

Appendix A: Mental health patients survey questions



Preferences for the Arts Therapies - MH Group Ex

Page 1: Information Sheet

Preferences for the Arts Therapies

We would like to invite you to participate in a study. Before you decide to take part in this study you need to understand why the research is being done and what it would involve. Please take time to read the following information carefully and feel free to email the researcher to ask questions if you wish.

What is the purpose of the study?

This study has been designed to collect information about what people know about the arts therapies and which modality they would choose if they were seeking treatment.

What will the study involve?

Once you have read this information sheet, you will be asked to give your consent to take part in the study. You will also be asked to give consent for the researcher to access your medical records. Your diagnosis and length of time using mental health services will be recorded and stored separately to your survey answers – linked by a unique ID number.

It will take around 5-10 minutes to complete the questionnaire.

If you take part, there will be the opportunity to enter a prize draw to win a £50 shopping voucher. To do this you will need to provide your name and contact number. This information will be stored separately to your questionnaire responses.

Do I have to take part?

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any time.

Who is sponsoring and funding the research?

Queen Mary University of London is sponsoring this research and it is funded by East London NHS Foundation Trust.

Who has reviewed this study?

The Research Ethics Committee of South Central - Oxford C Research Ethics Committee have approved this study (REC18/SC/0701).

What will happen with the results of the study?

The results of the study will be submitted for publication in a peer-reviewed journal, and be a part of the researcher's PhD thesis.

What if there is a problem?

If you have any concerns about this study, you should speak to the researcher who is completing the survey with you.

Or you can speak to the Chief Investigator, Emma Windle, who can be reached at e.h.windle@qmul.ac.uk.

If you wish to complain formally, you can do this by contacting the Patient Advisory Liaison Service (PALS):

Queen Mary University of London has agreed that if you are harmed as a result of your participation in the study, you will be compensated, provided that, on the balance of probabilities, an injury was caused as a direct result of the intervention or procedures you received during the course of the study. These special compensation arrangements apply where an injury is caused to you that would not have occurred if you were not in the trial. These arrangements do not affect your right to pursue a claim through legal action.

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You do not have to take part in this study. You are free to decide not to take part and you can change your mind at any point whilst completing the survey. After submitting your answers you can no longer withdraw.

What happens to my personal information?

Queen Mary University of London is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Identifiable information will be kept within your NHS Trust and shared without identifiers with QMUL.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information at <http://www.qmul.ac.uk/media/qmul/arcspolicyzone/Privacy-Notice-for-Research-Participants.pdf>

Your NHS Trust will collect information from you for this research study in accordance with their instructions.

Your Trust will keep your name and contact details confidential and will not pass this information to Queen Mary University of London. The Trust will use this information as needed, to contact you about the research study and to oversee the quality of the study. Certain individuals from Queen Mary University of London and regulatory organisations may look at your research records to check the accuracy of the research study. Queen Mary University of London will only receive information without any identifying information. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

What are the possible benefits of taking part?

There is no immediate benefit to taking part in this research. You will be helping us to gain an understanding of people's attitudes towards the arts therapies.

What are the possible disadvantages of taking part?

This is a brief survey and we believe that it is safe for you to take part. However, if you feel uncomfortable or decide you do not want to participate, you can stop the survey at

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Page 2: Consent Form

I confirm that I have read and understood the information sheet for the 'Preferences about the Arts Therapies'. I have been given the opportunity to ask questions.

I understand that the study involves completing a short questionnaire about my perspectives of the arts therapies.

I understand that my participation is voluntary and that I can withdraw at any time by closing the browser. Once I have submitted my answers I can no longer withdraw from the study.

I agree that the research team can access my clinical records to find out more about my mental health diagnosis and treatment history.

I understand that all information will be kept confidential and any personal details will be anonymised. I understand that confidentiality may need to be broken if there is a concern for risk to other people or to myself.

I agree to take part in the above study. * Required

Yes
 No

I agree for the research team to access my clinical records to find out more about my mental health diagnosis and treatment history. * Required

Yes
 No

Date * Required

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Dates need to be in the format 'DDMM/YYYY', for example 27/03/1980.

(ddmm/yyyy)

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Page 3: To be completed by the researcher

Name of site

Patient ID

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What is your gender?

