

**Researching the effects of object encounters:
How can we evidence the effects of handling objects on wellbeing?**



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.....museums benefit health and wellbeing through:**

- positive social experiences, leading to reduced social isolation
- opportunities for learning and acquiring news skills
- calming experiences, leading to decreased anxiety
- increased positive emotions, such as optimism, hope and enjoyment
- increased self-esteem and sense of identity
- increased inspiration and opportunities for meaning making
- positive distraction from clinical environments, including hospitals and care homes
- increased communication between families, carers and health professionals

Chatterjee and Noble (2013) *Museums, Health and Well-being*, Ashgate Ltd.

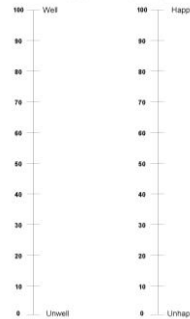
Quantitative measures: Mood adjective checklist

interested	1 =	very slightly or not at all
scared		
hostile	2 =	a little
enthusiastic		
proud	3 =	moderately
irritable		
alert	4 =	quite a bit
ashamed		
inspired	5 =	extremely
nervous		

Positive Affect Negative Affect Scale (PANAS) to assess psychological wellbeing developed by Watson, Clark and Tellegen (1988)

Quantitative measures: Visual analogue scales

Please mark a line on each of the scales shown below to indicate how well and how happy you are feeling at the present moment.



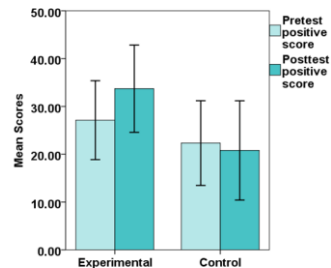
EQ VAS to assess health status and general wellbeing developed by EuroQol Group (1990)

Experimental and Control conditions

Experimental condition:
Looking at, handling and discussing museum objects
Implicates visual, tactile and verbal modalities

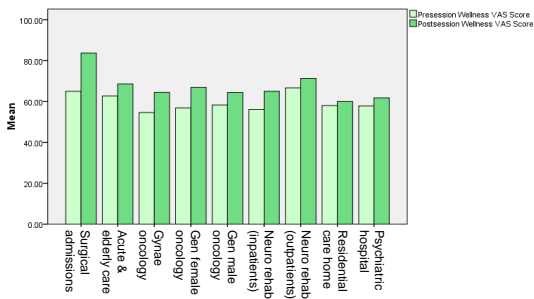
Control condition: Looking at and discussing photographs of museum objects (the same set of objects as used in the experimental condition)
Implicates visual and verbal modalities

Experimental and Control comparisons of positive mood



Thomson, et al. 2012 *Journal of Pain and Symptom Management*, 44(5): 731-740;
Thomson, et al. 2012 *International Journal of Art Therapy*, 17(2): 63-79.
Thomson, et al. 2011 *Journal of Applied Arts and Health*, 2 (1), 37-56.

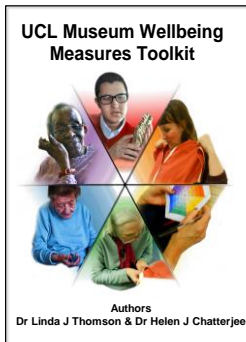
Wellness scores



Outcomes - qualitative inductive thematic analysis and grounded theory

New perspectives
Excitement, enjoyment, wonder, positive feelings (e.g. privilege, luck, surprise)
Learning (including skills and confidence)
Energy, alertness, flow
Cheered up
Sense of identity, meaning making opportunities
Something different, inspiring
Calming, relieves anxiety
Passing time
Social experience
Tactile experience

Paddon, et al. (2013) Arts & Health: An International Journal for Research, Policy and Practice. 6, 24-58.
 Ander, et al. (2013) British Journal of Occupational Therapy. 76(5): 208-216.
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<http://www.ucl.ac.uk/museums/research/touch/ucl-museum-wellbeing-measures-toolkit.pdf>

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<https://www.ucl.ac.uk/museums/research/touch/publications>



National Alliance for Museums, Health & Wellbeing

<https://museumsandwellbeingalliance.wordpress.com/>

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