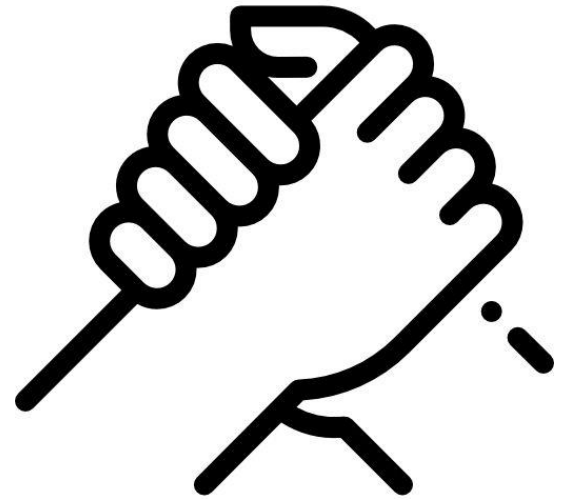
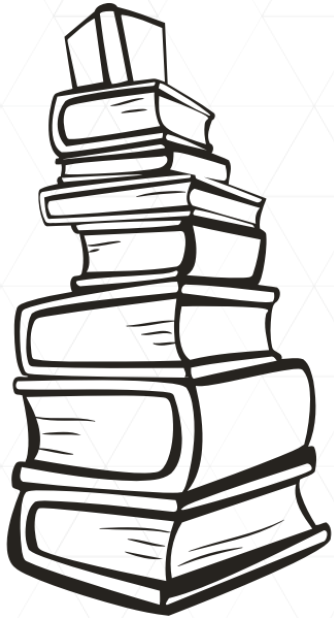




codarts  
≡ |||||  
rotterdam

# Onderzoek naar kunst en mentale gezondheid van jongeren

Janine Stubbe







# What is the evidence on the role of the arts in improving health and well-being in the WHO European Region?



Performing  
arts

Arts interventions, such as singing in a choir to improve chronic obstructive pulmonary disease, are considered non-invasive, low-risk treatment options and are increasingly being used by Member States to supplement more traditional biomedical treatments.

The Health Evidence Network (HEN) synthesis report on arts and health, which will be **launched on 11 November 2019**, maps the global academic literature on this subject in both English and Russian. It references **over 900 publications**, including **200 reviews** covering **over 3000 further studies**. As such, the report represents the most comprehensive evidence review of arts and health to date.



## The findings

The report finds evidence of the contribution of the arts to the **promotion** of good health and the **prevention** of a range of mental and physical health conditions, as well as the **treatment** or **management** of acute and chronic conditions arising across the life-course. The arts can be cost-effective solutions since they can frequently draw on existing assets or resources, although more research is needed into the health economics of this field.





