

# Arts and Health Language Survey: Summary of Results

## Introduction

While there is tremendous growth in practices and programs that use the arts to enhance health worldwide, there are significant inconsistencies in terminology used to reference the discipline. Inconsistent terminology makes it difficult for educators, practitioners, and stakeholders alike to define and reference the discipline. Since 2009, this issue has been noted in publications from around the world, yet these inconsistencies persist (Lambert, 2015; Sonke, Rollins and Graham-Pole, 2015; Raw et al, 2012; Clift et al, 2009; Dileo and Bradt, 2009).

In an effort to inform the use of language in its graduate and undergraduate educational programs, the University of Florida Center for Arts in Medicine administered a seven-question survey to query field educators and professionals regarding language preferences.

## Survey Methods

- The survey included four multiple choice questions with “other” options, one yes/no question, and two open-ended responses.
- The questions were written by UF Center for Arts in Medicine faculty and reviewed by eight academic peers, including three creative arts therapists.
- The survey was approved by the UF Institutional Review Board (IRB) as exempt, and no informed consent was garnered from participants.
- The survey was administered through Qualtrics, an online surveying interface, via e-mail.
- A snowballing approach was used, with an initial e-mail sent to a list of 1,100 individuals on August 18, 2016, and a reminder message sent on September 7, these individuals were encouraged to share the survey link with others.
- The survey was open for a period of three weeks, from August 18 to September 9.
- While nearly 500 people began the survey, 452 responses were deemed to be sufficiently completed (more than 50% complete) and were cleaned and analyzed.
- Analysis was undertaken using Qualtrics, NVivo, and manual coding methods.
- A thematic analysis was conducted by the principle investigator and a team of 16 research assistants; responses to the three most prevalent responses to each open ended question were coded by 3-4 team members, including individual coding and consensus building.

## Survey Results: Summary

### Demographics:

- 452 responses were analyzed. Responses were garnered from individuals in 14 countries, with 367 (81.37%) of these individuals from the United States. The UK had the next highest response rate of 39 (8.65%), followed by Ireland (9), Canada (9), and Australia (8).
- There was nearly equal distribution of responses from educators in higher education (109), administrators (106), professional artists (97), and creative arts therapists (97). Professional artists working in healthcare followed closely with 75 respondents, as did healthcare professionals with 68. The overall distribution of professions was excellent.

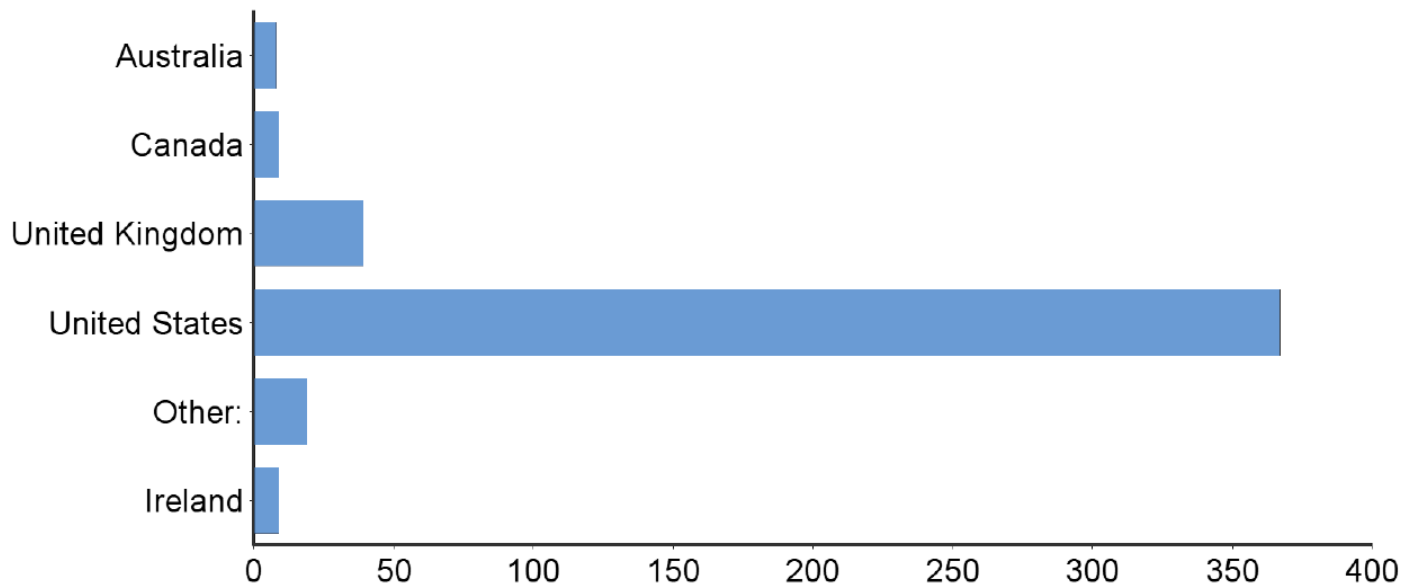
### Results:

