

## Art Studios Follow-Up Program Evaluation Summary of Findings

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**Purpose.** We conducted a program evaluation using a chart audit to assess recovery in the arts-based occupational therapy psychosocial rehabilitation program offered at The Art Studios.

**Design.** A pre-test post-test design measured recovery with the Personal Recovery Outcome Measure (PROM; Barbic & Rennie, 2016) and functional goals using the Canadian Occupational Performance Measure (COPM; Law, Baptiste, Carswell, McColl, Polatajko, & Pollock, 2005).

**Method.** The Art Studios started using the PROM in 2016 inviting members to complete the tool at the beginning and end of each art-making course in which they enrolled. The COPM is frequently used during the intake assessment and we invited members who had a 2016 COPM on file to complete a follow-up assessment. We searched health care records of all current members up to June 2018 and extracted all PROM scores, COPM scores, and available demographic data. The original plan was to conduct a time series analysis, but the data are incomplete for this purpose. Instead, we used paired t-tests to examine differences in PROM scores between baseline and one term (average = 12 weeks or 84 days), and baseline and one year (average = 350 days). Paired t-tests were also used to examine changes between baseline and 2 years on the COPM performance and satisfaction with performance ratings.

**Results.** Participants' average age was 48.9 years, 78% were female, 58.8% had at least some post-secondary education (including vocational training), and the most frequently reported diagnoses were depression or other mood disorder (58.1%), anxiety (43.6%), and bipolar disorder (I or II) (24.8%). No significant differences between the groups (those with baseline PROM only, follow-up PROMs, and follow-up COPMs) were noted except that individuals with baseline PROM only reported higher rates of income assistance and problematic substance use. Paired t-tests demonstrated a mean increase in PROM scores after 12-weeks of 1.6 points and 1.8 points after one-year, a small but consistent difference on the 30-point scale. COPM performance and satisfaction with performance scores increased at 2-year follow-up by 1.9 points and 2.85 points, respectively, demonstrating clinically meaningful improvements on the 10-point scales.

**Relevance of the Findings.** This program evaluation demonstrates Art Studios' members experience small yet statistically significant improvements in recovery (PROM scores) after one-term and one year with the Art Studios. Members also demonstrated statistically and clinically significant improvements in functional goals as measured by the COPM. These findings suggest Art Studios' programming may promote recovery and goal attainment, but without a control group for comparison a causal link cannot be established. Future program evaluations would benefit from a waitlist control which could be achieved by collecting PROM scores at intake and comparing scores of waitlisted members with those participating in programming. Further, regular COPM re-assessment on the annual anniversary of members would facilitate program evaluation using an individualized, occupation-based outcome measure.

Table. Summary of paired t-tests showing statistically significant improvements in recovery and goal attainment.

<i>Outcome measure</i>	<i>Number of participants</i>	<i>Average improvement</i>	<i>95% confidence interval of the improvement*</i>	<i>t statistic</i>	<i>p level of significance</i>
PROM 12 weeks	146	1.6	1.0, 2.2	5.35	< .001
PROM 1 year	50	1.8	0.5, 3.2	2.74	.009
COPM performance	16	1.9	0.8, 3.0	3.71	.002
COPM satisfaction with performance	16	2.85	1.8, 3.9	5.55	< .001

\* 95% CI means we have 95% confidence that the true difference is between these two scores

## References

Barbic, S., & Rennie, M. (2016). *A new way of measuring recovery: Personal recovery outcome measure*

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