- Male
 Female
 Other
 Prefer not to say

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What is your ethnic group? Choose one option that best describes your ethnic group or background

- White - English/Welsh/Scottish/Northern Irish/British
 White - Irish
 White - Gypsy or Irish Traveller
 White - Any other White background, please describe
 Mixed/multiple ethnic groups - White and Black Caribbean
 Mixed/multiple ethnic groups - White and Black African
 Mixed/multiple ethnic groups - White and Asian
 Mixed/multiple ethnic groups - Any other Mixed/Multiple ethnic background, please describe
 Asian/Asian British - Indian
 Asian/Asian British - Pakistani
 Asian/Asian British - Bangladeshi
 Asian/Asian British - Chinese
 Asian/Asian British - Any other Asian background, please describe
 Black/ African/Caribbean/Black British - African
 Black/ African/Caribbean/Black British - Caribbean
 Black/ African/Caribbean/Black British - Any other Black/African/Caribbean background, please describe
 Other ethnic group - Arab
 Other ethnic group - Any other ethnic group, please describe
 Prefer not to say

If you selected Other, please specify:

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What level of education have you completed?

- Primary school (up to age 11)
- Secondary school (up to age 16)
- College (up to age 18)
- University (18+)
- Prefer not to say

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Have you ever received talking therapy (e.g. cognitive behavioural therapy, psychotherapy, counselling)?

- Yes
- No
- Prefer not to say

Was this individual or group therapy?

- Individual
- Group
- Both
- Prefer not to say

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Many people use different art forms therapeutically to support their mental wellbeing. The 'arts therapies' involve the use of creative art forms as a mode of expression and communication, supported by an accredited arts therapist. There are four main types of arts therapies: music therapy, dance-movement therapy, art therapy and dramatherapy.

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Would you be interested in taking part in group arts therapies?

- Yes
- No
- Not sure

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Please tick the relevant boxes (can be more than one):
 Please don't select more than 5 answer(s) per row.
 Please select at least 2 answer(s).

	Music therapy	Dance-movement therapy	Art therapy	Dramatherapy	None	Other
Which arts therapies have you heard of before?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever attended any of these types of arts therapies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If other, please give details:

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Please choose **one** modality for each of these questions:
 Please don't select more than 1 answer(s) per row.
 Please select at least 2 answer(s).

	Music therapy	Dance-movement therapy	Art therapy	Dramatherapy
Which type would you MOST like to take part in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Which type would you LEAST like to take part in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Why would you most like to take part in [CHOOSE_1]?

Why would you least like to take part in [CHOOSE_2]?

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Page 13: Thank you for taking part in this survey

Would you like to be entered into a prize draw to win £50 of shopping vouchers?

 Yes
 No

If yes, the researcher will record your name and contact details.

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Would you like to be contacted about future opportunities to be involved in research?

Yes
 No

If yes, the researcher will record your contact details.

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Thank you for taking the time to complete this survey.

If you have any questions or concerns, please email Emma Windle:
e.h.windle@qmul.ac.uk.

If you would like to know more about the arts therapies, please follow this link:

<https://www.youtube.com/watch?v=GMR5vV1P3MQ>



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Appendix B: General population survey questions



Preferences for the Arts Therapies - Pop group Ex

Page 1: Information Sheet

Preferences for the Arts Therapies

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What is the purpose of the study?

This study has been designed to collect information about what people know about the arts therapies and which modality they would choose if they were seeking treatment.

What will the study involve?

Once you have read this information sheet, you will be asked to give your consent to take part in the study. It will take around 5-10 minutes to complete the questionnaire.

If you take part, there will be the opportunity to enter a prize draw to win a £50 shopping voucher. To do this you will need to provide your name and contact number. This information will be stored separately to your questionnaire responses.

Do I have to take part?

You do not have to take part in this study. You are free to decide not to take part and you can drop out at any time without giving a reason. To withdraw from the study, just close the browser window without submitting your answers. If you have any questions about the study you can speak to the researcher (Emma Windle) or email her later at: e.h.windle@qmul.ac.uk.

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What happens to my personal information?

Queen Mary University of London is the sponsor for this study based in the United Kingdom. We will be using information from you in order to undertake this study and will act as the data controller for this study. This means that we are responsible for looking after your information and using it properly. Identifiable information will be kept within the NHS Trust site and shared without identifiers with QMUL.