6.404 publicaties over antidepressiva in 2021

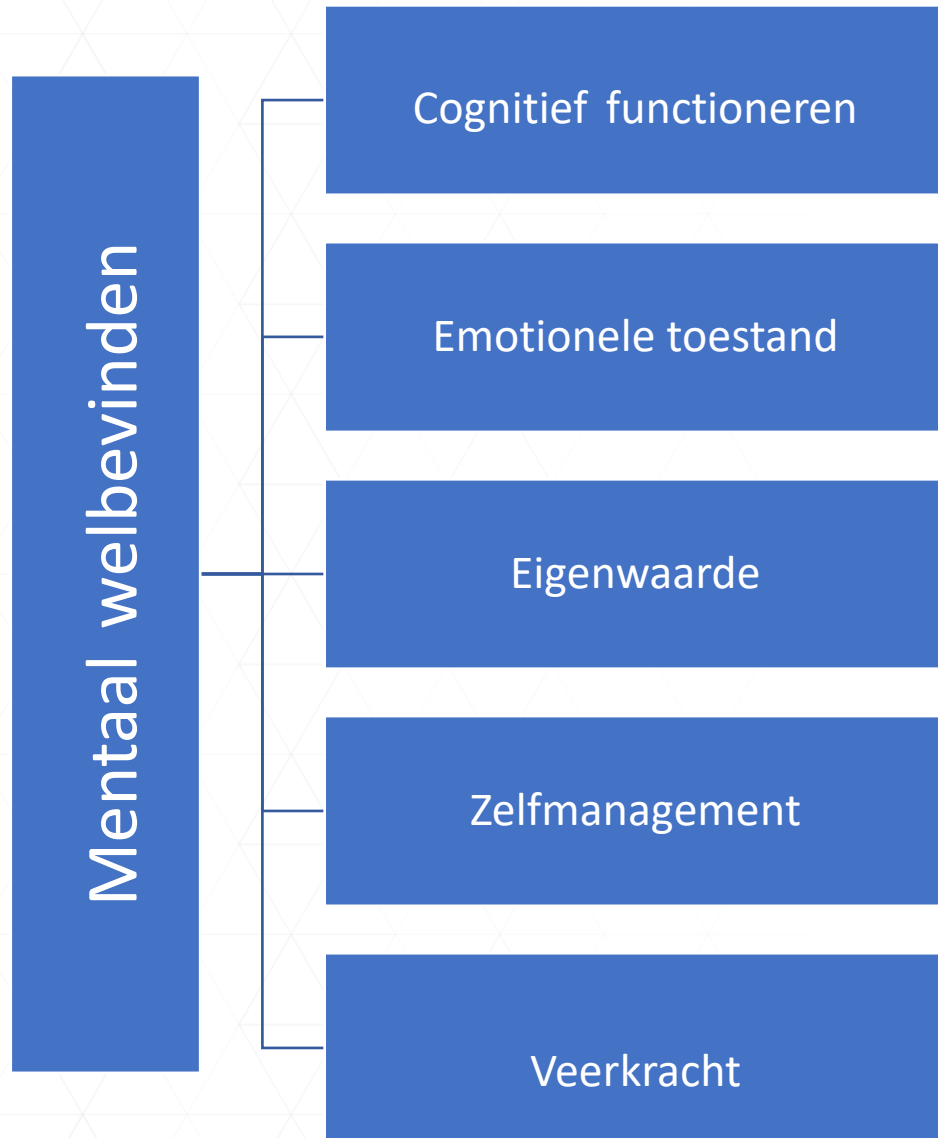


Mental Health



72 publicaties: helft sinds 2020





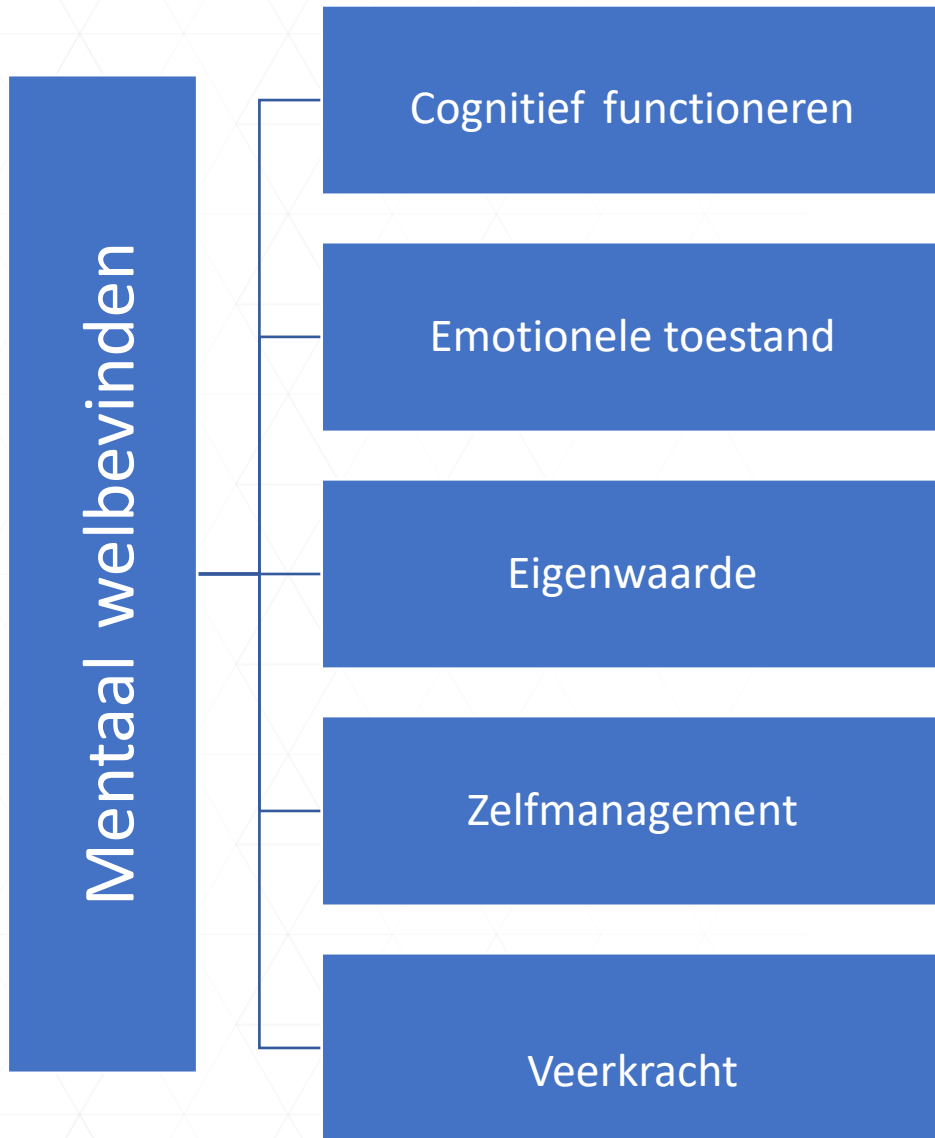
Bron: Huber, 2016

**Verbetering concentratie, taalvaardigheid, geheugen en communicatievaardigheden**  
Bron: <https://www.sistemaeurope.org/>.

