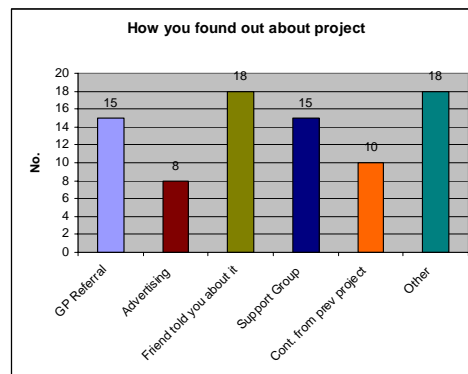
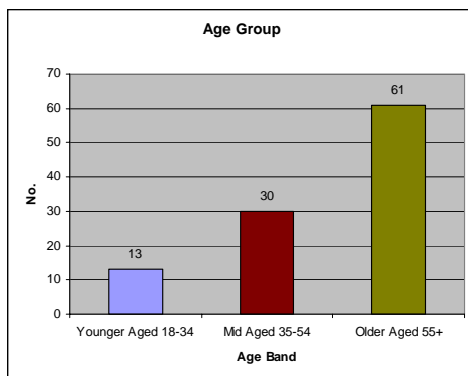
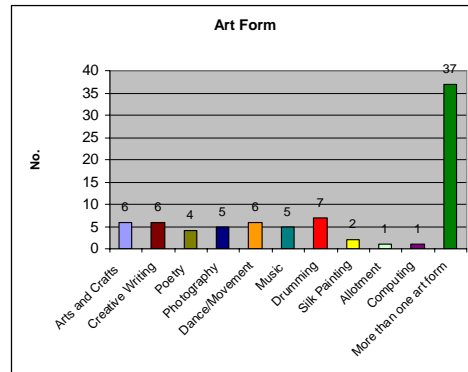
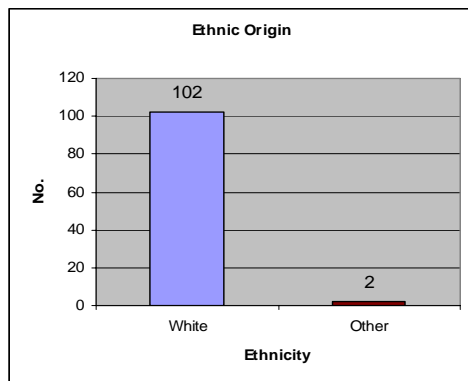
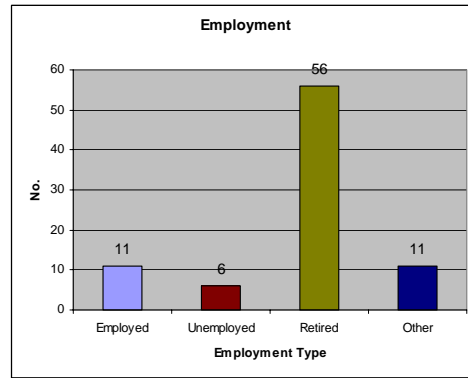
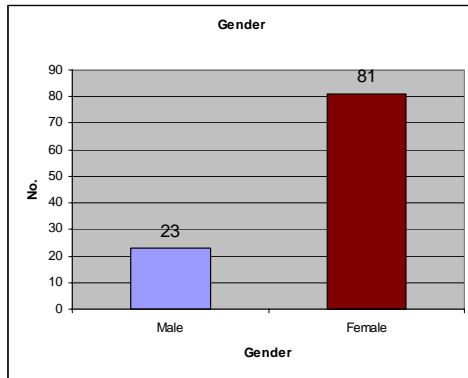


## Overall Data Summary

### Demographics

154 participants completed pre questionnaire pack. 50 people dropped out so 104 sets of pre and post data were collected. The four questionnaires used were Ryffs Scale of Psychological Wellbeing (104 collected), General Health Questionnaire (81 collected), Hospital Anxiety and Depression Scale (23 collected) and Warr, Cook and Wall Work and Life Attitudes Survey (17 collected). Participants were largely white (98%) older (59%) females (78%).



### Cronbach Alpha Reliability Test

This is used to ensure participants answer questions consistently and reliably by checking corresponding questions were answered similarly. A reliability score of 0.7 or higher is considered reliable.

