

HarmonyChoir

Inclusive choir project, studying the effects of singing in a choir on mental health & mental health stigma

Liesbeth Tip



THE UNIVERSITY of EDINBURGH

FREE
(ticketed)

HarmonyChoir
& friends
present

**DO YOU
FOU
MIND?**

just festival

St. John's Church
(venue 127)
August 26th, 8pm

lost long a-go. I will
lost long a-go,
lost long a-go,
my dream,
take hold of my own dream, be as
heed ev 'ry stor - y, take hold of my

Demographics

52 Choir members - **12** never sang in a choir before; **40** with choir experience

Age - *average age approximately 41-49 years of age in all groups; age range choir 19-70 yrs.*

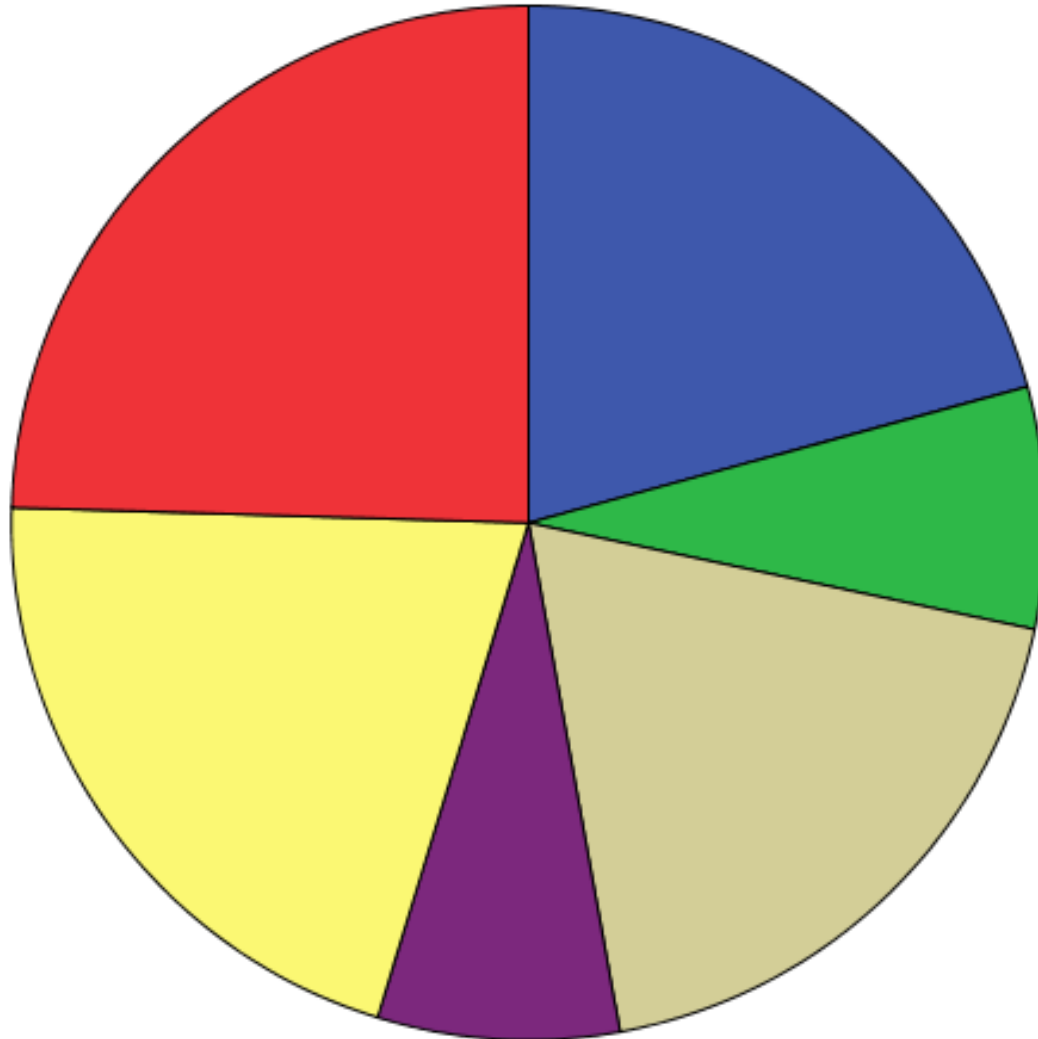
Gender - *more females than males in all groups, about 3:1 ratio*

