

Arts-based groups benefit individuals with mental health conditions

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A new study found that participation in arts-based groups—such as those that involve choir singing and creative writing—benefits the emotions of both healthy adults and those experiencing mental health conditions.

In the study, participants reported a significant increase in [positive emotions](#) and a decrease in negative emotions during the arts-based activity compared with other times during the day. The influence on positive emotions was short-lived while the effect on [negative emotions](#) lasted until evening.

Adults with chronic [mental health conditions](#) were equally able to derive [emotional](#) benefits as healthy adults. Furthermore, the participants described numerous ways in which their participation in the arts-based groups enhanced their individual and interpersonal emotion regulation.

"People with chronic mental health conditions tend to experience difficulties with emotion perception and regulation, which can have a big impact on their social relationships. These symptoms are not well treated with medication or psychotherapy," said Dr. Genevieve Dingle, corresponding author of the *British Journal of Clinical Psychology* study. "The findings of this study are exciting because they clearly show the potential for participation in arts-based groups to influence emotions and emotion regulation in positive ways."

More information: *British Journal of Clinical Psychology*, [DOI: 10.1111/bjc.12149](https://doi.org/10.1111/bjc.12149)

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