- “Arts and health” was the preferred term for referencing the overarching field inclusive of both professional artists and arts therapists/creative arts therapists using the arts in a health context (26%), followed closely by “arts, health and wellbeing” (22%), and “arts in health” (21%).
- “Arts in Healthcare” was the preferred term for referencing the use of the arts by professional artists (not creative arts therapists) in healthcare settings (30.58%), followed by “Arts in medicine” (16.96%).
- When asked if a separate discipline, or sub-discipline, should be defined to encompass use of the arts in community settings and/or in public health programs (i.e. for health communication, health education/literacy, wellness and disease prevention, etc.), 54% of respondents said “Yes” and 46% of respondents said “No”.
- “Arts in Public Health” was the preferred term (22.4%) for defining the use of arts in community settings and/or in public health programs for those who answered “Yes” to the question mentioned above.
- Most people chose the terms they did because they felt more “inclusive” or “broad”
- Most of the “other comments” pertained to the need for clarification in terminology, as well as the need for inclusiveness and clarity in the terminology; 31 people expressed thanks that this work is being done
- The survey confirmed the lack of consensus in language preferences among those in and concerned with the field. While overall consensus is lacking, a statistically significant trend in preference is evident in regard to the preferred term for referencing the use of the arts by professional artists (not creative arts therapists) in healthcare settings.

