

Experiences and results of young adults with emotional distress attending creative workshops

Submission date 24/06/2024	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol ☐ Statistical analysis plan ☒ Results ☐ Individual participant data
Registration date 26/06/2024	Overall study status Completed	
Last Edited 31/03/2025	Condition category Mental and Behavioural Disorders	

Plain English summary of protocol

Background and study aims

During youth, it is common for people to feel anxious. Some people may call this emotional upset, depression, or anxiety. Young people living in large cities experience stressful events more frequently, such as violence, poverty, substance use, and social isolation. This is also the case for young people in Latin America, which is one of the most urbanized regions in the world. Despite the fact that many people experience stressful events, many of them do not develop emotional distress and, in the case of those who do, half usually recover within a year. For this reason, the OLA Project is a study that seeks to identify what helps young people to prevent or recover from emotional distress, including depression and anxiety. Our emphasis is on young people who live in three large Latin American cities: Buenos Aires, Bogotá and Lima. The objective of this activity is to carry out creative workshops with young people who are experiencing emotional distress in order to see if this type of workshop helps them improve their mental health and to know what they think about participating in these activities.

Who can participate?

Participants can take part who:

- are aged 18-30 years old
- score 10 or more on two quizzes about symptoms of depression and anxiety
- are able to read and write
- are not already taking part in regular organised creative arts activities.

What does the study involve?

- Filling out questionnaires (in person or remotely) that ask general questions (for example, marital status, education, etc.), about symptoms of depression and/or anxiety, about how satisfied participants feel about different aspects of life and about their experiences with the workshop. These questionnaires will be carried out before and after the workshop and three months after the end of the workshop.
- Creative workshop: "Travellers of the future"

The "Travellers of the Future" workshop, seeks to reflect on how young people imagine their future as individuals and as a society. For this, they will work from artistic disciplines such as

theater, poetry and music.

Each workshop will have a maximum of 15 young participants and will consist of 3 sessions over a 3-week period with a duration of 3 hours per session. The workshops will be held on weekends in community artistic spaces, and will be video-recorded for researchers to analyse interactions between participants.

- Interview

We will ask some of the people who have attended the workshop and who have completed the questionnaires to participate in an interview in-person (or via video call). A researcher will ask how participants felt in the workshop, what they thought of the activities and about any challenges they faced in order to participate.

The interview will last around 45 minutes and will be audio-recorded so that researchers can analyse the information later.

What are the possible benefits and risks of participating?

Benefits:

Participation in this study will help us learn if creative workshops using art tools are effective in helping young adults reduce emotional distress. This could potentially lead to the development of new ways to reduce the burden of emotional distress on young people in Latin America and other countries, through promoting the use of art in mental health services or in educational and community spaces.

Likewise, those who participate in the creative workshop will be able to do so for free, and with the confidence that the activities are being directed by professionals with extensive experience from a prestigious artistic institution such as Teatro La Plaza. In addition, participating in artistic activities, such as those offered in this workshop, can help you feel better emotionally.

Risks:

We do not identify significant risks from participating in the workshops and answering the questionnaires or the interview. However, participants may feel uncomfortable or sad about some of the questions. Our research team is trained to discuss these issues in a warm and respectful manner; and the Teatro La Plaza team has extensive experience running workshops like this and they will ensure that all participants feel comfortable, in an atmosphere of warmth and respect.

You might feel nervous or uncomfortable about the video or audio recording of the workshop during the interview. However, remember that the information collected is strictly confidential and will not be shared with people outside the research team.

Where is the study run from?

Researchers from CRONICAS, Universidad Peruana Cayetano Heredia are conducting the research activities in Lima (Peru). The OLA project, which this study is a part of, is being coordinated by Queen Mary University of London (UK).

When is the study starting and how long is it expected to run for?

February 2023 to February 2024

Who is funding the study?

The Medical Research Council, UK

Who is the main contact?

Mauricio Toyama, study coordinator, CRONICAS UPCH

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Additional identifiers

Protocol serial number

MR/S03580X/1

Study information

Scientific Title

Creative workshops for young adults with emotional distress: experiences and results

Study objectives

To explore the experiences and outcomes of creative workshops for young adults with symptoms of anxiety and/or depression in Lima (Peru).

Ethics approval required

Ethics approval required

Ethics approval(s)

1. Approved 14/02/2023, Institutional Research Ethics Committee of the Universidad Peruana Cayetano Heredia (Av. Honorio Delgado 430, Urb Ingeniería, Lima – Perú, Lima, -, Peru; +51 319 0000, telephone annex 201355; duict.cieh@oficinas-upch.pe), ref: 088-06-23
2. Approved 24/03/2023, Queen Mary Ethics of Research Committee (Research Services, Department W, 69-89 Mile End Road, London, E1 4UJ, United Kingdom; +44 20 7882 6947/7915; research-ethics@qmul.ac.uk), ref: QMERC2020/02

Primary study design

Interventional

Study design

Interventional non-randomized non-controlled

Study type(s)

Treatment, Efficacy

Health condition(s) or problem(s) studied

Creative workshops for young adults with symptoms of anxiety and/or depression

Interventions

The intervention is a creative workshop called "Travellers of the Future", directed by Teatro La Plaza, which seeks to reflect on how young people imagine their future as individuals and as a society. For this, they will work from artistic disciplines such as theater, poetry and music. Each workshop will have a maximum of 15 young adult participants and will consist of 3 sessions over a 3-week period with a duration of 3 hours per session. The workshops will be held on weekends in community artistic spaces. The workshops will be video-recorded so that researchers are able to analyse interactions between attendees.

Three months after the end of the workshops, participants will be contacted (online or by phone) and asked to complete the questionnaires (PHQ-8, GAD-7, MANSA) on physical forms or online, with a researcher.

Intervention Type

Other

Primary outcome(s)

Measured at baseline, post-intervention (at the end of the final session of the workshop) and 3 month follow-up (3 months post-intervention)

1. Depression symptoms as measured by PHQ-8
2. Anxiety symptoms as measured by GAD-7

Key secondary outcome(s)

1. Quality of life as measured by MANSA at baseline, post-intervention (at the end of the final session of the workshop) and 3 month follow-up (3 months post-intervention)
2. Experiences as explored in semi-structured interviews at post-intervention

Completion date

01/02/2024

Eligibility

Key inclusion criteria

1. 18 - 30 years old
2. Score of 10 or more on PHQ-8 and/or GAD-7
3. Capacity to provide informed consent

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Upper age limit

30 Years

Sex

All

Total final enrolment

52

Key exclusion criteria

1. Participants who already regularly attend organized creative arts activities (i.e. about once a week)
2. Participants who are unable to read or write

Date of first enrolment

24/03/2023

Date of final enrolment

26/06/2023

Locations

Countries of recruitment

Peru

Study participating centre

CRONICAS, Universidad Cayetano Peruana Heredia
Armendariz 445, Miraflores 15074
Lima
Peru
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Sponsor information

Organisation

Queen Mary University of London

ROR

<https://ror.org/026zzn846>

Funder(s)

Funder type

Research council

Funder Name

Medical Research Council

Alternative Name(s)

Medical Research Council (United Kingdom), UK Medical Research Council, Medical Research Committee and Advisory Council, MRC

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be available upon request from Victoria Bird (v.j.bird@qmul.ac.uk)

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		29/03/2025	31/03/2025	Yes	No