	Subscale	Pre Reliability Score	Post Reliability Score
Wellbeing	Autonomy	0.867	0.845
	Environmental Mastery	0.919	0.905
	Personal Growth	0.848	0.812
	Positive Relationships	0.894	0.885
	Purpose in Life	0.890	0.850
GHQ	Self Acceptance	0.939	0.918
	Somatic	0.886	0.880
	Anxiety & Insomnia	0.950	0.942
	Social Dysfunction	0.900	0.917
H A D	Severe Depression	0.952	0.925
	Anxiety	0.735	0.889
Work and Life Attitudes	Depression	0.795	0.876
	Work Involvement	0.647	0.653
	Intrinsic Job Motivation	0.685	0.746
	Job Satisfaction	0.928	0.891
	Perceived Intrinsic Job Characteristics	0.854	0.896
	Higher Order Need Strength	0.929	0.938
	Self Rated Anxiety	0.700	0.816
	Life Satisfaction	0.921	0.938
Happiness	n/a	n/a	

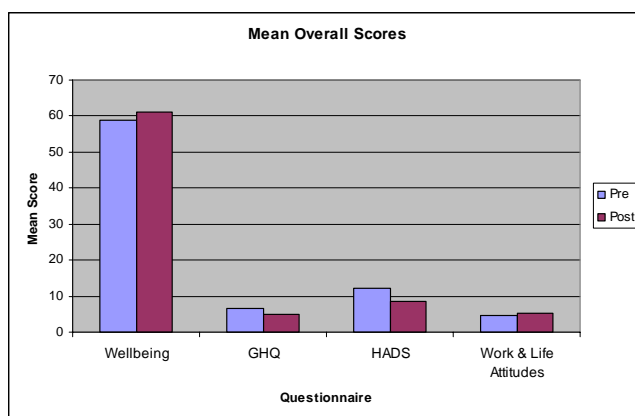
### Paired Samples T Test

This explores correlations between pre and post scores. This is used to ensure participants answered consistently on both questionnaires. For a correlation score to be significant we would expect the significance rating to be 0.05 or below showing there to be a less than 5% chance that such a result could have been achieved by chance. The same applies for the t test score which looks at the difference between pre and post answers. A score of 0.05 or less is considered statistically significant whereas anything above 0.05 has a greater than 5% chance of being achieved through chance so is not significant.

For all tests unless specified otherwise, control data, being that from university students and also Alder Hey colleagues is excluded. These will be examined separately.

### Overall Scores for all projects (Sum of all subscales)

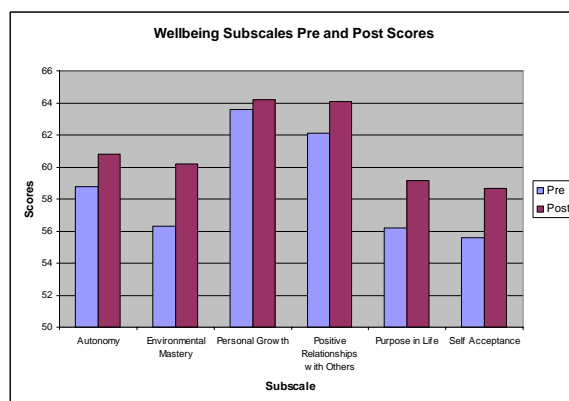
	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
<b>Wellbeing Overall</b>	58.74	61.12	2.38	0.681	<b>0.000</b>	-2.561	<b>0.012</b>
<b>Overall GHQ</b>	6.62	5.04	1.58	0.657	<b>0.000</b>	3.787	<b>0.000</b>
<b>Overall HADS</b>	12.15	8.57	3.58	0.706	<b>0.000</b>	5.079	<b>0.000</b>
<b>Work and Life Attitudes Overall</b>	4.75	5.28	0.53	0.128	<b>0.693</b>	-2.235	<b>0.047</b>



The above table shows the mean scores for each questionnaire when all subscales have been added together. All four questionnaires overall show a statistically significant difference between pre and post answers. All except for the work and life attitudes have a significant level of correlation.