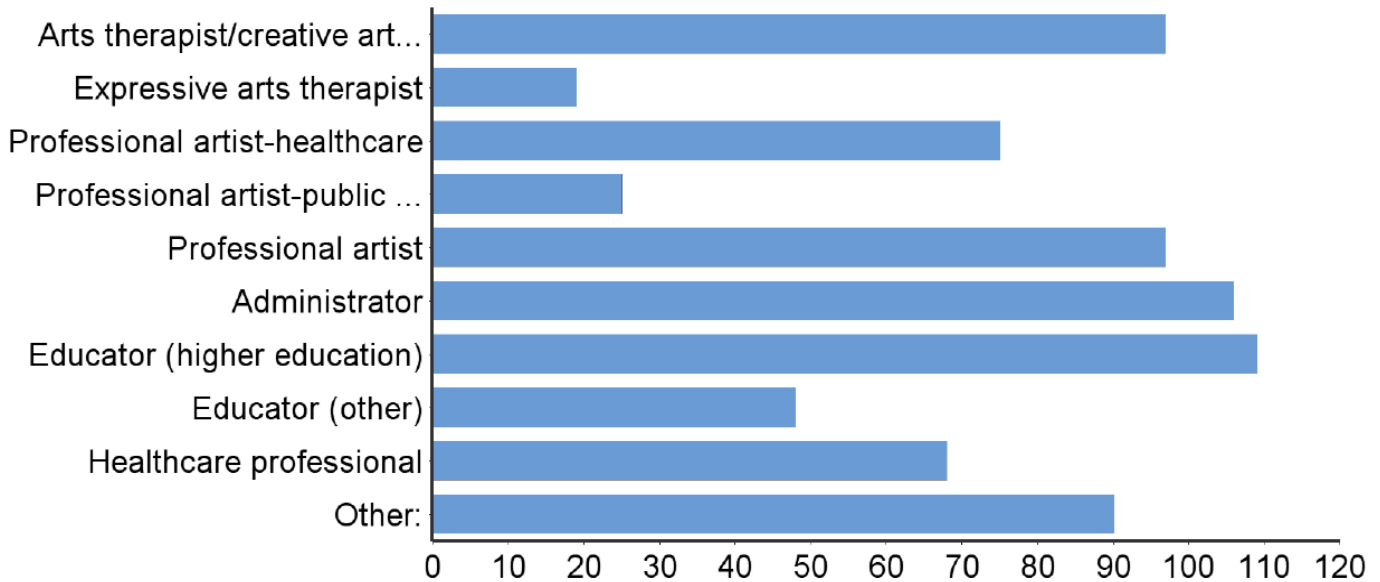
## Survey Results: Detail

### Question #1: Country of Residence

Answer	Response	%
Australia	8	1.77%
Canada	9	2.00%
United Kingdom	39	8.65%
United States	367	81.37%
Other:	19	4.21%
Ireland	9	2.00%
Total	451	100.00%



Question #2: Your Profession (you may check more than one, if applicable)



Answer	Response	%
Arts therapist/creative arts therapist (art, music, dance, drama, poetry, etc.)	97	21.56%
Expressive arts therapist	19	4.22%
Professional artist working in healthcare	75	16.67%
Professional artist working in public health	25	5.56%
Professional artist	97	21.56%
Administrator	106	23.56%
Educator (higher education)	109	24.22%
Educator (other)	48	10.67%
Healthcare professional	68	15.11%
Other:	90	20.00%
Total	734	100.00%

Summary:








- The majority of respondents are educators (24.22%) and administrators (23.56%)
- Arts therapists and expressive arts therapists combined represent 25.78% of respondents

