



# THANKU: using experiential arts to explore tobacco smoking within Indigenous communities – pre-post survey results

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## Acknowledgements

### Research team:

- Dr Gillian Gould, University of Newcastle (UON), NSW
- A/Prof Maree Gruppeta, Wollotuka Institute, UON
- Ms Michelle Bovill, UON
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**I acknowledge the traditional owners of this land on which we meet, and their Elders past, present and future.**

**WA Aboriginal Health Ethics Committee approval #666**

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# Background

Tobacco is the main preventable risk factor for cancer in Indigenous peoples<sup>1</sup>

Cultural challenges in accessing suitable artworks<sup>2</sup>

Arts-based research to understand the health-arts relationship, build an evidence base & disseminate findings<sup>3</sup>

1. Vos IJE 2009 2. Gould HPI 2016 3. Parsons & Boydell JIC 2012

# Aims



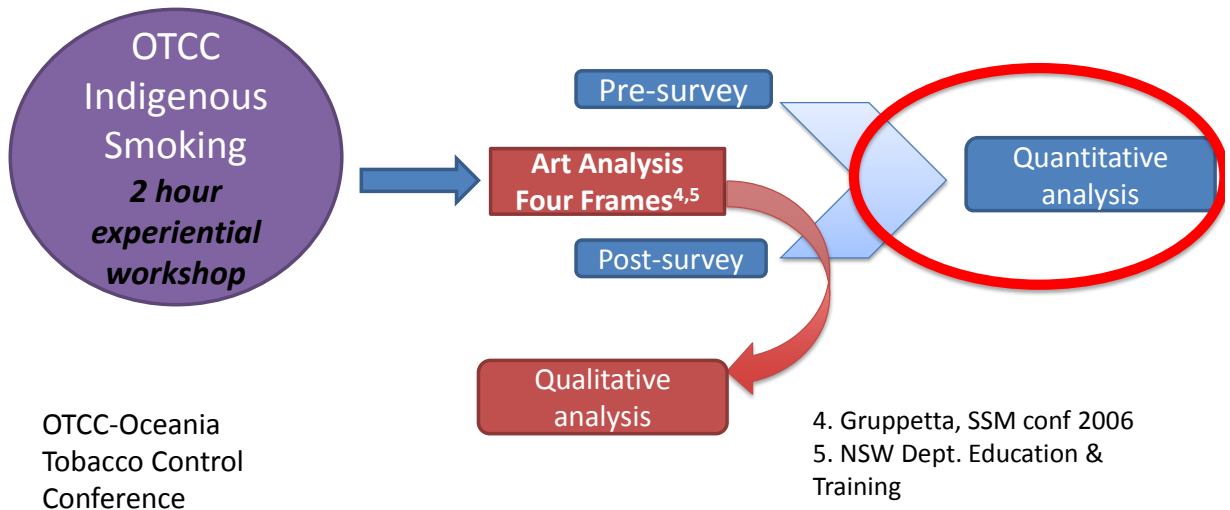
Engage health professionals in using arts to explore issues about smoking



To enable health professionals working in tobacco to have basic skills around the use of the arts to explore health issues



# Methods



## Art Session in 5 Steps



## Pre- workshop survey

- Demographics (Country, Rurality, Gender, Ethnicity, Smoking status, Work role, Organisation type and orientation to Indigenous People)
- How much do you currently use the arts in your work? (Likert 4 point)
- Likert 5-point:
  - I am interested in using the arts as part of my work with tobacco
  - I am confident in using the arts as part of my work with tobacco
  - I understand how to use the arts to support behaviour change
  - I am motivated to use the arts as part of my work with tobacco
  - Arts for health is important for my community
  - The arts are a way of gaining insight into health and illness
- Likelihood of using arts:
  - In your work over the next six months
  - To disseminate information about tobacco smoking
  - To explore community responses to issues about smoking
  - To develop new understandings about tobacco use



## Post-workshop survey

- Scales same as with pre-test
- Satisfaction with workshop?
  - As a creative activity
  - To understand how art can improve the health of my community
  - To connect with colleagues
  - Expertise of the presenters
  - Ability to get feedback on my art
- Open text responses:
  - Learnings personal & professional
  - Negative effects or challenges using the process
  - Micro-story about art-work