Your rights to access, change or move your information are limited, as we need to manage your information in specific ways in order for the research to be reliable and accurate. If you withdraw from the study, we will keep the information about you that we have already obtained. To safeguard your rights, we will use the minimum personally-identifiable information possible.

You can find out more about how we use your information at <http://www.arcs.qmul.ac.uk/media/arcs/policyzone/Privacy-Notice-for-Research-Participants.pdf>

The NHS Trust will collect information from you for this research study in accordance with our instructions.

The NHS Trust will keep your name and contact details confidential and will not pass this information to Queen Mary University of London. The Trust will use this information as needed, to contact you about the research study and to oversee the quality of the study. Certain individuals from Queen Mary University of London and regulatory organisations may look at your research records to check the accuracy of the research study. Queen Mary University of London will only receive information without any identifying information. The people who analyse the information will not be able to identify you and will not be able to find out your name or contact details.

What are the possible benefits of taking part?

There is no immediate definite benefit to taking part in this research. You will be helping us to gain an understanding of people's attitudes towards the arts therapies.

What are the possible disadvantages of taking part?

This is a brief survey and we believe that it is safe for you to take part. However, if you feel uncomfortable or decide you do not want to participate, you can stop the questionnaire at any time.

Who is sponsoring and funding the research?

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Queen Mary University of London is sponsoring this research and it is funded by East London NHS Foundation Trust (ELFT).

Who has reviewed this study?

The Research Ethics Committee of South Central - Oxford C Research Ethics Committee have approved this study (REC:18/SC.0701).

What will happen with the results of the study?

The results of the study will be submitted for publication in a peer-reviewed journal, and be a part of the Chief Investigator's (CI) PhD thesis.

What if there is a problem?

If you have any concerns about this study, you should speak to the researcher.

Or contact Emma Windle (CI), who can be reached at e.h.windle@qmul.ac.uk.

If you wish to complain formally, you can do this by contacting the Patient Advisory Liaison Service (PALS):

Queen Mary University of London has agreed that if you are harmed as a result of your participation in the study, you will be compensated, provided that, on the balance of probabilities, an injury was caused as a direct result of the intervention or procedures you received during the course of the study. These special compensation arrangements apply where an injury is caused to you that would not have occurred if you were not in the trial. These arrangements do not affect your right to pursue a claim through legal action.

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Page 2: Consent Form

I confirm that I have read and understood the information sheet for the 'Preferences for the Arts Therapies'. I have been given the opportunity to ask questions.

I understand that the study involves completing a short questionnaire about my perspectives of the arts therapies.

I understand that my participation is voluntary and that I can withdraw at any time by closing the browser. Once I have submitted my answers I can no longer withdraw from the study.

I understand that all information will be kept confidential and any personal details will be anonymised. I understand that confidentiality may need to be broken if there is a concern for risk to other people or to myself.

I agree to take part in the above study. * Required

- Yes
 No

Date * Required

Dates need to be in the format 'DDMM/YYYY', for example 27/03/1980.

(dd/mm/yyyy)

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Page 3: To be completed by the researcher

Site name * Required

Participant ID * Required

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Page 4: Questionnaire

What is your year of birth?

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What is your gender?

- Male
- Female
- Other
- Prefer not to say

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Page 6

What is your ethnic group? Choose one option that best describes your ethnic group or background

- White - English/Welsh/Scottish/Northern Irish/British
- White - Irish
- White - Gypsy or Irish Traveller
- White - Any other White background, please describe
- Mixed/multiple ethnic groups - White and Black Caribbean
- Mixed/multiple ethnic groups - White and Black African
- Mixed/multiple ethnic groups - White and Asian
- Mixed/multiple ethnic groups - Any other Mixed/Multiple ethnic background, please describe
- Asian/Asian British - Indian
- Asian/Asian British - Pakistani
- Asian/Asian British - Bangladeshi
- Asian/Asian British - Chinese
- Asian/Asian British - Any other Asian background, please describe
- Black/ African/Caribbean/Black British - African
- Black/ African/Caribbean/Black British - Caribbean
- Black/ African/Caribbean/Black British - Any other Black/African/Caribbean background, please describe
- Other ethnic group - Arab
- Other ethnic group - Any other ethnic group, please describe
- Prefer not to say

If you selected Other, please specify:

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What level of education have you completed?