Question #2 Analysis: *Professions by Country*

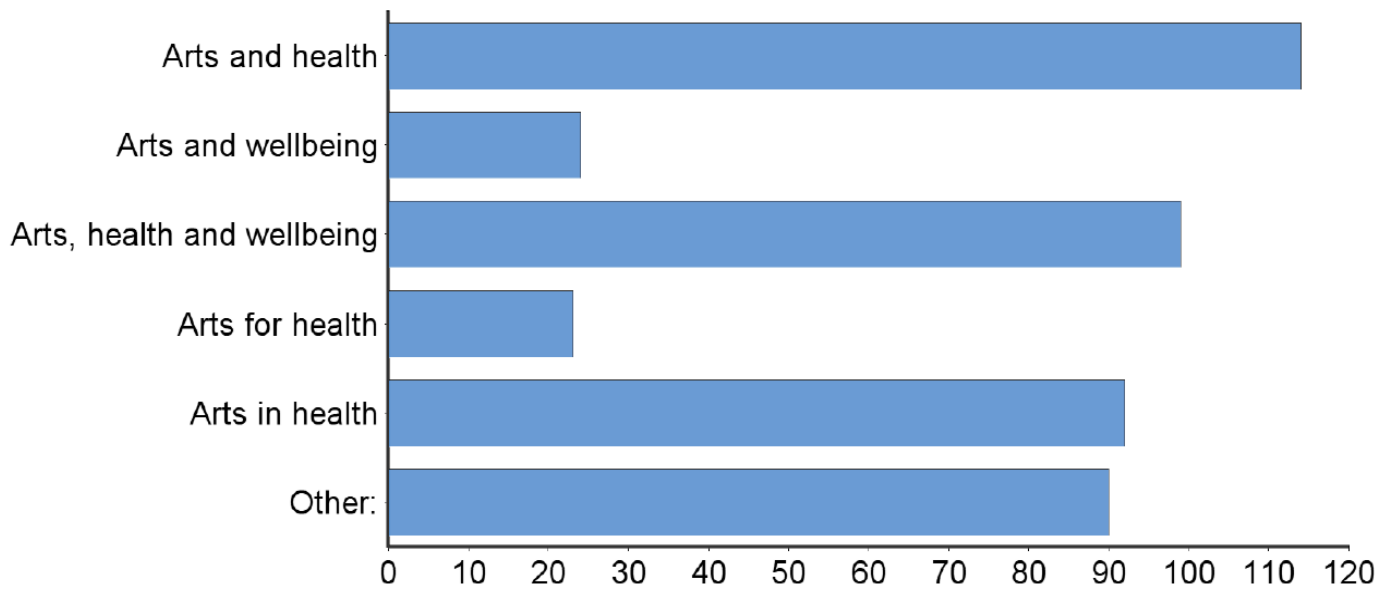
		Your country of residence						Total
		Australia	Canada	United Kingdom	United States	Other:	Ireland	
Your profession	Arts therapist/creative arts therapist	2 25.00%	1 11.11%	5 12.82%	78 21.31%	8 42.11%	3 33.33%	97 21.56%
	Expressive arts therapist	0 0.00%	0 0.00%	2 5.13%	13 3.55%	4 21.05%	0 0.00%	19 4.22%
	Professional artist working in healthcare	0 0.00%	1 11.11%	3 7.69%	64 17.49%	2 10.53%	5 55.56%	75 16.67%
	Professional artist working in public health	0 0.00%	0 0.00%	4 10.26%	19 5.19%	2 10.53%	0 0.00%	25 5.56%
	Professional artist	2 25.00%	1 11.11%	6 15.38%	80 21.86%	7 36.84%	1 11.11%	97 21.56%
	Administrator	0 0.00%	2 22.22%	5 12.82%	94 25.68%	1 5.26%	4 44.44%	106 23.56%
	Educator (higher education)	1 12.50%	4 44.44%	23 58.97%	74 20.22%	6 31.58%	1 11.11%	109 24.22%
	Educator (other)	0 0.00%	2 22.22%	1 2.56%	44 12.02%	1 5.26%	0 0.00%	48 10.67%
	Healthcare professional	2 25.00%	2 22.22%	2 5.13%	60 16.39%	0 0.00%	2 22.22%	68 15.11%
	Other:	3 37.50%	4 44.44%	12 30.77%	65 17.76%	5 26.32%	1 11.11%	90 20.00%
Total		8 100.00%	9 100.00%	39 100.00%	366 100.00%	19 100.00%	9 100.00%	450 100.00%

Summary:

- The majority of US respondents are administrators
- The majority of UK respondents are educators
- Representation in remaining countries is varied

Column Percentage = 0	
Column Percentage between 1 and 10	
Column Percentage between 10 and 20	
Column Percentage between 20 and 30	
Column Percentage between 30 and 40	
Column Percentage between 40 and 50	
Column Percentage ≥ 50	

Question #3: *What language do you prefer for referencing the overarching field, inclusive of both professional artists and arts therapists/creative arts therapists using the arts in a health context?*










Answer	Response	%
Arts and health	114	25.79%
Arts and wellbeing	24	5.43%
Arts, health and wellbeing	99	22.40%
Arts for health	23	5.20%
Arts in health	92	20.81%
Other:	90	20.36%
Total	442	100.00%

Summary:

- “Arts and health” is the preferred term, followed closely by “Arts, health and wellbeing” and “Arts in health”

Question #3 Analysis: *Language Preference by Country*

		Your country of residence						Total
		Australia	Canada	United Kingdom	United States	Other:	Ireland	
What language do you prefer...	Arts and health	3 37.50%	4 44.44%	11 28.21%	88 24.65%	5 26.32%	3 33.33%	114 25.85%
	Arts and wellbeing	1 12.50%	0 0.00%	0 0.00%	22 6.16%	0 0.00%	1 11.11%	24 5.44%
	Arts, health and wellbeing	3 37.50%	2 22.22%	18 46.15%	66 18.49%	7 36.84%	2 22.22%	98 22.22%
	Arts for health	0 0.00%	0 0.00%	0 0.00%	22 6.16%	0 0.00%	1 11.11%	23 5.22%
	Arts in health	0 0.00%	1 11.11%	5 12.82%	82 22.97%	4 21.05%	0 0.00%	92 20.86%
	Other:	1 12.50%	2 22.22%	5 12.82%	77 21.57%	3 15.79%	2 22.22%	90 20.41%
	Total	8 100.00%	9 100.00%	39 100.00%	357 100.00%	19 100.00%	9 100.00%	441 100.00%

