

1 out of 4 clinicians in the U.S. are considering leaving healthcare, due to unrelenting burnout.

1 out of 5 health care workers have left their profession already because of the COVID-19 pandemic.



Consequences of burnout:

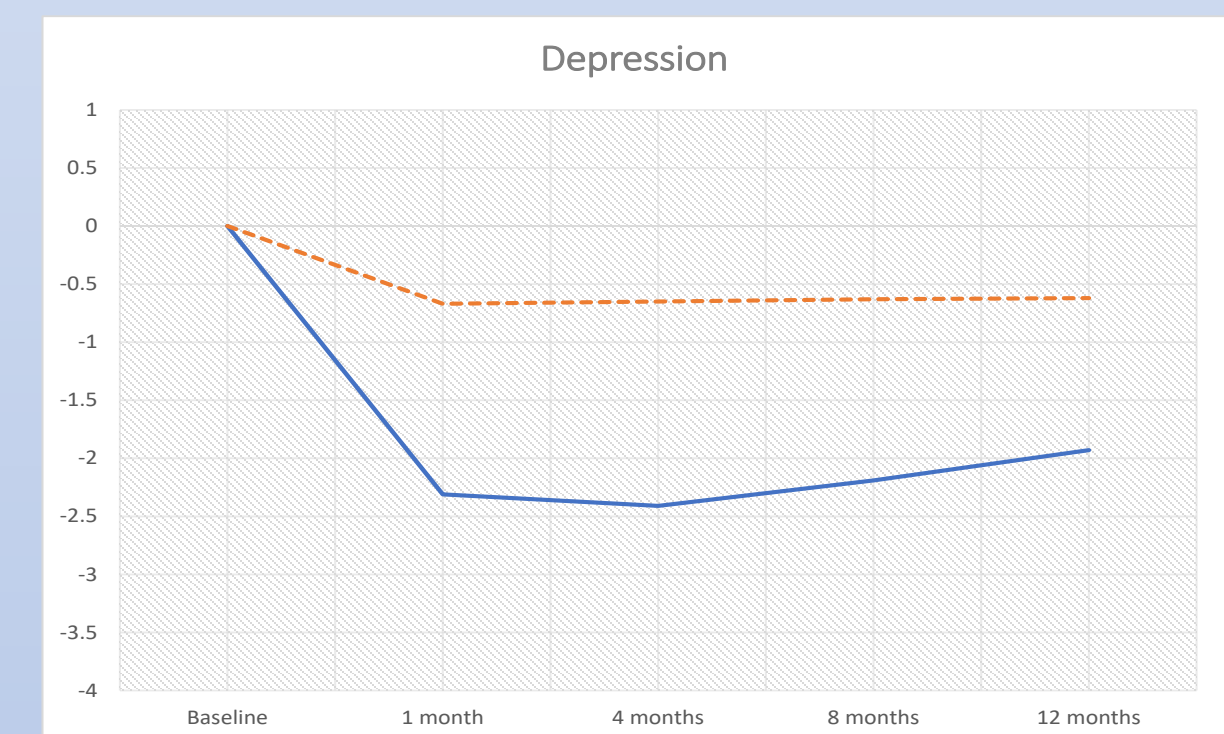
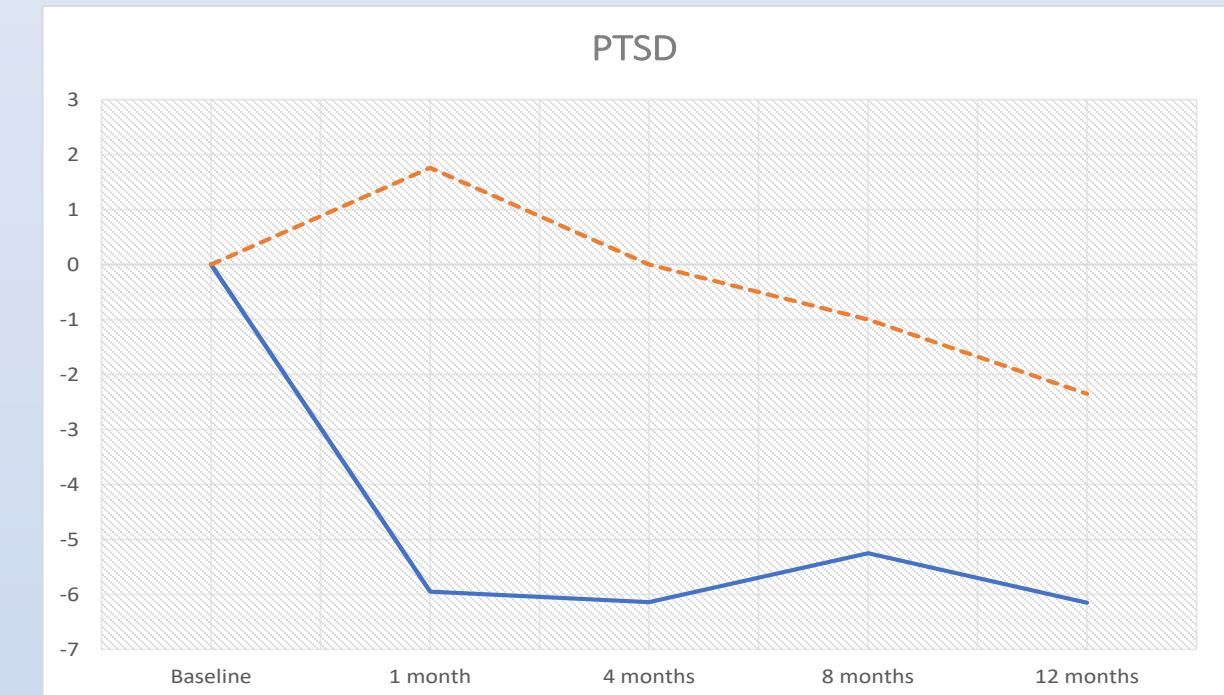
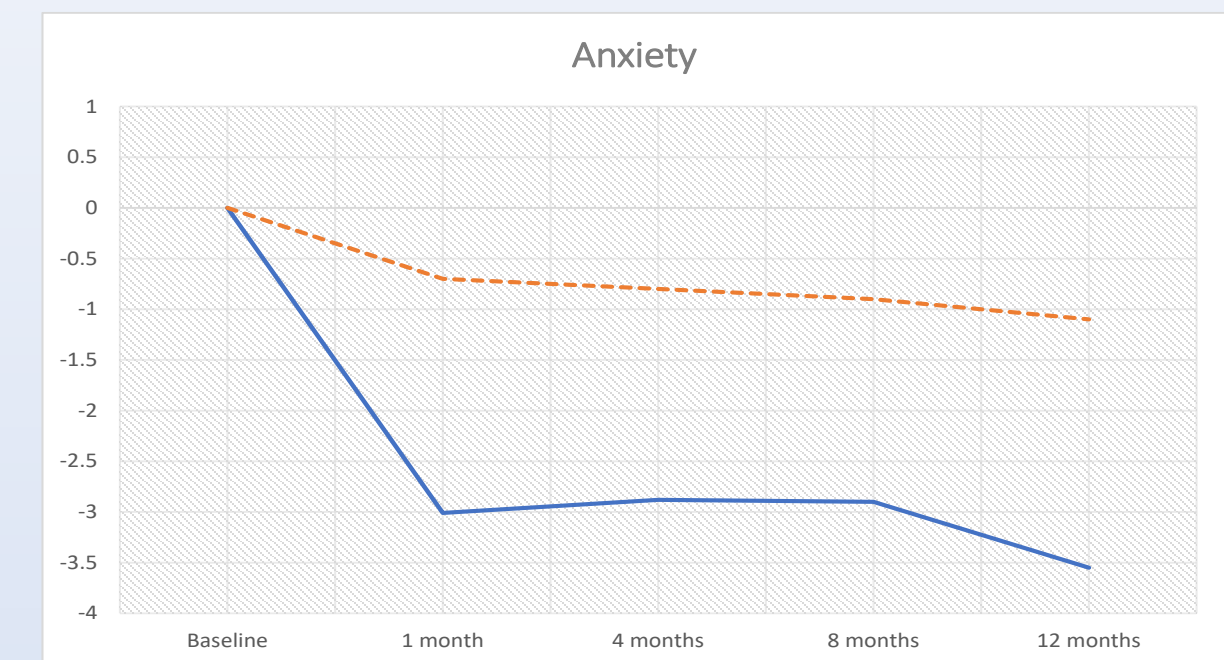
- ↑ number of medical errors
- ↑ patient morbidity
- ↑ health care costs
- ↑ turnover rates
- ↓ provider productivity