### Wellbeing across all Projects

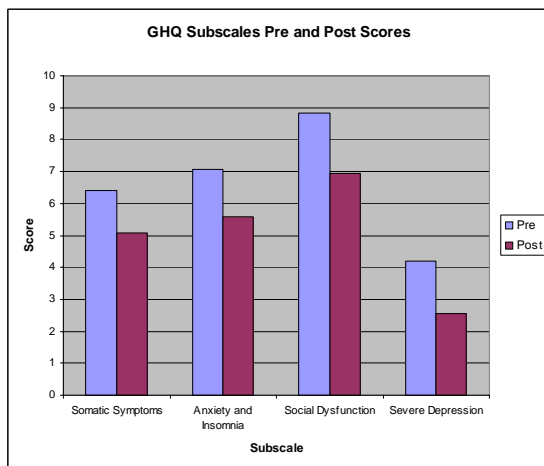
	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
<b>Autonomy</b>	58.74	60.79	2.05	0.790	<b>0.000</b>	-2.476	<b>0.015</b>
<b>Enviro Mastery</b>	56.28	60.19	3.91	0.738	<b>0.000</b>	-3.520	<b>0.001</b>
<b>Personal Growth</b>	63.57	64.19	0.63	0.490	<b>0.000</b>	-0.554	<b>0.581</b>
<b>Pos. Relations</b>	62.09	64.09	2.00	0.605	<b>0.000</b>	-1.642	<b>0.104</b>
<b>Purpose in Life</b>	56.18	59.14	2.96	0.605	<b>0.000</b>	-2.439	<b>0.017</b>
<b>Self Acceptance</b>	55.61	58.66	3.05	0.774	<b>0.000</b>	-2.695	<b>0.008</b>



An improvement in wellbeing would be shown by an increase between pre and post scores. This was found to happen for all subscales. There were significant levels of correlation ( $p < 0.05$ ) in all cases and all subscales except Personal Growth and Positive Relationships with others found a statistically significant difference between pre and post answers.

### GHQ across all Projects

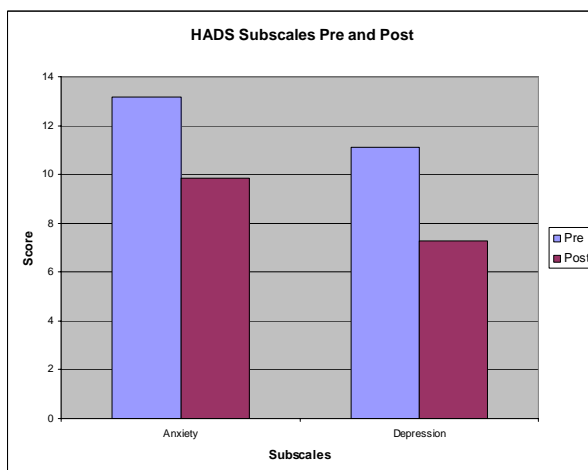
	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
<b>Som Sym</b>	6.40	5.08	-1.32	0.664	<b>0.000</b>	3.038	<b>0.003</b>
<b>Anx &amp; Ins</b>	7.06	5.59	-1.47	0.677	<b>0.000</b>	2.658	<b>0.010</b>
<b>Soc Dys</b>	8.82	6.94	-1.88	0.250	<b>0.027</b>	3.388	<b>0.001</b>
<b>Sev Dep</b>	4.18	2.54	-1.64	0.702	<b>0.000</b>	3.401	<b>0.001</b>



A decrease in scores on the GHQ shows a reduction in symptoms of ill health. This happened for all subscales. The t test found all subscales to have a significant level of correlation ( $p < 0.05$ ) and that there was a statistically significant difference between pre and post scores ( $p < 0.05$ ).

### HADS across all Projects

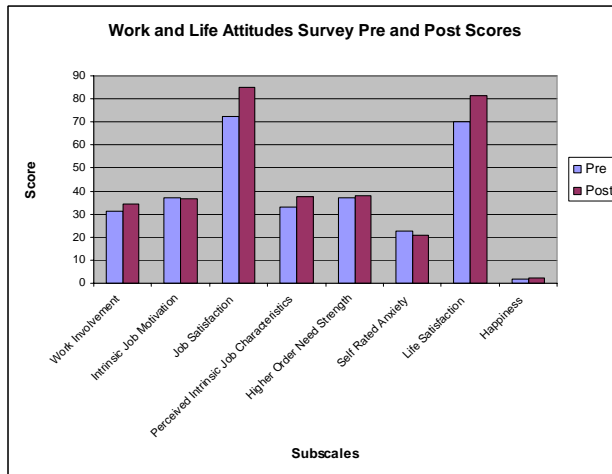
	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Anx	13.17	9.86	3.30	0.817	0.000	4.602	0.000
Dep	11.13	7.26	3.87	0.661	0.001	4.596	0.000