- Primary school (up to age 11)
- Secondary school (up to age 16)
- College (up to age 18)
- University (18+)
- Prefer not to say

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Have you ever received talking therapy (e.g. cognitive behavioural therapy, psychotherapy, counselling)?

- Yes
- No
- Prefer not to say

Was this individual or group therapy?

- Individual
- Group
- Both
- Prefer not to say

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Are you currently employed by mental health services?

- Yes
- No
- Prefer not to say

If yes, in which category do you work?

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Page 10

Many people use different art forms therapeutically to support their mental wellbeing. The 'arts therapies' involve the use of creative art forms as a mode of expression and communication, supported by an accredited arts therapist. There are four main types of arts therapies; music therapy, dance-movement therapy, art therapy and dramatherapy.

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Page 11

If you were seeking help for psychological problems would you be interested in taking part in group arts therapies?

Yes
 No
 Not sure

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Please tick the relevant boxes (can be more than one):

Please don't select more than 5 answer(s) per row.

Please select at least 2 answer(s).

	Music therapy	Dance-movement therapy	Art therapy	Dramatherapy	None	Other
Which arts therapies have you heard of before?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever attended any of these types of arts therapies?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If other, please give details:

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Please choose **one** modality for each of these questions:

Please don't select more than 1 answer(s) per row.

Please select at least 2 answer(s).

	Music therapy	Dance-movement therapy	Art therapy	Dramatherapy
Which type would you MOST like to take part in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Which type would you LEAST like to take part in?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Page 15: Thank you for taking part in this survey

Would you like to be entered into a prize draw to win £50 of shopping vouchers?

Yes
 No

If yes, please follow this link to enter your contact details:

<https://qmul.onlinesurveys.ac.uk/prize-draw-entry>

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Would you like to be contacted about future opportunities to be involved in research?

- Yes
 No

If yes, please follow this link to enter your contact details:

<https://qmul.onlinesurveys.ac.uk/contact-details-for-future-research>

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Thank you for taking the time to complete this survey.

If you have any questions or concerns, please email Emma Windle:
e.h.windle@qmul.ac.uk.

If you would like to know more about the arts therapies, please follow this link:

<https://www.youtube.com/watch?v=GMBSvV1PJMQ>

**Key for selection options**

9.a - If yes, in which category do you work?

- Medical
- Nursing
- Allied health professional
- Support staff
- Administrative
- Carer
- Other

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Appendix C: Sample characteristics

Characteristic		Mental health patients (n=685)	General population sample (n=856)	Total (n=1541)
Gender*	Male	343 (50.15%)	271 (31.73%)	614 (39.92%)
	Female	334 (48.83%)	581 (68.03%)	915 (59.49%)
	Other	7 (1.02%)	2 (0.23%)	9 (0.59%)
Ethnic group	White British	489 (73.20%)	600 (72.46%)	1089 (72.79%)
	BAME	179 (26.80%)	228 (28.54%)	407 (27.21%)
Age group*	Under 45	316 (50.72%)	526 (61.96%)	842 (57.2%)
	Over 45	307 (49.28%)	323 (38.04%)	630 (42.8%)
Level of education*	Not university educated	474 (70.01%)	244 (28.94%)	718 (47.24%)
	University educated	203 (29.99%)	599 (71.06%)	802 (52.76%)
Diagnosis	F20-F29 Schizophrenia, schizotypal and delusional disorders	283 (43.61%)		
	F30-F39 Mood (affective) disorders	177 (27.27%)		
	Other (F0-F19, F40-F99)	189 (29.12%)		
Time in services	Less than 8 years	328 (53.51%)		
	More than 8 years	285 (46.49%)		
Part of a Trust with an arts therapies service?		234 (37.34%)		
Received a talking therapy?*		504 (74.34%)	386 (45.41%)	890 (58.25%)

* = significant differences between groups – Chi² at 5%

Appendix D: Multinomial Logistic Regression Results: Would you be interested in taking part in group arts therapies? (Yes as base outcome)