Column Percentage = 0	
Column Percentage between 1 and 10	
Column Percentage between 10 and 20	
Column Percentage between 20 and 30	
Column Percentage between 30 and 40	
Column Percentage between 40 and 50	
Column Percentage ≥ 50	

Summary:

- The U.K. has a stronger preference for “Arts, health, and wellbeing”
- Although the number of respondents is too small to be representative, responses suggest that there may be more variation in language preference in the US than in other countries.

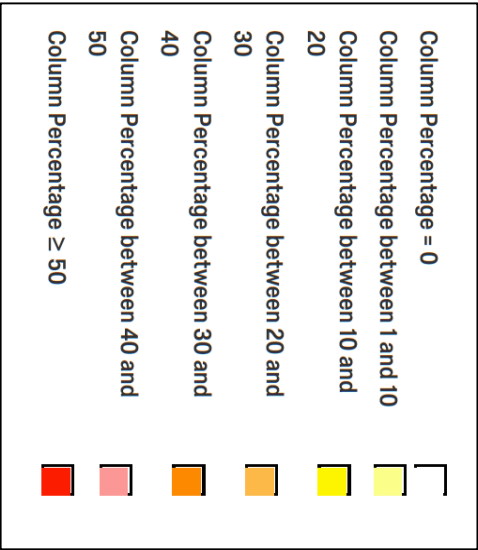


Question #3 Analysis: *Language Preference by Profession*

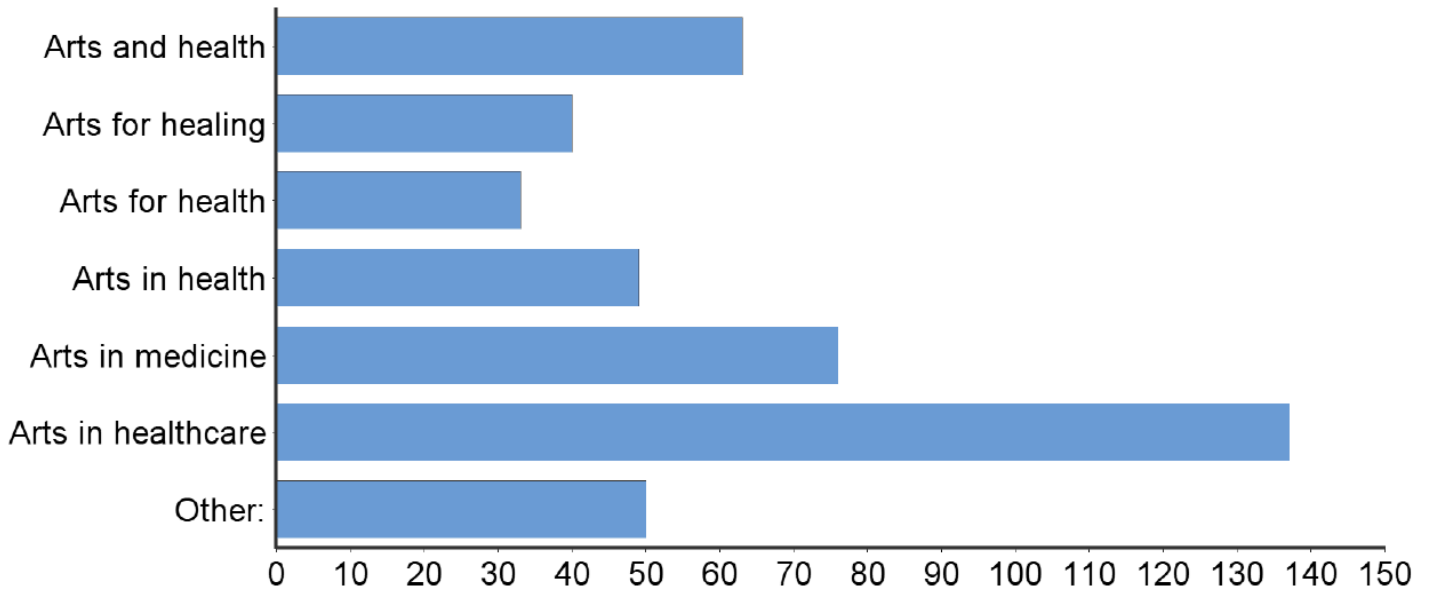
What language do you prefer...	Your profession (you may check more than one, if applicable)										Total
	Arts therapist/creative arts therapist	Expressive arts therapist	Professional artist working in healthcare	Professional artist working in public health	Professional artist	Administrator	Educator (higher education)	Educator (other)	Healthcare professional	Other:	
Arts and health	20 21.74%	5 26.32%	16 21.62%	4 16.00%	16 16.84%	29 27.62%	29 27.89%	7 14.89%	23 34.53%	23 26.44%	114 25.91%
Arts and wellbeing	6 6.52%	0 0.00%	2 2.70%	1 4.00%	8 8.42%	4 3.81%	4 3.85%	4 8.51%	4 5.97%	2 2.30%	24 5.45%
Arts, health and wellbeing	17 18.48%	4 21.05%	12 16.22%	6 24.00%	25 26.32%	22 20.95%	29 27.89%	12 25.53%	13 19.40%	22 25.29%	97 22.05%
Arts for health	5 5.43%	1 5.26%	6 8.11%	1 4.00%	8 8.42%	1 0.95%	0 0.00%	3 6.38%	4 5.97%	3 3.45%	23 5.23%
Arts in health	18 19.57%	4 21.05%	14 18.92%	8 32.00%	21 22.11%	30 28.57%	22 21.15%	8 17.02%	10 14.93%	13 14.94%	92 20.91%