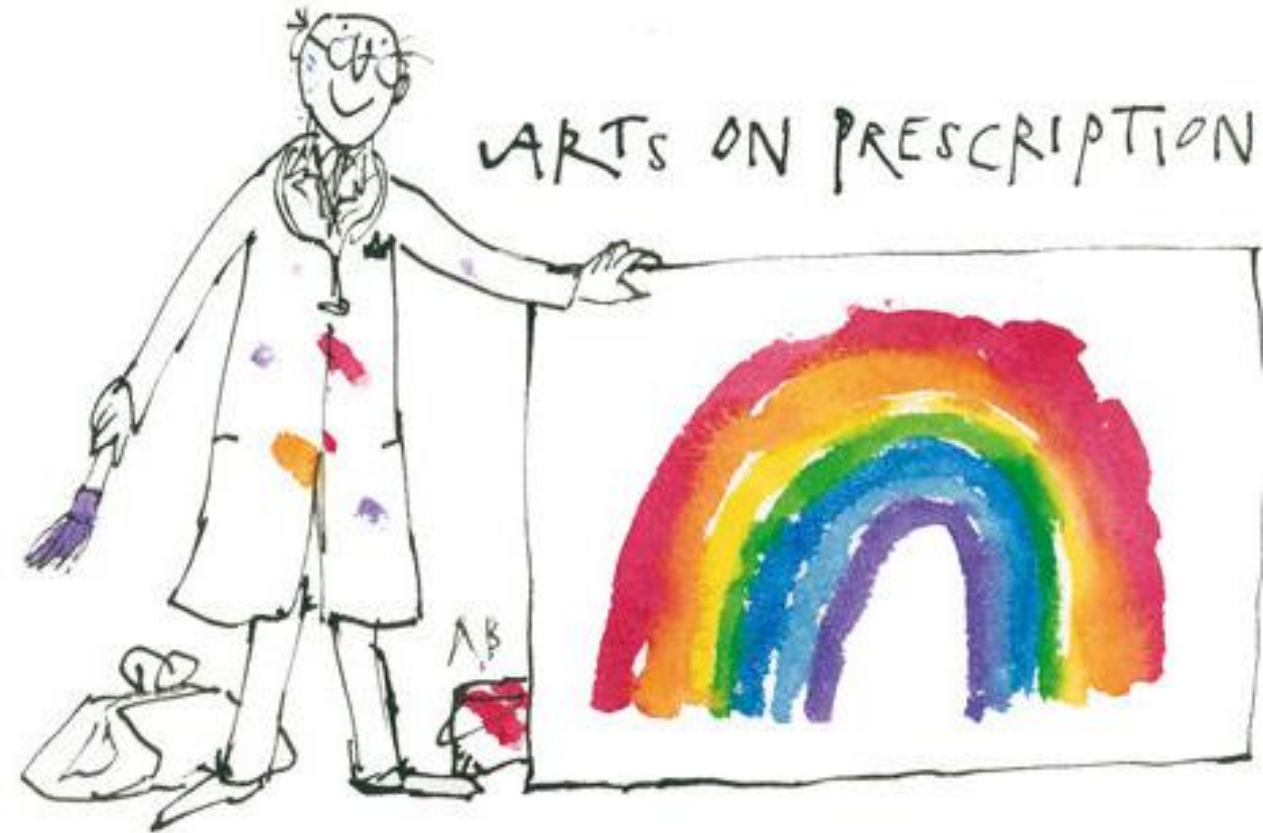


Sistema  
**Europe**



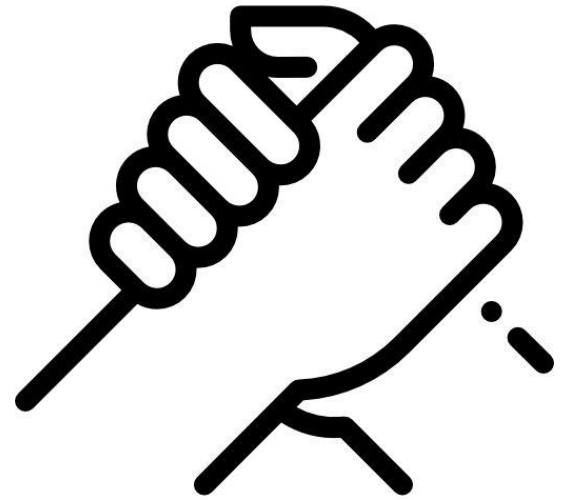


Bron: Huber, positieve psychologie

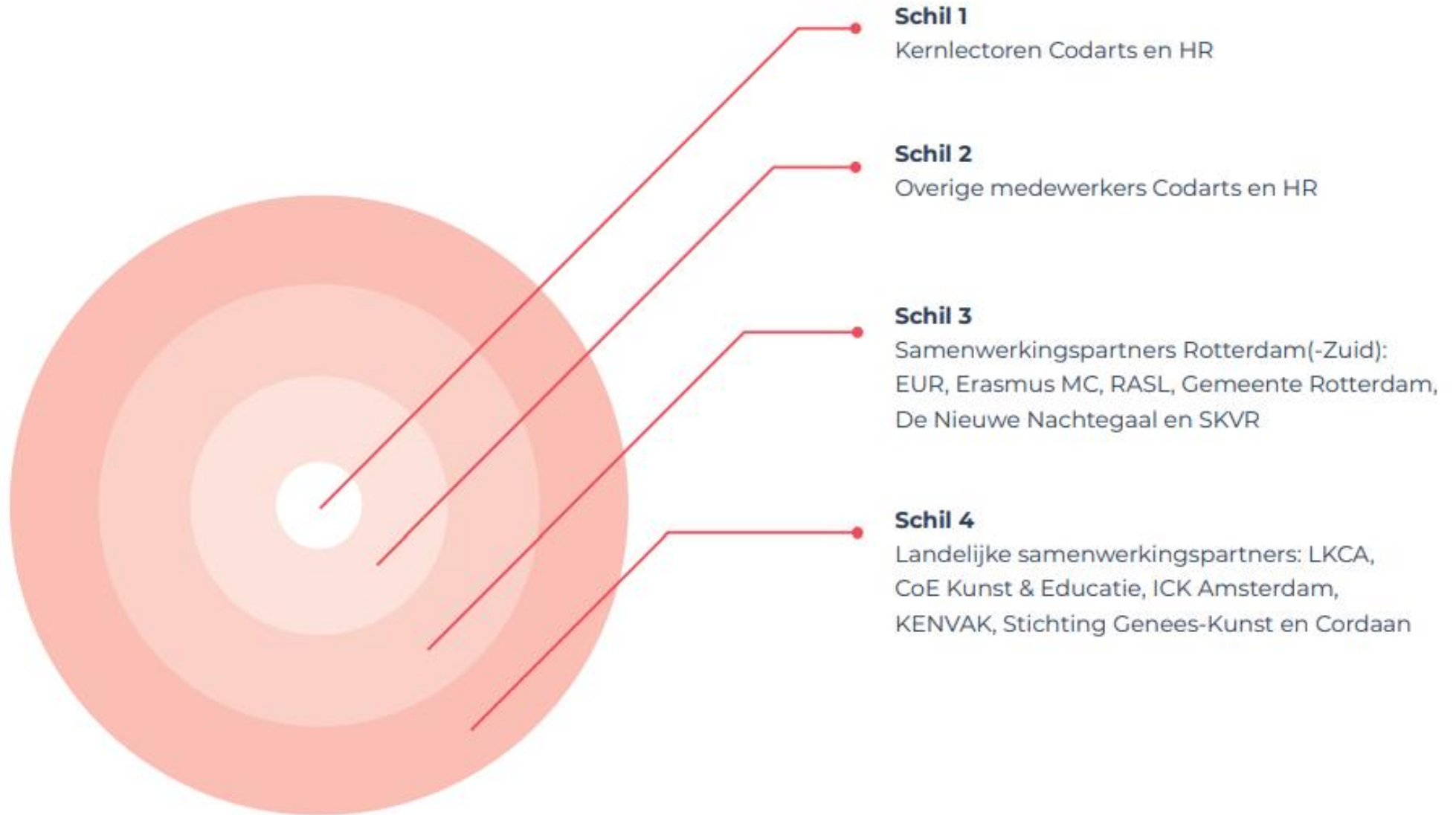


**Veerkracht**

Bron: Efstathopoulou, 2021



<b>Kernthema</b>	<b>Arts for Health</b>	
<b>Programmalijnen</b>	<b>I. Arts &amp; Health Promotion</b>	<b>II. Arts &amp; Health Care</b>
Doel	Voorkomen van fysieke en mentale gezondheidsproblemen	Verminderen of behandelen van fysieke en mentale gezondheidsproblemen
Voorbeelden van (te onderzoeken) podiumkunstinterventies	<ol style="list-style-type: none"> <li>1. Danslessen om zoveel mogelijk ouderen aan het bewegen te krijgen;</li> <li>2. Circuslessen op basisscholen om de motorische vaardigheden van leerlingen te verbeteren;</li> <li>3. Theatervoorstellingen op middelbare scholen om het thema Eenzaamheid bespreekbaar te maken.</li> </ol>	<ol style="list-style-type: none"> <li>1. Muziektherapie voor cliënten met posttraumatisch stressstoornis;</li> <li>2. Danstherapie voor cliënten met somatisch onverklaarbare lichamelijke aandoeningen;</li> <li>3. Danslessen om het contact tussen dementiepatiënten en hun mantelzorgers te verbeteren.</li> </ol>







Kennisdeling