Singing experience in years — *average 20-24 years in all groups*

Choir experience in years — *8-11 years on average in all groups*

Mental health symptoms at start of project

Participant status: choir member



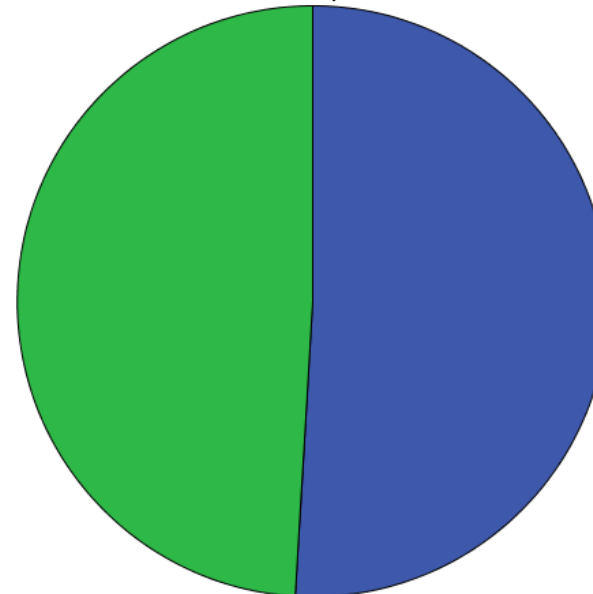
- Yes, and I have a diagnosed condition
- Yes, but I don't have a diagnosis
- Not in general
- Rarely
- Never, that I know of
- I have had mental health symptoms in the past, but not currently

6 different mental health backgrounds:

- Current diagnosis
- Symptoms but no diagnosis
- Past symptoms/diagnosis
- Not in general
- Rarely
- Never

Mental health background at start of project

Participant status: choir member



2 groups:

- 1) Current/past symptoms or diagnosis
- 2) Not in general / rarely / never

Rehearsal attendance and drop-outs



- 9 rehearsals + performance at the Edinburgh Fringe Festival
- 5 official drop-outs
- No difference in overall rehearsal attendance or drop-out regarding MH group

- Before & after each rehearsal:
- Self-ratings **Enjoyment, Well-being, Connectedness** 1-10

- After each rehearsal:
- Sense of **'flow'**

Data gathered

- Before & after 2 months:
- **Social connectedness** (SCS)
- **Social anxiety** (SIAS; BFNE)
- **Self-esteem** (RSE)
- **Quality of life** (QOL)
- **Stigma / Recovery** (ES; RS; RAS-R; SSDM; SSMIS-SF)
- Sense of **'flow'**
- **Other ~ mental health:** self-reported symptoms; help-seeking behaviours; positive/negative impact of mental health on life; current/past diagnosis
- **Other ~ music and mental health:** situations listening to music, emotions while listening to & making music, positive/negative impact of music on mental health (a.o.)

Well-being, Enjoyment and connectedness improved after each rehearsal

	N	Mean
R1WB	40	7.18
R2WB	36	6.58
R3WB	37	7.05
R4WB	36	6.58
R5WB	25	7.04
R6WB	38	6.84
R7WB	41	6.78
R8WB	40	6.83
R9WB	44	6.75

	N	Mean
R1WA	40	7.80
R2WA	36	7.53
R3WA	37	7.92
R4WA	36	7.75
R5WA	25	7.72
R6WA	38	7.87
R7WA	41	7.88
R8WA	40	7.95
R9WA	44	8.34

Before After
Well-being

Connectedness

Before

After

	N	Mean
R1CB	40	6.65
R2CB	36	6.56
R3CB	37	6.81
R4CB	36	6.75
R5CB	25	6.92
R6CB	38	6.79
R7CB	41	6.59
R8CB	40	6.63
R9CB	44	6.59