Participants	Would you be interested?	Variable	RRR	Std. error	95% CI		
All (n=1510)	Yes	(Base outcome)					
	No	Mental health or General population	0.89	0.14	0.66	1.19	
		Male or female*	0.56	0.07	0.43	0.72	
		Not uni or uni	0.90	0.13	0.68	1.19	
		Heard of arts therapies	0.72	0.12	0.51	1.00	
		Attended arts therapies*	0.53	0.10	0.37	0.76	
	Not sure	Mental health or General population	1.04	0.18	0.74	1.45	
		Male or female	0.98	0.15	0.73	1.32	
		Not uni or uni	1.13	0.18	0.83	1.55	
		Heard of arts therapies	1.02	0.21	0.68	1.52	
		Attended arts therapies*	0.42	0.09	0.28	0.64	
	Mental health patients (n=651)	Yes	(Base outcome)				
		No	Male or female*	0.61	0.12	0.41	0.91
			Not uni or uni*	0.61	0.14	0.38	0.97
			Diagnosis F3	0.79	0.19	0.49	1.27
Diagnosis Other*			0.51	0.13	0.31	0.84	
Heard of arts therapies			1.06	0.27	0.64	1.73	
Attended arts therapies*			0.49	0.11	0.31	0.76	
Not sure		Male or female	0.89	0.22	0.55	1.44	
		Not uni or uni	1.63	0.41	0.99	2.67	
		Diagnosis F3	1.66	0.49	0.93	2.97	
		Diagnosis Other	1.00	0.31	0.55	1.84	
		Heard of arts therapies	0.97	0.30	0.53	1.77	
		Attended arts therapies*	0.39	0.11	0.22	0.68	
General population sample (n=850)		Yes	(Base outcome)				
		No	Male or female*	0.60	0.11	0.42	0.86
	Not uni or uni		1.20	0.24	0.81	1.78	
	Heard of arts therapies*		0.54	0.13	0.34	0.86	
	Attended arts therapies*		0.44	0.17	0.21	0.92	
	Not sure	Male or female	1.04	0.21	0.70	1.55	
		Not uni or uni	0.92	0.18	0.62	1.36	
		Heard of arts therapies	0.96	0.27	0.55	1.67	
		Attended arts therapies*	0.51	0.17	0.26	1.00	

RRR=relative risk, CI=confidence interval, *=significant variables at 5%

Appendix E: Multinomial Logistic Regression Results: Which type would you MOST prefer? (Art therapy as base outcome)

Participants	Type	Variable	RRR	Std. error	95% CI	
All (n=1505)	Music therapy	Mental health or General population*	0.68	0.10	0.51	0.91
		Male or female*	0.43	0.06	0.33	0.55
		White British or BAME	1.30	0.19	0.98	1.74
		Not uni or uni	0.81	0.11	0.61	1.06
		Heard of arts therapies	1.06	0.19	0.75	1.50
		Attended music therapy*	4.77	1.30	2.80	8.12
		Attended dance-movement therapy	1.38	0.51	0.66	2.85
		Attended art therapy*	0.26	0.06	0.17	0.40
		Attended dramatherapy*	0.48	0.17	0.23	0.98
	Dance-movement therapy	Mental health or General population	1.15	0.24	0.77	1.72
		Male or female*	1.61	0.32	1.09	2.38
		White British or BAME	1.39	0.26	0.96	2.01
		Not uni or uni	1.04	0.20	0.72	1.51
		Heard of arts therapies*	0.62	0.14	0.39	0.97
		Attended music therapy	1.34	0.52	0.62	2.88
		Attended dance-movement therapy*	4.41	1.78	2.00	9.72
		Attended art therapy*	0.56	0.15	0.33	0.95
	Art therapy	(Base outcome)				
	Dramatherapy	Mental health or General population	0.87	0.20	0.56	1.37
		Male or female *	0.52	0.10	0.35	0.76
		White British or BAME*	1.54	0.33	1.01	2.34
		Not uni or uni	1.22	0.26	0.80	1.86
		Heard of arts therapies	0.62	0.16	0.37	1.04
		Attended music therapy	1.95	0.75	0.91	4.16
		Attended dance-movement therapy	1.62	0.77	0.64	4.10
		Attended art therapy	0.75	0.22	0.43	1.32
		Attended dramatherapy*	2.35	0.88	1.13	4.88
	Mental health patients (n=667)	Music therapy	Male or female *	0.39	0.08	0.27
White British or BAME*			1.72	0.40	1.10	2.70
Not uni or uni			0.79	0.17	0.51	1.21
Interested in arts therapies			1.07	0.14	0.83	1.38
Heard of arts therapies			0.99	0.25	0.60	1.64
Attended music therapy*			5.38	1.82	2.77	10.45
Attended dance-movement therapy			1.22	0.54	0.51	2.92
Attended art therapy*			0.27	0.07	0.17	0.44
Attended dramatherapy			0.73	0.33	0.31	1.76