Other:	26 28.26%	5 26.32%	24 32.43%	5 20.00%	17 17.89%	19 18.10%	20 19.23%	13 27.66%	13 19.40%	24 27.59%	90 20.45%
Total	92 100.00%	19 100.00%	74 100.00%	25 100.00%	95 100.00%	105 100.00%	104 100.00%	47 100.00%	67 100.00%	87 100.00%	440 100.00%

Summary:

- Healthcare professionals have a stronger preference for "Arts and Health"










Question #4: *What language do you prefer for referencing the use of the arts by professional artists (not creative arts therapists) in healthcare settings?*



Answer	Response	%
Arts and health	63	14.06%
Arts for healing	40	8.93%
Arts for health	33	7.37%
Arts in health	49	10.94%
Arts in medicine	76	16.96%
Arts in healthcare	137	30.58%
Other:	50	11.16%
<b>Total</b>	<b>448</b>	<b>100.00%</b>

Question #4 Analysis: *Language Preference by Country*

		Your country of residence						Total
		Australia	Canada	United Kingdom	United States	Other:	Ireland	
What language do you prefer...	Arts and health	1 12.50%	2 22.22%	11 28.21%	40 10.99%	3 15.79%	6 66.67%	63 14.06%
	Arts for healing	3 37.50%	0 0.00%	1 2.56%	35 9.62%	1 5.26%	0 0.00%	40 8.93%
	Arts for health	0 0.00%	1 11.11%	3 7.69%	26 7.14%	2 10.53%	1 11.11%	33 7.37%
	Arts in health	1 12.50%	0 0.00%	7 17.95%	38 10.44%	2 10.53%	1 11.11%	49 10.94%
	Arts in medicine	0 0.00%	0 0.00%	5 12.82%	69 18.96%	2 10.53%	0 0.00%	76 16.96%
	Arts in healthcare	2 25.00%	4 44.44%	8 20.51%	115 31.59%	8 42.11%	0 0.00%	137 30.58%
	Other:	1 12.50%	2 22.22%	4 10.26%	41 11.26%	1 5.26%	1 11.11%	50 11.16%
Total	8 100.00%	9 100.00%	39 100.00%	364 100.00%	19 100.00%	9 100.00%	448 100.00%	