With the HADS, a decrease in scores indicates a reduction in symptoms of anxiety and depression. This occurred for all subscales. The t test found all correlations to be significant and also that there was a significant relationship between pre and post scores for all subscales both at  $p < 0.05$ .

**Work and Life Attitudes Scale across all Projects**

	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Work Involvement	31.38	34.46	-3.08	0.571	<b>0.042</b>	3.171	<b>0.008</b>
Intrinsic Job Motivation	37.08	36.85	0.23	0.625	<b>0.022</b>	0.240	<b>0.814</b>
Job Satisfaction	72.54	84.85	-12.31	-0.090	<b>0.769</b>	1.812	<b>0.095</b>
Perceived Intrinsic Job Characteristics	33.08	37.46	-4.38	0.437	<b>0.135</b>	2.170	<b>0.051</b>
Higher Order Need Strength	37.31	37.77	-0.46	0.888	<b>0.000</b>	0.703	<b>0.495</b>
Self Rated Anxiety	22.75	20.75	2.00	0.628	<b>0.029</b>	1.111	<b>0.290</b>
Life Satisfaction	70.00	81.62	-11.62	-0.039	<b>0.900</b>	1.753	<b>0.105</b>
Happiness	2.00	2.38	-0.38	0.444	<b>0.129</b>	2.132	<b>0.054</b>



With the Work and Life Attitudes Survey we would expect scores to increase from pre to post testing showing an improvement in work and life satisfaction. For most subscales this improvement was found, although Intrinsic Job Motivation and Self Rated Anxiety showed a small decrease. The t test found correlations to be significant for four subscales, Work Involvement, Intrinsic Job Motivation, Higher Order Need Strength and Self Rated Anxiety but not significant for the other four subscales. The t test also looked at the relationship between pre and post scores. Most did not show a significant difference at  $p < 0.05$ , however Work Involvement did and Intrinsic Job Characteristics and Happiness narrowly missed being significant at 0.051 and 0.054 respectively.

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## Older People

*This analysis looked at just Wear Purple and Stockport as these projects focused specifically on older people over the age of 55.*

### **Wellbeing in Older People**

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig.Val
<b>Autonomy</b>	45	63.00	63.22	0.22	0.855	<b>0.000</b>	0.250	<b>0.804</b>
<b>Enviro Mastery</b>	45	61.82	63.04	1.22	0.735	<b>0.000</b>	1.006	<b>0.320</b>
<b>Personal Growth</b>	45	64.24	63.22	-1.02	0.715	<b>0.000</b>	0.919	<b>0.363</b>
<b>Pos. Relations</b>	45	64.44	65.42	0.98	0.615	<b>0.000</b>	0.733	<b>0.467</b>
<b>Purpose in Life</b>	45	58.91	59.07	0.16	0.733	<b>0.000</b>	0.139	<b>0.890</b>
<b>Self Acceptance</b>	45	62.73	63.82	1.09	0.809	<b>0.000</b>	1.006	<b>0.320</b>
<b>Wellbeing Overall</b>	45	62.53	62.97	0.44	0.811	<b>0.000</b>	0.584	<b>0.562</b>

For wellbeing in older people all subscales except Personal Growth showed an improvement in wellbeing. All subscales showed a significant level of correlation but there was no significant difference between pre and post scores ( $p < 0.05$ ). The overall wellbeing score using the sum of all subscales was had significant correlations ( $p = 0.000$ ) but there wasn't a significant difference pre to post ( $p = 0.562$ ).