	Dance-movement therapy	Male or female	1.14	0.34	0.64	2.04
		White British or BAME	1.84	0.59	0.98	3.45
		Not uni or uni	1.61	0.48	0.90	2.88
		Interested in arts therapies	0.76	0.16	0.51	1.14
		Heard of arts therapies	0.60	0.22	0.29	1.23
		Attended music therapy	0.53	0.31	0.17	1.69
		Attended dance-movement therapy*	5.00	2.68	1.74	14.32
		Attended art therapy*	0.50	0.17	0.25	0.98
		Attended dramatherapy	2.18	1.13	0.79	6.04
	Art therapy	(Base outcome)				
	Dramatherapy	Male or female *	0.35	0.11	0.20	0.64
		White British or BAME*	1.99	0.65	1.05	3.79
		Not uni or uni	1.38	0.44	0.74	2.58
		Interested in arts therapies	0.67	0.15	0.42	1.05
		Heard of arts therapies*	0.43	0.17	0.20	0.92
		Attended music therapy*	2.58	1.23	1.02	6.55
		Attended dance-movement therapy	1.88	1.05	0.63	5.59
		Attended art therapy	0.64	0.23	0.31	1.30
Attended dramatherapy*		3.10	1.50	1.20	8.01	
General population sample (n=850)	Music therapy	Male or female *	0.43	0.07	0.30	0.60
		Attended music therapy*	4.32	2.13	1.65	11.35
		Attended dance-movement therapy	2.21	1.67	0.50	9.75
		Attended art therapy*	0.21	0.11	0.08	0.58
		Attended dramatherapy*	0.15	0.12	0.03	0.74
	Dance-movement therapy	Male or female *	1.66	0.42	1.00	2.74
		Attended music therapy*	3.39	1.76	1.22	9.40
		Attended dance-movement therapy*	7.05	4.58	1.98	25.15
		Attended art therapy	0.47	0.22	0.19	1.19
		Attended dramatherapy	0.29	0.21	0.07	1.20
	Art therapy	(Base outcome)				
	Dramatherapy	Male or female	0.67	0.18	0.39	1.14
		Attended music therapy	0.44	0.40	0.08	2.57
		Attended dance-movement therapy	1.56	1.47	0.25	9.93
		Attended art therapy	1.27	0.63	0.48	3.35
Attended dramatherapy		1.90	1.12	0.59	6.06	

RRR=relative risk, CI=confidence interval, *=significant variables at 5%

Appendix F: Multinomial Logistic Regression Results for Reasons Given for Most Preferred Modality

Participant s	Reason	Variable	RRR	Std. error	95% CI	
	Enjoyment (n=578)	(Base outcome)				
All (n=1519)	Expectations of helpfulness (n=294)	Mental health or general population	0.97	0.19	0.67	1.42
		Male or female	1.18	0.20	0.84	1.65
		University educated or not*	1.59	0.28	1.13	2.23
		Under or over 45	0.81	0.13	0.59	1.10
		Attended talking therapy	0.84	0.14	0.61	1.17
		Interested in taking part – no*	0.64	0.13	0.42	0.95
		Interested in taking part – not sure	0.66	0.15	0.42	1.01
		Attended arts therapies	1.00	0.38	0.47	2.13
		Attended art therapy	1.33	0.55	0.60	2.98
		Most prefer art therapy*	1.63	0.40	1.00	2.65
		Most prefer dance-movement therapy*	2.11	0.41	1.43	3.09
		Most prefer dramatherapy*	2.79	0.81	1.58	4.95
		Least prefer art therapy	0.88	0.25	0.50	1.53
		Least prefer dance-movement therapy	0.90	0.30	0.47	1.72
	Least prefer dramatherapy	0.94	0.26	0.55	1.60	
	Feeling capable (n=228)	Mental health or general population	0.88	0.18	0.59	1.32
		Male or female*	0.67	0.12	0.47	0.96
		University educated or not*	1.91	0.36	1.33	2.76
		Under or over 45	1.21	0.21	0.87	1.69
		Attended talking therapy	0.75	0.13	0.53	1.07
		Interested in taking part - no	1.09	0.22	0.74	1.62
		Interested in taking part – not sure	0.91	0.21	0.58	1.42
		Attended arts therapies	0.97	0.39	0.45	2.12
		Attended art therapy	0.77	0.34	0.33	1.82
		Most prefer art therapy*	0.54	0.17	0.29	1.01
		Most prefer dance-movement therapy	1.46	0.29	0.99	2.16
		Most prefer dramatherapy*	2.20	0.65	1.23	3.93
		Least prefer art therapy	0.82	0.26	0.44	1.53
	Impact on mood (n=197)	Mental health or general population	1.34	0.30	0.87	2.07
		Male or female	1.13	0.22	0.78	1.66
		University educated or not	1.06	0.21	0.72	1.56
		Under or over 45*	0.65	0.12	0.45	0.94