Column Percentage = 0	
Column Percentage between 1 and 10	
Column Percentage between 10 and 20	
Column Percentage between 20 and 30	
Column Percentage between 30 and 40	
Column Percentage between 40 and 50	
Column Percentage ≥ 50	

Summary:








- “Arts in Healthcare” is the preference among US respondents

Question #4 Analysis: *Language Preference by Profession*

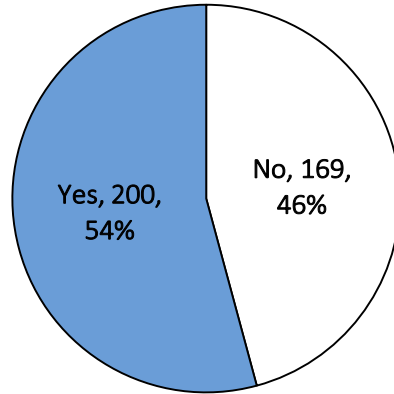
Your profession (You may check more than one, if applicable)												
	Arts therapist/creative arts therapist	Expressive arts therapist	Professional artist working in healthcare	Professional artist working in public health	Professional artist	Administrator	Educator (higher education)	Educator (other)	Healthcare professional	Other:	Total	
What language do you prefer...	Arts and health	12 12.63%	3 15.79%	10 13.33%	1 4.00%	7 7.22%	16 15.09%	18 16.67%	7 14.58%	10 14.93%	14 15.73%	63 14.09%
	Arts for healing	6 6.32%	2 10.53%	3 4.00%	0 0.00%	12 12.37%	8 7.55%	5 4.63%	6 12.50%	5 7.46%	7 7.87%	40 8.95%
	Arts for health	9 9.47%	0 0.00%	4 5.33%	0 0.00%	9 9.28%	7 6.60%	7 6.48%	5 10.42%	5 7.46%	7 7.87%	33 7.38%
	Arts in health	9 9.47%	4 21.05%	7 9.33%	5 20.00%	8 8.25%	15 14.15%	13 12.04%	1 2.08%	13 19.40%	8 8.99%	49 10.96%
	Arts in medicine	10 10.53%	2 10.53%	13 17.33%	7 28.00%	16 16.49%	17 16.04%	11 10.19%	6 12.50%	10 14.93%	19 21.35%	75 16.78%
	Arts in healthcare	27 28.42%	6 31.58%	30 40.00%	9 36.00%	35 36.08%	35 33.02%	39 36.11%	15 31.25%	20 29.85%	17 19.10%	137 30.65%
	Other:	22 23.16%	2 10.53%	8 10.67%	3 12.00%	10 10.31%	8 7.55%	15 13.89%	8 16.67%	4 5.97%	17 19.10%	50 11.19%
	Total	95 100.00%	19 100.00%	75 100.00%	25 100.00%	97 100.00%	106 100.00%	108 100.00%	48 100.00%	67 100.00%	89 100.00%	447 100.00%

Summary:

