.00±8.93	0.23	0.849

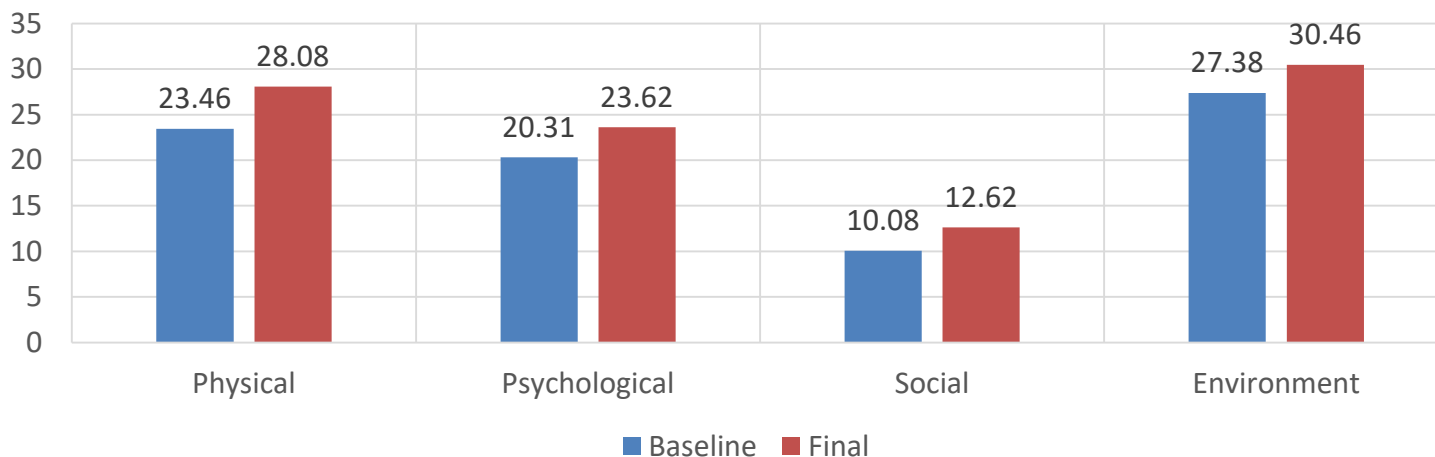


Change is not significant.

High perceived stress level was found in part of the participants!

Results and Discussions

WHOQOL-BREF (HK)



Significant self-reported improvements on 3 domains (Physical, Psychological, Social) of WHOQOL-BREF(HK) were observed!

Results and Discussions

Improvement on perceived quality of life

- Online arts-making activities can be beneficial to the psychological health of participants.
- Through these activities, participants can communicate and build up some forms of social connection.

Art therapy using painting as medium shows great potential to improve the quality of life and mental health of patients (Hu, Zhang, Hu, Yu, & Xu, 2021)

“Digital interventions work better than no intervention” (Garrido et al., 2019)



Our experiences

Digital Intervention is more feasible for college students under COVID-19 precautionary measures!

- Better compliance

Attracting and engaging are important for digital intervention!

- Suitable tools or digital resources

Limitations

Confounding factors

- Stress levels can be different at periods of baseline and final assessments!
- Potential stressors such as academic workload, family or peer problem, etc.

Recall bias

- Self-reported questionnaires

Conclusion

Online arts-making activities can be a potential method for mental health management among college students.

Further research should be done with bigger samples and among other population groups.



Thank you