### **GHQ in Older People**

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
<b>Som Sym</b>	45	4.62	4.18	-0.44	0.543	<b>0.000</b>	0.902	<b>0.372</b>
<b>Anx &amp; Ins</b>	45	4.42	4.60	0.18	0.667	<b>0.000</b>	0.335	<b>0.739</b>
<b>Soc Dys</b>	45	7.38	7.84	0.46	0.629	<b>0.000</b>	1.518	<b>0.136</b>
<b>Sev Dep</b>	42	1.74	1.48	-0.26	0.311	<b>0.045</b>	0.541	<b>0.592</b>
<b>Overall GHQ</b>	42	4.46	4.51	0.05	0.659	<b>0.000</b>	0.135	<b>0.893</b>

For the GHQ a reduction in scores would show a reduction in symptoms of ill health. For older people Somatic Symptoms and Severe Depression showed a decrease in such symptoms whilst the remaining subscales did not. In all cases this difference was not enough to be statistically significant, although all correlations were significant ( $p < 0.05$ ). The overall GHQ score (sum of subscales) also found a significant correlation ( $p = 0.000$ ) but no significant difference pre to post ( $p = 0.893$ ).

## Arts on Prescription

*This analysis looked at Salford and Pendle Arts on Prescription Schemes only.*

### Wellbeing in Arts on Prescription

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Autonomy	15	52.47	55.53	3.06	0.750	0.001	1.438	0.172
Enviro Mastery	15	42.93	47.93	5.00	0.920	0.000	2.608	0.021
Personal Growth	15	62.40	65.73	3.33	0.159	0.572	1.184	0.256
Pos. Relations	15	52.27	57.20	4.93	0.817	0.000	1.920	0.076
Purpose in Life	15	47.00	53.13	6.13	0.774	0.001	2.725	0.016
Self Acceptance	15	40.67	47.00	6.33	0.844	0.000	2.783	0.015
Wellbeing Overall	15	49.62	54.42	4.80	0.804	0.000	2.670	0.018

Improvements in wellbeing would be shown by an increase in pre to post scores and that occurred in all subscales for Arts on Prescription schemes. However, only Environmental Mastery, Purpose in Life and Self Acceptance found this increase to be significant ( $p < 0.05$ ). All subscales except Personal Growth found a significant level of correlation ( $p < 0.05$ ). The overall Wellbeing score (sum of all subscales) found both a significant correlation ( $p = 0.000$ ) and significant difference between pre and post scores ( $p = 0.018$ ).

### GHQ in Arts on Prescription

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Som Sym	15	11.13	9.53	-1.60	0.760	0.001	1.780	0.097
Anx & Ins	15	12.67	11.53	-1.14	0.837	0.000	1.53	0.231
Soc Dys	15	11.13	8.07	-3.06	0.571	0.026	2.192	0.046
Sev Dep	15	8.93	5.67	-3.26	0.641	0.010	2.210	0.044
Overall GHQ	15	10.97	8.70	-2.27	0.800	0.000	2.730	0.016

A decrease in GHQ scoring shows a reduction in symptoms of ill health and this was found to be the case for all subscales. However, only two of these, Social Dysfunction and Severe Depression had a significant difference between pre and post scores ( $p < 0.05$ ). All subscales had a significant level of correlation at  $p < 0.05$ . The overall score for GHQ which is the sum of all subscales found both a significant correlation ( $p = 0.000$ ) and significant difference between pre and post scores ( $p = 0.016$ ).

### HADS in Arts on Prescription

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Anxiety	15	13.27	11.13	-2.14	0.802	0.000	2.825	0.013
Depression	15	10.13	7.20	-2.93	0.706	0.003	3.143	0.007
HADS Overall	15	11.70	9.17	-2.53	0.796	0.000	3.570	0.003

A decrease in HADS scores represents a reduction in symptoms of anxiety and depression which occurred for both subscales when looking at Arts on Prescription projects. For both subscales and for the overall score (sum of subscales) there was a significant level of correlation and a statistically significant difference between pre and post scores ( $p < 0.05$ ).