		Attended talking therapy*	0.69	0.13	0.48	1.01
		Interested in taking part - no	0.67	0.15	0.43	1.04
		Interested in taking part – not sure	0.66	0.16	0.41	1.07
		Attended arts therapies	1.17	0.47	0.54	2.55
		Attended art therapy	0.91	0.40	0.38	2.17
		Most prefer art therapy*	0.44	0.14	0.24	0.81
		Most prefer dance-movement therapy	0.94	0.19	0.63	1.40
		Most prefer dramatherapy*	0.07	0.08	0.01	0.56
		Least prefer art therapy	1.22	0.53	0.52	2.87
		Least prefer dance-movement therapy	1.11	0.56	0.41	2.98
		Least prefer dramatherapy	1.75	0.74	0.77	3.99
	Other (n=222)	Mental health or general population	1.16	0.25	0.76	1.77
		Male or female	0.83	0.16	0.57	1.20
		University educated or not*	1.71	0.33	1.17	2.49
		Under or over 45	1.36	0.24	0.97	1.92
		Attended talking therapy	0.98	0.18	0.69	1.39
		Interested in taking part - no	1.29	0.27	0.86	1.94
		Interested in taking part – not sure	1.19	0.27	0.76	1.85
		Attended arts therapies	0.72	0.35	0.28	1.86
		Attended art therapy	0.90	0.47	0.32	2.53
		Most prefer art therapy	1.64	0.50	0.90	2.98
		Most prefer dance-movement therapy*	4.95	1.14	3.14	7.78
Most prefer dramatherapy*	5.45	1.81	2.85	10.43		
Least prefer art therapy	0.71	0.23	0.38	1.32		
Least prefer dance-movement therapy	1.16	0.44	0.56	2.43		
Least prefer dramatherapy	1.18	0.37	0.65	2.17		
Mental health patients (n=678)	Enjoyment (n=276)	(Base outcome)				
	Expectations of helpfulness (n=135)	Male or female	1.38	0.32	0.87	2.18
		University educated or not*	1.61	0.40	0.99	2.61
		Attended talking therapy	0.73	0.20	0.42	1.25
		Heard of the arts therapies	1.60	0.55	0.81	3.16
		Interested in taking part - no	0.58	0.18	0.32	1.05
		Interested in taking part – not sure*	0.40	0.16	0.19	0.86
		Attended arts therapies	0.51	0.34	0.14	1.85
		Attended music therapy	1.25	0.46	0.61	2.58
		Attended art therapy	2.41	1.48	0.72	8.05
		Most prefer art therapy	1.68	0.65	0.79	3.57
		Most prefer dance-movement therapy*	2.20	0.60	1.29	3.76
		Most prefer dramatherapy*	2.40	0.94	1.11	5.19
Male or female	0.86	0.21	0.53	1.39		