**What were the main things you *personally* got from participating in the arts workshop today?**

# Quantitative Analysis of Surveys



- Descriptive statistics
- Scales tested for internal reliability
- Composite scores for 'understanding' and 'likelihood' of use of arts
- Compared pre to post scores for scales with Wilcoxin tests

## Participants

- N=19 Indigenous and non-Indigenous health professionals from Australia & NZ completed pre- & post-workshop surveys
- N=24 did post-test



Variable	Responses N=19
<b>Country</b>	17 Australia    1 NZ    1 Asia
<b>Rurality</b>	10 Urban    5 Rural    4 Remote
<b>Gender</b>	4 Male    15 Female
<b>Ethnicity</b>	6 Aboriginal (no Torres Strait Islander) 1 Maori 1 Indian 11 Caucasian/non-Indigenous
<b>Smoking status</b>	8 ex-smoker    11 never smoked
<b>Work Role</b>	8 Indigenous health worker 2 Admin or academic 11 – Other health profession or ‘other’
<b>Organisation</b>	10 – Health Service 5 – Research 3 – NGO 1 – Aboriginal Peak Body
<b>Orientation</b>	18 – mainly for Indigenous people 1 – for general population
<b>Current use of arts in work</b>	15 None or Little 3 Some 1 A lot

## Scales

- Scales had internal reliability
  - Cronbach’s Alpha > 0.7
- Significant increase pre-post scale scores
  - ‘understanding’ the use of experiential arts for tobacco control  $P < 0.001$
  - ‘likelihood’ of using the arts for tobacco control ( $P < 0.01$ )
- Satisfaction score – median of 17 (range 11-20)







# Professional Learning - Quotes



# Personal - quotes

- *Creativity, connecting people, open heart and feelings*
- *Conversation with inner self*
- *It was very therapeutic and relaxing and a good way to reflect and a good idea to take back to my community*
- *Not an arty person, so was an eye-opener. Makes you think more in-depth. Positive*

## Negatives or Challenges



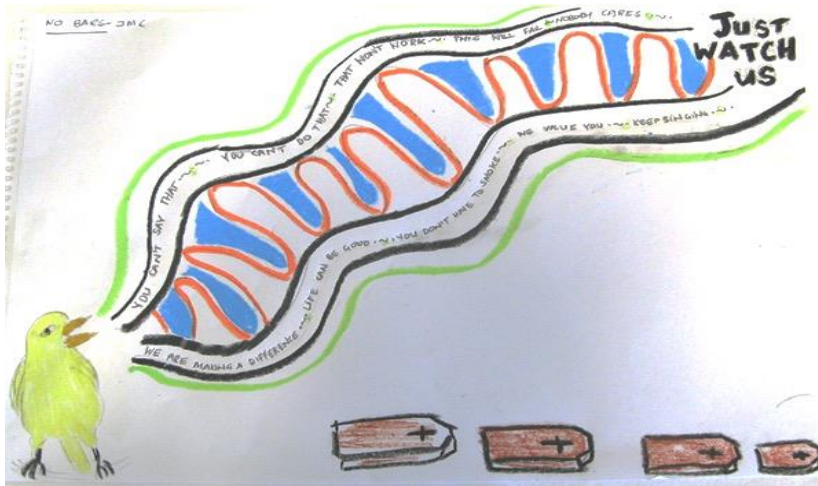
## Negatives/Challenges - quotes

- *Needing to make sure that the right supports are there if people feel upset*
- *Getting people to participate when they don't want to*
- *Time restrictions*
- *I don't see any challenges as this is quite an acceptable way of integrating into our yarnning sessions...will help relieve any stress that they currently have whilst pregnant*

## Discussion

- A two-hour workshop can significantly increase skill and knowledge about using experiential arts for tobacco control
- Personal benefits as well as professional
- Knowledge creation and translation are important aspects
- We intend to follow up with a whole day workshop in WA in response to feedback
- ***Please come to breakfast symposium on Thurs to see the beautiful artworks & micro-stories***

# A taster....



*"Canaries are small and sometimes insignificant, but they sing a beautiful song. We are going to hear negativity but we must also listen to the positive. The positive keeps us going, it must not be drowned out. This represents that while we have the struggle of words our people are still dying, younger, more often. We must not stop singing. Just watch us because actions speak louder than words."*

Artist – A/Prof Juli Coffin

# THANKU

Translating Health + Arts for New Knowledge + Understanding

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