### **Staff Data Only**

*This sample analyses data from BlueSCI staff and Alder Hey Play Specialists. It does not include BlueSCI participants or Alder Hey colleagues.*

#### **Wellbeing in Staff**

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Autonomy	15	54.13	54.00	-0.13	0.709	<b>0.003</b>	0.060	<b>0.953</b>
Enviro Mastery	15	57.80	57.53	-0.27	0.659	<b>0.007</b>	0.084	<b>0.935</b>
Personal Growth	15	65.80	56.87	-8.93	0.712	<b>0.003</b>	3.287	<b>0.005</b>
Pos. Relations	15	67.47	61.53	-5.94	0.096	<b>0.733</b>	1.214	<b>0.245</b>
Purpose in Life	15	62.40	57.20	-5.20	0.475	<b>0.074</b>	1.171	<b>0.261</b>
Self Acceptance	15	57.40	54.07	-3.33	0.628	<b>0.012</b>	0.827	<b>0.422</b>
Wellbeing Overall	15	60.83	56.87	-3.96	0.552	<b>0.033</b>	1.192	<b>0.253</b>

Scores between pre and post testing were found to decrease for staff showing a reduction in wellbeing across all subscales. In fact, for one subscale, Personal Growth, this decrease was actually to a significant level at  $p < 0.05$ . For the other subscales and the overall score (sum of subscales) the decrease in wellbeing wasn't enough to be significant. There were however significant correlations ( $p < 0.05$ ) for all of the subscales except Positive Relationships and Purpose in Life.

#### **Work and Life Attitudes in Staff**

*For data on this please see above to the Work and Life Attitudes across all Project section as Staff were the only participants to complete this test anyway.*

### **Participant Data Only**

*This section looks specifically at Wear Purple, Stockport, Salford, Pendle and BlueSCI participants.*

#### **Wellbeing in Participants**

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Autonomy	84	59.56	62.00	2.44	0.795	<b>0.000</b>	2.737	<b>0.008</b>
Enviro Mastery	84	56.01	60.67	4.66	0.758	<b>0.000</b>	3.983	<b>0.000</b>
Personal Growth	84	63.17	65.50	2.33	0.488	<b>0.000</b>	2.030	<b>0.046</b>
Pos. Relations	84	61.13	64.55	3.42	0.726	<b>0.000</b>	3.137	<b>0.002</b>
Purpose in Life	84	55.07	59.49	4.42	0.674	<b>0.000</b>	3.895	<b>0.000</b>
Self Acceptance	84	55.29	59.48	4.19	0.817	<b>0.000</b>	3.840	<b>0.000</b>
Wellbeing Overall	84	58.37	61.95	3.58	0.740	<b>0.000</b>	3.954	<b>0.000</b>

When looking at wellbeing specifically in participants, it was found that for all subscales scores increased between pre and post tests indicating an improvement in wellbeing. In all cases this improvement between pre and post was large enough to be statistically significant at  $p < 0.05$ . All subscales also had a significant level of correlation. The overall score which is the sum of all subscales also found significant correlation ( $p = 0.000$ ) and significant difference pre to post ( $p < 0.000$ ).

#### **HADS In Participants**

*The HADS was only used on participants on the projects anyway, so for this information refer back to HADS across all projects.*

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## Control Data

### **Alder Hey Colleagues**

*This sample was used as a control group against Alder Hey Play Specialists. It consisted of colleagues from the same hospital who had not been engaging in any arts and health work in their work place.*

### **Wellbeing in Alder Hey Colleagues**

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Autonomy	5	54.60	52.20	-2.40	0.773	<b>0.125</b>	0.916	<b>0.411</b>
Enviro Mastery	5	56.40	54.80	-1.60	0.708	<b>0.181</b>	0.667	<b>0.541</b>
Personal Growth	5	55.00	55.40	0.40	0.497	<b>0.394</b>	0.121	<b>0.910</b>
Pos. Relations	5	57.00	52.60	-4.40	0.995	<b>0.000</b>	3.641	<b>0.022</b>
Purpose in Life	5	52.40	50.20	-2.20	0.356	<b>0.556</b>	0.659	<b>0.546</b>
Self Acceptance	5	55.60	52.00	-3.60	0.834	<b>0.079</b>	1.253	<b>0.279</b>
Wellbeing Overall	5	55.17	52.87	-2.30	0.933	<b>0.020</b>	0.226	<b>0.288</b>

Alder Hey colleagues showed a decrease in wellbeing scores and therefore a reduction in wellbeing for all subscales except Personal Growth. In most cases this reduction in wellbeing wasn't great enough to be significant, although it was for Positive Relationships subscale. Positive Relationships was also the only subscale to have a significant level of correlation. The others did not suggestion results may be unreliable. The sum of subscales, the wellbeing overall score, showed this decrease in wellbeing between pre and post testing but it wasn't to a significant level. It did however have a significant level of correlation.