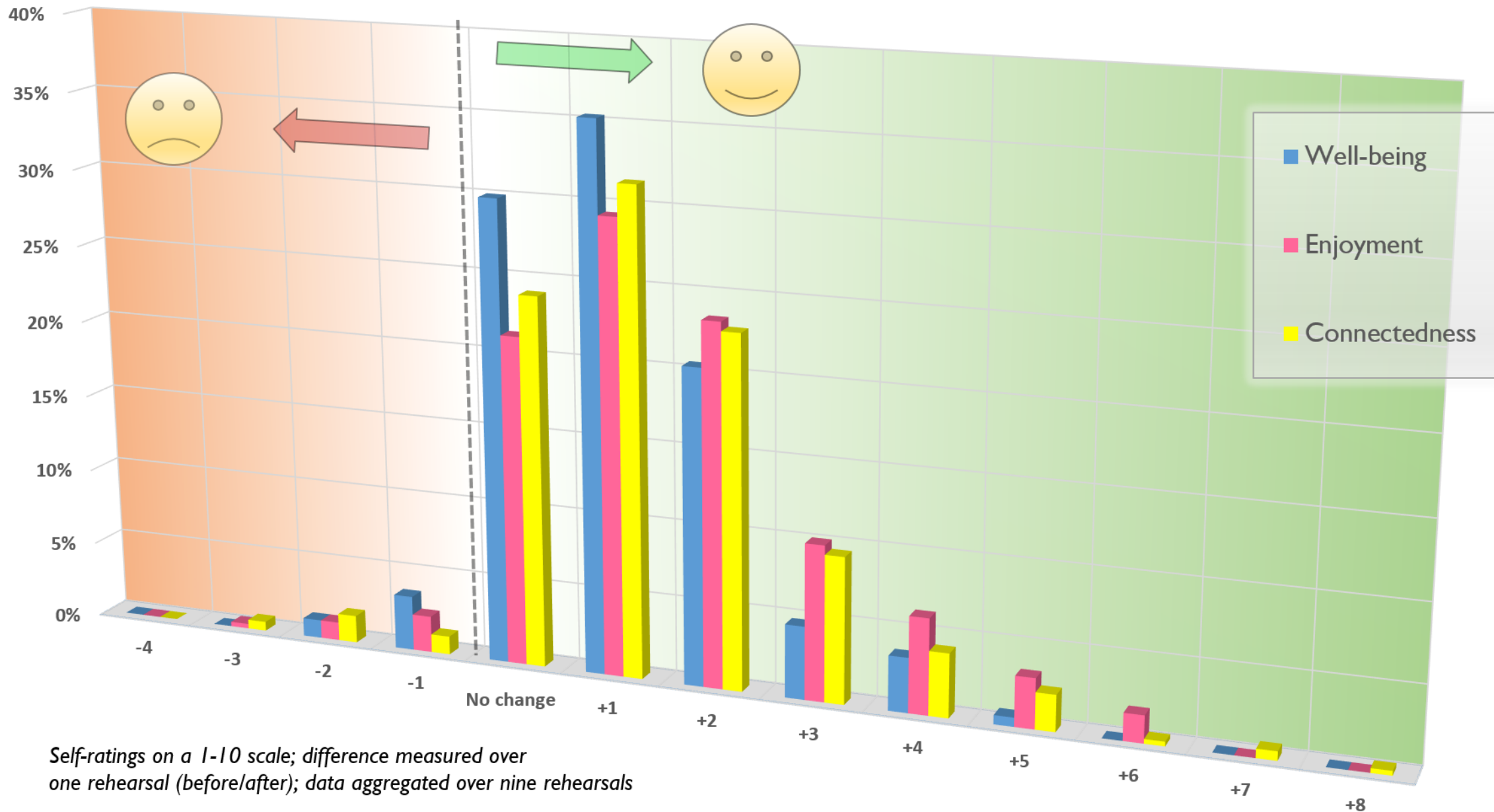
	N	Mean
R1CA	40	7.60
R2CA	36	7.69
R3CA	37	7.89
R4CA	36	8.00
R5CA	25	7.80
R6CA	38	8.26
R7CA	41	8.20
R8CA	40	8.40
R9CA	44	8.73

Before After
Enjoyment

	N	Mean
R1EB	40	7.05
R2EB	36	6.53
R3EB	37	6.92
R4EB	36	6.42
R5EB	25	6.76
R6EB	38	6.84
R7EB	41	6.78
R8EB	40	6.60
R9EB	44	6.68

	N	Mean
R1EA	40	8.03
R2EA	36	7.94
R3EA	37	8.22
R4EA	36	8.08
R5EA	25	7.88
R6EA	38	8.34
R7EA	41	8.46
R8EA	40	8.55
R9EA	44	8.80

Emotional Effect of Choir Rehearsals



Self-ratings on a 1-10 scale; difference measured over one rehearsal (before/after); data aggregated over nine rehearsals

