

Benefits of participating in art museum activities on health and wellbeing

Submission date 29/10/2025	Recruitment status Recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 30/10/2025	Overall study status Ongoing	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
Last Edited 19/12/2025	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data
		<input checked="" type="checkbox"/> Record updated in last year

Plain English summary of protocol

Background and study aims

There is increasing interest in how participation in art events, including museum and exhibition visits, contributes to individual and community wellbeing. Active involvement in creative and cultural activities offers a wide range of benefits, such as promoting wellbeing, quality of life and health. Engagement in the arts is a novel approach to improve the health of diverse adult subjects.

The main aim of this study is to investigate the psychological and physiological patterns evoked during a semi-free exploration of an art museum exhibition as compared to a control neutral experience of daily life, according to advanced techniques evaluating psychological wellbeing, anxiety, neurophysiological changes, emotional arousal, physiological changes in heart rate and blood pressure, salivary stress hormones and biomarkers.

Who can participate?

Healthy adults aged 18-30 years

What does the study involve?

Participants will be randomly allocated either to the experimental experience (which will consist of a 90-minute semi-free visit to the exhibition floors of the FLR Museum) or to the control experience (which will consist of 90 minutes of a "neutral" activity in the non-exposition spaces of the FLR Museum). For an individual participant the study in the unique experimental day will last approximately 3 hours, of which 90 minutes will be devoted to the experience.

What are the possible benefits and risks of participating?

Possible benefits for the participants in the museum experience include positive effects on the state of mind and general well-being. There are no risks associated with study procedures.

Where is the study run from?

Fondazione Luigi Rovati (FLR) Art Museum, Milan, Italy.

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

April 2024 to June 2026

Who is funding the study?

The Fondazione Luigi Rovati (FLR), the study sponsor, is a not-for-profit organization engaged in several cultural activities and initiatives

Who is the main contact?

Dr Lucio Rovati, lucio.rovati@fondazione.luigirovati.org

Contact information

Type(s)

Public, Scientific, Principal investigator

Contact name

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Additional identifiers

Protocol serial number

HEALTH IN ARTS-01

Study information

Scientific Title

Clinical evaluation of the benefits of engaging in arts on health and wellbeing of young adults participating in museum activities

Acronym

HIA-01

Study objectives

There is increasing interest in how participation in art events, including museum and exhibition visits, contributes to individual and community wellbeing. The precise influence of art-based interventions on wellbeing and related psychological and physiological parameters is difficult to quantify, mainly because of the lack of randomized controlled clinical studies. The main aim of the present study is therefore to comparatively and quantitatively investigate the psychological and physiological patterns evoked during a semi-free exploration of an art museum exhibition as compared to a control neutral experience of daily life.

The study venue will be the Fondazione Luigi Rovati (FLR) Museum in Milan, Italy.

Ethics approval required

Ethics approval required

Ethics approval(s)

approved 28/03/2024, IEC of the University of Milano-Bicocca (Piazza dell'Ateneo Nuovo, 1, Milano, 20126, Italy; +39 (0)2 6448 6581; comitatoetico@unimib.it), ref: 0149791-28/03/2024 UOR 003406

Study design

Single-centre prospective randomized open-label parallel-group controlled study

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Promoting wellbeing, quality of life and health

Interventions

Randomisation by a computer-generated list to:

Experimental: a museum visit, a semi-free visit to the FLR Museum exhibition halls

Placebo comparator: a "neutral" experience in the FLR Museum non-exhibition spaces

Intervention Type

Other

Primary outcome(s)

Change in the mean UCL Museum Wellbeing Measure, specifically the Positive Wellbeing Umbrella Generic, before and after the experience

Key secondary outcome(s)

1. Anxiety state evaluated by the STAI Y-1 before and after the experience
2. Neurophysiological parameters measured by EEG throughout the experience
3. Emotional activation measured by Galvanic Skin Response (GSR) throughout the experience
4. Blood pressure and heart rate measured before and after the experience by the OMRON EVOLV Automatic Upper Arm Blood Pressure Monitor
5. Heart rate variability (HRV) measured throughout the experience by the Shimmer3 GSR+ wrist device capturing an Optical Pulse/PPG (Photoplethysmogram) signal
6. Salivary levels of neuroendocrine stress hormones and biomarkers of catecholamines release measured before and after the experience. Saliva was collected using a SALIVETTE® device (SARSTEDT, Numbrecht, Netherlands) and analysed by commercially available kits.

Completion date

30/06/2026

Eligibility

Key inclusion criteria

1. Age 18-30 years, all genders and self-identified as healthy
2. Fluent in Italian

3. Able to understand the study aim and to adhere to the study protocol procedures, and having signed an Informed Consent Form prior to the initiation of the study

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

0

Key exclusion criteria

Have already visited the FLR Museum venue

Date of first enrolment

30/04/2024

Date of final enrolment

30/06/2026

Locations

Countries of recruitment

Italy

Study participating centre

Fondazione Luigi Rovati (FLR) Art Museum

Corso Venezia 52

Milan

Italy

20121

Sponsor information

Organisation

Fondazione Luigi Rovati (FLR)

Funder(s)**Funder type**

Charity

Funder Name

Fondazione Luigi Rovati (FLR)

Results and Publications**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Data sharing statement to be made available at a later date