### **Work and Life Attitudes in Alder Hey Colleagues**

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Work Involvement	5	25.60	28.40	2.80	0.951	<b>0.013</b>	2.256	<b>0.087</b>
Intrinsic Job Motivation	5	34.20	34.40	0.20	0.570	<b>0.315</b>	0.082	<b>0.939</b>
Job Satisfaction	5	79.00	81.40	2.40	0.632	<b>0.253</b>	0.447	<b>0.678</b>
Perceived Intrinsic Job Characteristics	5	32.80	35.60	2.80	0.989	<b>0.001</b>	1.793	<b>0.148</b>
Higher Order Need Strength	5	31.60	31.80	0.20	0.842	<b>0.074</b>	0.125	<b>0.906</b>
Self Rated Anxiety	5	22.40	21.60	-0.80	0.535	<b>0.353</b>	0.244	<b>0.819</b>
Life Satisfaction	5	78.00	81.40	3.40	0.511	<b>0.379</b>	0.656	<b>0.548</b>
Happiness	5	2.40	2.40	0.00	0.167	<b>0.789</b>	0.000	<b>1.00</b>
Work and Life Attitudes Overall	5	38.25	39.63	1.38	0.922	<b>0.026</b>	0.780	<b>0.479</b>

For work and life attitudes, Alder Hey colleagues showed an improvement in scores and therefore an improvement in work and life attitudes in all but one subscale, Self Rated Anxiety. The subscale Happiness was found to have the same mean score in both pre and post tests but this isn't too surprising as there were only three scoring options and few participants. Despite most subscales showing an improvement in work and life attitudes, in all cases this improvement was not to a significant level and only two subscales, Work Involvement and Perceived Intrinsic Job Characteristics had a significant level of correlation ( $p < 0.05$ ). The overall score which is the sum of all

subscales found there to be a significant level of correlation ( $p=0.026$ ) but the difference in pre to post scores was insignificant ( $p=0.479$ ).

### General Control Group

*80 sets of pre and post control data were collected from psychology students based at Manchester Metropolitan University using all four questionnaires, Wellbeing, GHQ, HADS and Work and Life Attitudes.*

### General Control Group Wellbeing

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Autonomy	80	58.66	57.08	-1.58	0.686	<b>0.000</b>	1.733	<b>0.087</b>
Enviro Mastery	80	57.48	56.69	-0.79	0.739	<b>0.000</b>	0.916	<b>0.362</b>
Personal Growth	80	66.21	65.54	-0.67	0.567	<b>0.000</b>	0.726	<b>0.470</b>
Pos. Relations	80	65.59	64.53	-1.06	0.784	<b>0.000</b>	1.327	<b>0.188</b>
Purpose in Life	80	62.63	61.93	-0.70	0.678	<b>0.000</b>	0.784	<b>0.435</b>
Self Acceptance	80	58.44	58.34	-0.10	0.792	<b>0.000</b>	0.112	<b>0.911</b>
Wellbeing Overall	80	61.50	60.68	-0.82	0.788	<b>0.000</b>	0.341	<b>0.184</b>

For the control group there was actually a decrease in wellbeing over all subscales between pre and post testing but the significance values show that in all cases this decrease was not to significant level. However, correlations are all significant at  $p=0.000$ . The overall control wellbeing score (sum of all subscales) again shows a significant correlation but no significant relationship between pre and post scores ( $p=0.184$ ).

### Comparing Wellbeing Control Data

	Pre Mean	Post mean	Ryff Pre Norm	Ryff Post Norm	Control pre Norm	Control Post Norm
Autonomy	58.74	60.79	62.12	63.40	58.66	57.08
Enviro Mastery	56.28	60.19	64.59	66.78	57.48	56.69
Personal Growth	63.57	64.19	67.13	68.86	66.21	65.54
Pos. Relations	62.09	64.09	68.17	69.37	65.59	64.53
Purpose in Life	56.18	59.14	64.62	63.90	62.63	61.93
Self Acceptance	55.61	58.66	62.95	63.07	58.44	58.34
Wellbeing Overall	58.75	61.18	64.93	65.90	61.50	60.68

The above table shows the pre and post means for wellbeing collected in this study alongside the control means from the author of the wellbeing scale, Carol Ryff, and those from the general control group.