Only differences between ratings of MH groups at first rehearsal

Rehearsal	MH1, MH2	time	mental health	interaction effect time*mh
Rehearsal 1				
Well-being	17, 21	F(1,36)= 15.946 p<0.001; es=0.307	F(1,36)= 11.746 ; p=0.002; es=0.246	ns (p=0.268)
Enjoyment	17, 21	F(1,36)= 14.392 p=0.001 es=0.286	F(1,36)= 5.602 p=0.023 es=0.135	ns (p=1.000)
Connectedness	17, 21	F(1,36)= 10.961 p=0.002; es=0.233	F(1,36)=8.120 p=0.007 es=0.184	ns (p=0.665)
Rehearsal 2				
Well-being	17, 17	F(1,32)= 24.094 p<0.001 es=0.430	ns (p=0.052)	ns (p=0.229)
Enjoyment	17, 17	F(1,32)= 31.854 p<0.001 es=0.499	ns (p=0.073)	ns (p=0.426)
Connectedness	17, 17	F(1,32)= 28.523 p<0.001 es=0.471	ns (p=0.109)	ns (p=0.269)
Rehearsal 3				
Well-being	18, 18	F(1,34)=21.438 p<0.001 es=0.387	ns (p=0.275)	ns (p= 0.567)
Enjoyment	18, 18	F(1,34)=36.267 p<0.001 es=0.516	ns (p=0.153)	ns (p=1.000)
Connectedness	18, 18	F(1,34)=30.769 p<0.001 es=0.475	ns (p=0.261)	ns (p=0.583)
Rehearsal 4				
Well-being	18, 18	F(1,34)=25.675 p<0.001 es=0.430	ns? F(1,34)= 4.134 p=0.050 es=0.108	ns (p=0.811)
Enjoyment	18, 18	F(1,34)=37.778 p<0.001 es=0.526	ns (p=0.188)	ns (p=1.000)
Connectedness	18, 18	F(1,34)=33.850 p<0.001 es=0.499	ns (p=0.058)	ns (p=0.253)
Rehearsal 5				
Well-being	10, 14	F(1,22)=10.309 p=0.004 es=0.319	ns (p=0.923)	ns (p=0.463)
Enjoyment	10, 14	F(1,22)=11.241 p=0.003 es=0.338	ns (p=0.597)	ns (p=0.965)
Connectedness	10, 14	F(1,22)=14.196 p=0.001 es=0.392	ns (p=0.848)	ns (p=0.432)
Rehearsal 6				
Well-being	19, 19	F(1,36)=25.350 p<0.001 es=0.413	ns (p=0.102)	ns (p=0.253)
Enjoyment	19, 19	F(1,36)=32.781 p<0.001 es=0.477	ns (p=0.340)	ns (p=0.096)
Connectedness	19, 19	F(1,36)=32.036 p<0.001 es=0.471	ns (p=0.342)	ns (p=0.115)
Rehearsal 7				
Well-being	18, 21	F(1,37)=38.802 p<0.001 es=0.512	ns (p=0.826)	ns (p=0.909)
Enjoyment	18, 21	F(1,37)=50.311 p<0.001 es=0.576	ns (p=0.815)	ns (p=0.453)
Connectedness	18, 21	F(1,37)=57.725 p<0.001 es=0.609	ns (p=0.659)	ns (p=0.736)
Rehearsal 8				
Well-being	21, 18	F(1,37)=39.060 p<0.001 es=0.494	ns (p=0.800)	ns (p=0.552)
Enjoyment	21, 18	F(1,37)=80.078 p<0.001 es=0.684	ns (p=0.597)	ns (p=0.256)
Connectedness	21, 18	F(1,37)=56.769 p<0.001 es=0.605	ns (p=0.856)	ns (p=0.429)
Rehearsal 9				
Well-being	20, 22	F(1,40)=70.425 p<0.001 es=0.638	ns (p=0.290)	ns (p=0.437)
Enjoyment	20, 22	F(1,40)=68.683 p<0.001 es=0.632	ns (p=0.185)	ns (p=0.338)
Connectedness	20, 22	F(1,40)=71.617 p<0.001 es=0.642	ns (p=0.440)	ns (p=0.426)

MH groups differ:

- Self-reported symptoms
- Negative impact of MH symptoms
- Help-seeking behaviours
- Connectedness
- Quality of life

Sense of 'flow' changed significantly over time

Mental Health	Group 1: diagnosis/symptoms/past; group 2: notingeneral/rarely/never	Time	Mental Health	Interaction time*mh group
Negative impact of mental health symptoms	19, 10	ns	F(1,27)= 9.453 es=0.259	p=0.005 ns lower in group 2
Positive impact of mental health symptoms	16, 6	ns	ns	ns
Help-seeking behaviours	19, 20	ns	F(1,37)=38.252 es=0.508	p<0.001 ns lower in group 2
Sum score self-reported symptoms anxiety, low mood/depression, agitation, unusual experiences, other	19, 20	ns	F(1,37)=30.289 es=0.450	p<0.001 ns lower in group 2
Sense of 'flow'	19, 20	F(1,37)= 7.987 p=0.008	es=0.178 ns	ns
Connectedness (SCS)	19, 18	ns	F(1,35)=5.786 es=0.142	p=0.022 ns lower in group 2
Social Anxiety (SIAS), interaction anxiety	17, 19	ns	ns	ns
Social anxiety (BFNE), worrying	19, 20	ns	ns	ns
Self-esteem (RSE)	18, 20	ns	ns	ns
Quality of Life (WHOQOL-Bref)	18, 19	ns	F(1,35)=8.244 es=0.191	p=0.007 ns lower in group 2