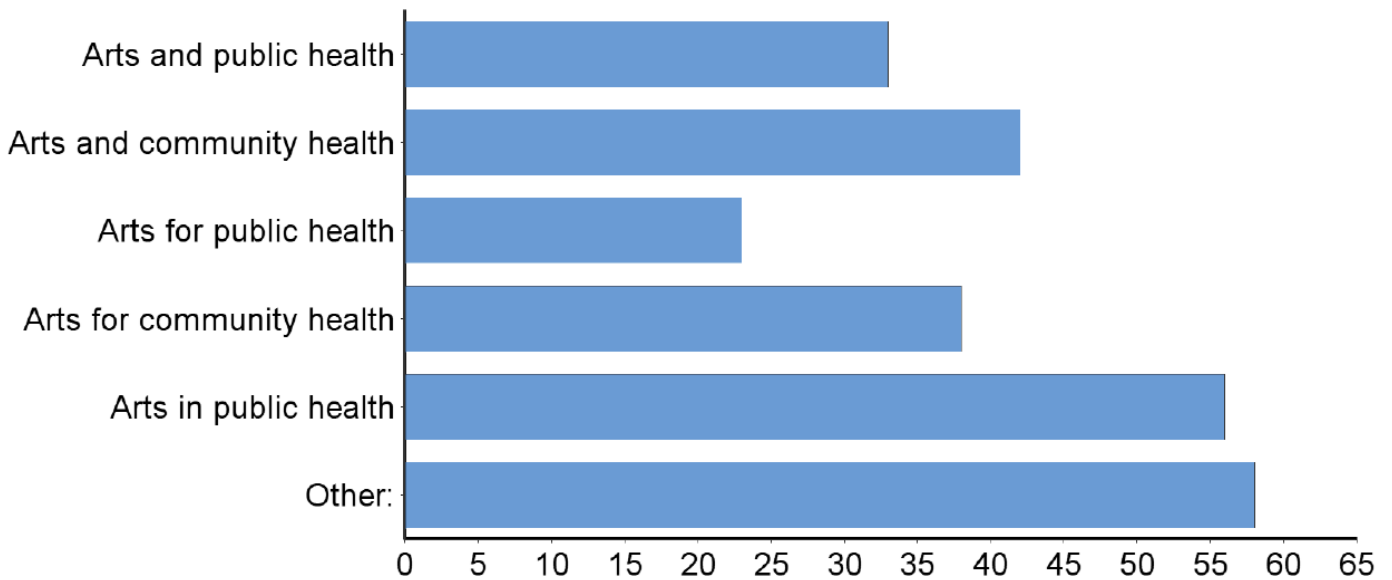
- “Arts in healthcare” is especially preferred by professional artists working in healthcare

Column Percentage = 0	
Column Percentage between 1 and 10	
Column Percentage between 10 and 20	
Column Percentage between 20 and 30	
Column Percentage between 30 and 40	
Column Percentage between 40 and 50	
Column Percentage ≥ 50	

Question #5: *Do you think that a separate discipline, or sub-discipline, should be defined to encompass use of the arts in community settings and/or in public health programs (i.e. for health communication, health education/literacy, wellness and disease prevention, etc.)?*



Question #5a: *If you answered yes above, what would you call this discipline?*



“Other” responses included where extremely varied, with no notable prevalence of any specific responses.

Answer	Response	%
Arts and public health	33	13.20%
Arts and community health	42	16.80%
Arts for public health	23	9.20%
Arts for community health	38	15.20%
Arts in public health	56	22.40%
Other:	58	23.20%
Total	250	100.00%

## Additional Discussion Points

1. Eleven people suggested that there should not be an overarching or “umbrella” term to encompass both arts in healthcare and the arts therapies. Comments included:
  - There should be no umbrella term that encompasses both a clinical evidence based practice like music therapy and a non-clinical non-evidence based use of art in the healthcare setting. They are too distinctly different. Chunking them together and saying it is an "overarching field" would be like saying physical therapists, gym teachers, and personal trainers are part of the same "field" because they all have a focus on promoting physical well-being. NY State uses "creative arts therapy" as an umbrella term for music therapy, art therapy, and psychodrama therapy.
  - Respectfully, I do not lump the two together. They are very different. This is an ethical issue- lumping the two together implies to general public that both address similar goals and have similar training.
  - Each discipline is very unique, there is no overarching term that accurately depicts the difference between music therapy and a musician volunteering in a medical setting.
  - there is no such umbrella term, clarity and scope of practice dictate dedicated identifiers.
  - I do not agree with the practice of combining professional artists and credentialed, board certified, and clinically trained therapists of any art modality in the same field. I have seen that it detracts from the clinical training and credentials of therapists, and confuses other healthcare personnel.
2. Numerous people noted that the word “and” cannot be used to join terms, as it implies purview over two separate disciplines. Many people also noted preference for “in” and “for” as more accurately representing the relationship between terms.