### General Control Group GHQ

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Som Sym	80	6.65	6.89	0.24	0.503	0.000	0.490	0.626
Anx & Ins	80	6.65	7.49	0.84	0.349	0.002	1.312	0.193
Soc Dys	79	7.09	7.29	0.20	0.103	0.368	0.457	0.649
Sev Dep	79	2.16	1.86	-0.30	0.626	0.000	0.939	0.351
Overall GHQ	79	5.61	5.85	0.24	0.466	0.000	0.665	0.508

With the GHQ a drop in scores represents a decrease in symptoms of ill health. For the control group, three out of the four subscales indicated that participants symptoms of ill health had actually increased between pre and post testing. Only levels of depression showed a reduction in symptoms, and this, along with the pre to post difference for other subscales, was not to a significant level at  $p=0.05$ . All subscales except Social Dysfunction showed a significant level of correlation. The overall GHQ score which is the sum of all subscale found a significant level of correlation ( $p=0.000$ ) but no significant relationships between pre and post scores ( $p=0.508$ ).

### General Control Group HADS

	N	Pre mean	Post mean	Diff	Corr Score	Corr Sig.	t	Sig. Val
Anxiety	80	7.44	7.38	-0.06	0.635	0.000	0.161	0.873
Depression	80	2.85	3.11	0.26	0.442	0.000	0.717	0.476
Overall HADS	80	5.14	5.24	0.10	0.617	0.000	0.328	0.744

The score for HADS would decrease from pre to post if symptoms of anxiety and depression had been reduced. As the table shows, levels of anxiety were reduced but depression was not. There were significant levels of correlation between pre and post scores but the difference between the scores was not enough to be significant at  $p=0.05$ . The overall HADS score for the control group which is the sum of all subscales, found a significant level of correlation (0.000) but not significant relationship pre to post ( $p=0.744$ ).

### General Control Group Work and Life Attitudes

	N	Pre	Post	Diff	Corr Score	Corr Sig.	t	Sig. Val
Work Involvement	75	31.65	31.08	-0.57	0.695	0.000	1.125	0.264
Intrinsic Job Motivation	68	31.85	32.28	0.43	0.665	0.000	0.727	0.470
Job Satisfaction	67	73.27	73.51	0.24	0.534	0.000	0.124	0.901
Perceived Intrinsic Job Characteristics	67	28.61	29.81	1.20	0.666	0.000	1.397	0.167
Higher Order Need Strength	72	35.03	33.10	-1.93	0.444	0.000	2.557	0.013
Self Rated Anxiety	73	31.36	22.90	-8.46	0.014	0.908	7.006	0.000
Life Satisfaction	67	75.67	76.03	0.36	0.627	0.000	0.234	0.816
Happiness	72	2.42	2.38	-0.04	0.512	0.000	0.597	0.552
Work and Life Attitudes Overall	66	38.88	37.67	-0.21	0.682	0.000	2.245	0.028

An improvement in work and life attitudes would be marked by an increase in scores from this questionnaire. Intrinsic job motivation, Job satisfaction, Perceived intrinsic job

characteristics and Life Satisfaction all showed an improvement between pre and post measures. However the pre to post difference for all these subscales was not great enough to be statistically significant. All other subscales found a reduction in work and life attitudes. In most cases this was not significant, except for Higher Order Need Strength and Self Rated Anxiety where the reduction in work and life attitudes was significant. All subscales except Self Rated Anxiety had significant levels of correlation. For the overall score which is the sum of all subscales, this found a significant correlation ( $p=0.000$ ) and a significant reduction in work and life attitudes between pre and post measures ( $p=0.028$ ).

**Summary of all significance values**

*Shaded boxes indicate significant results.*

	WB	GHQ	HADS	JS
Overall (6 projects)	0.012	0.000	0.000	0.047
Older people	0.562	-0.893	n/a	n/a
Arts on Prescription	0.018	0.016	0.003	n/a
Staff	-0.253	n/a	n/a	0.047
Staff Control Group	-0.288	n/a	n/a	0.479
Control Group	-0.184	-0.508	-0.744	-0.028