Stigma & Attitudes towards mental health recovery: Change over time

SSMIS-SF Self

I think most persons with mental illness ... are to blame for their problems

I think most persons with mental illness ... are unpredictable

I think most persons with mental illness ... will not recover or get better

I think most persons with mental illness ... are dangerous

I think most persons with mental illness ... are unable to take care of themselves

Recovery Scale (RS)

People with mental illness have goals in life that they want to reach

People with mental illness believe that they can meet their current personal goals

People with mental illness have a purpose in life

Even when people with mental illness don't care about themselves, other people do

Fear doesn't stop people with mental illness from living the way they want to

People with mental illness believe something good will eventually happen

People with mental illness are hopeful about their future

Coping with mental illness is not the main focus of the lives of people with mental illness

The symptoms that people with mental illness experience interfere less and less with their life

The symptoms that people with mental illness experience are a problem for shorter periods of time each time they occur

People with mental illness have people they can count on

Even when people with mental illness don't believe in themselves, other people do

It is important for people with mental illness to have a variety of friends

BASICALLY NO ADVERSE EFFECTS

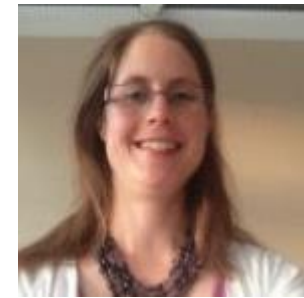
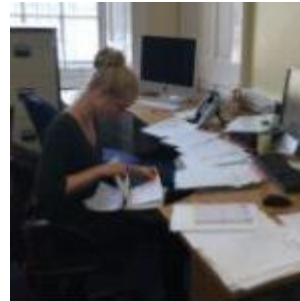
scored from 1 (no adverse effects) to 5 (many adverse effects)

Taking part wasn't beneficial to my wellbeing	1.76
Taking part made me feel anxious.	1.84
Taking part took up too much time.	1.53
Taking part led to my mood becoming very low.	1.09
Taking part made me feel angry and irritable.	1.16
I didn't feel ready to be in a choir.	1.16
Taking part made me think too much about past events that have been upsetting to me.	1.14
Taking part made me feel suspicious.	1.09
Taking part required too much energy or motivation.	1.26
Taking part made my voices or visions worse.	1.00
Taking part was making me fall out with my family or friends.	1.02
Taking part was having a bad effect on my self-esteem.	1.19
I didn't like or feel I could not trust the HarmonyChoir members or staff.	1.09
I felt embarrassed with people I had not met before.	1.56
Taking part made me feel hostile towards other people.	1.02
Taking part involved too much hard work.	1.17
Taking part made me worry that people would think badly of me because of my diagnosis.	1.29
Taking part made me worry about losing control.	1.19
I prefer to practice my hobby of singing elsewhere or in another way	1.33

Team HarmonyChoir

• University of Edinburgh:

- Liesbeth Tip – Principal Investigator/Project leader
- Simona di Folco
- Katie Marwick
- Lindsay Mizen
- Emma Eliasson
- Sara Jazgar



Musical team members:

- Musical Director: Ben Jones
- Vocal Coach: Natalie Toyne



Collaborating with MH charities:

Health in Mind
Mental Health Foundation
SeeMe Scotland (SAMH)
Carr Gomm

Choir wearing badges/handing them out to audience from:

OnlyUs Campaign (2016-2017)
SeeMe Scotland (2017)

Documentary Promo –

<https://www.youtube.com/watch?v=Vmu4KWN9KKM>



THE UNIVERSITY of EDINBURGH



Thank you for your attention!

Liesbeth.Tip@ed.ac.uk

www.harmonychoir.com

Blog benefits of community singing in choirs:

www.nationalelfservice: community-singing-helps-mental-health-recovery

Guidelines for research with choirs (open access article):

<https://journals.sagepub.com/doi/10.1177/2059204319861719>