	Feeling capable (n=110)	University educated or not*	1.79	0.46	1.08	2.95
		Attended talking therapy	0.72	0.20	0.42	1.22
		Heard of the arts therapies	0.89	0.27	0.49	1.63
		Interested in taking part - no	1.49	0.41	0.87	2.55
		Interested in taking part – not sure	1.05	0.36	0.54	2.04
		Attended arts therapies	1.56	0.90	0.51	4.80
		Attended music therapy	0.98	0.41	0.43	2.24
		Attended art therapy	0.68	0.36	0.24	1.90
		Most prefer art therapy	1.02	0.44	0.44	2.39
		Most prefer dance-movement therapy*	1.93	0.54	1.12	3.33
		Most prefer dramatherapy*	2.18	0.86	1.00	4.74
	Impact on mood (n=78)	Male or female	1.56	0.43	0.91	2.68
		University educated or not	1.11	0.34	0.61	2.02
		Attended talking therapy*	0.49	0.17	0.25	0.97
		Heard of the arts therapies	1.11	0.43	0.52	2.35
		Interested in taking part - no	0.98	0.32	0.52	1.86
		Interested in taking part – not sure	0.77	0.31	0.35	1.69
		Attended arts therapies	1.56	0.95	0.47	5.13
		Attended music therapy	1.64	0.74	0.68	3.99
		Attended art therapy	0.64	0.34	0.23	1.82
		Most prefer art therapy	0.51	0.27	0.18	1.44
		Most prefer dance-movement therapy	0.95	0.29	0.52	1.74
	Most prefer dramatherapy	0.00	0.00	0.00	.	
	Other (n=79)	Male or female	1.21	0.35	0.69	2.13
		University educated or not	1.63	0.49	0.90	2.96
		Attended talking therapy	1.00	0.32	0.54	1.88
		Heard of the arts therapies	0.87	0.31	0.44	1.73
		Interested in taking part - no	1.12	0.39	0.56	2.22
		Interested in taking part – not sure	1.34	0.50	0.65	2.79
		Attended arts therapies	0.57	0.51	0.10	3.28
		Attended music therapy	1.01	0.55	0.34	2.94
		Attended art therapy	1.31	1.11	0.25	6.96
		Most prefer art therapy*	3.89	1.93	1.48	10.27
Most prefer dance-movement therapy*		5.72	2.22	2.67	12.26	
Most prefer dramatherapy*	9.46	4.46	3.75	23.84		
General population sample (n=841)	Enjoyment (n=302)	(Base outcome)				
	Expectations of helpfulness (n=159)	University educated or not*	1.71	0.39	1.09	2.69
		Most prefer art therapy*	2.01	0.63	1.09	3.70
		Most prefer dance-movement therapy*	2.25	0.59	1.35	3.76
		Most prefer dramatherapy*	3.59	1.41	1.67	7.73
		Least prefer art therapy	0.79	0.31	0.37	1.69

		Least prefer dance-movement therapy	0.78	0.35	0.32	1.88
		Least prefer dramatherapy	0.61	0.23	0.29	1.26
	Feeling capable (n=118)	University educated or not*	1.75	0.45	1.07	2.88
		Most prefer art therapy*	0.41	0.16	0.19	0.90
		Most prefer dance-movement therapy	1.11	0.29	0.67	1.85
		Most prefer dramatherapy	1.95	0.79	0.89	4.30
		Least prefer art therapy	0.67	0.29	0.29	1.55
		Least prefer dance-movement therapy	0.73	0.37	0.27	1.98
		Least prefer dramatherapy	0.54	0.23	0.23	1.24
		Impact on mood (n=119)	University educated or not	1.14	0.27	0.72
	Most prefer art therapy		0.54	0.19	0.27	1.09
	Most prefer dance-movement therapy		1.08	0.27	0.67	1.77
	Most prefer dramatherapy		0.32	0.25	0.07	1.49
	Least prefer art therapy		1.29	0.78	0.40	4.21
	Least prefer dance-movement therapy		0.97	0.70	0.23	4.01
	Least prefer dramatherapy		1.78	1.03	0.57	5.56
	Other (n=143)	University educated or not	1.44	0.34	0.91	2.28
		Most prefer art therapy	1.00	0.37	0.49	2.05
		Most prefer dance-movement therapy*	3.65	0.99	2.15	6.20
		Most prefer dramatherapy*	2.94	1.29	1.25	6.96
		Least prefer art therapy	0.67	0.28	0.29	1.51
		Least prefer dance-movement therapy	1.17	0.59	0.44	3.13
		Least prefer dramatherapy	0.82	0.33	0.37	1.80

RRR=relative risk, CI=confidence interval, *=significant variables at 5%