Gezamenlijke acquisitie



Nieuwe onderzoeksmethoden



In kaart brengen en beschrijven bestaande interventies



Onderzoeken bestaande interventies



Ontwikkelen nieuwe interventies



## Simone Kleinlooh

Program leader Master Dance  
Movement Therapy, Senior Lecturer  
Dance Movement Therapy, Dance  
Therapist-Supervisor MA, BC-DMT,  
PhD Candidate, Dance Movement  
Therapist - Trainer Embodiment

[View full profile](#)



### Simone Kleinlooh • 1st

Program leader Master Dance Movement Therapy, Senior Lecturer Dance M...  
21h • Edited •

In de nieuwste aangepaste richtlijn (vertaling wetenschappelijke kennis naar klinisch handelen) voor persoonlijkheidsstoornissen staan nu meer en sterkere aanbevelingen om vaktherapie op te nemen in het (ggz) behandelaanbod. Mooi ! Dit is hard nodig voor de cliënten en voor ons vak ! Trots dat onze publicatie nu ook is meegenomen als aanwijzing voor de werking van Danstherapie  
:) <https://lnkd.in/eZ7zvUD3> [#ggz](#) [#vaktherapie](#) [#dans](#) [#muziek](#) [#beeldend](#) [#drama](#) [#pmt](#) [Rosemarie Samaritter](#) [Janine Stubbe](#) [Geertje Kuipers](#) en [Rogier van Rijn](#)

[See translation](#)

# Referenties

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