- Leads to substance abuse, depression, anxiety, suicidal thoughts and post-traumatic stress disorder.

The effect over time:

At 4 and 8 months after the sessions, the intervention group sustained improvements in:

- ✓ Anxiety
- ✓ Depression
- ✓ Emotional exhaustion
- ✓ Resilience
- ✓ Wellness
- ✓ Social Support
- ✓ Negative Coping skills



What did we do?

12-week in-person sessions in a modality of creative arts: MUSIC, VISUAL ARTS, CREATIVE WRITING or DANCE AND MOVEMENT.

We had one control group (participants who did not take part in creative arts therapy) to be able to compare our results.

Goal: to explore resiliency, vulnerability and improve overall mental health.

Compared to participants who did NOT engage in CAT, the intervention group showed improvements at **one year** in:

- ✓ Anxiety
- ✓ Depression
- ✓ Positive affect
- ✓ Negative affect
- ✓ Social Support
- ✓ Wellness

Conclusion and what now?

- Creative arts therapy interventions are **beneficial** in combatting healthcare and hospital workers burnout.
- Many effects of creative arts therapy **remained** up to one year after the conclusion of the intervention, with **persistent** improvements.
- How to effectively disseminate and implement Creative Arts Therapy programs for Healthcare Professionals?

What did we find?

- ✓ Participation in a creative arts therapy program is feasible and acceptable.
- ✓ Significant improvements in multiple measures of psychological distress
- ✓ Improvements in turnover intention, positive affect and reductions in negative affect

