Art in Health toolkit

Participant Feedback

Age …….. Sex M ☐ F ☐

1. How have you been feeling recently? (please circle where you think you are on the scale)

1 2 3 4 5 6 7 8 9 10
very low OK cheerful

2. Where would you put your feelings of self-esteem on this scale?

1 2 3 4 5 6 7 8 9 10
low high

3. Do you feel anxious/fearful?

1 2 3 4 5 6 7 8 9 10
never always

When outside your home

1 2 3 4 5 6 7 8 9 10
not anxious very anxious

4. How easy or difficult do you find talking to people at present?

1 2 3 4 5 6 7 8 9 10
very difficult very easy

5. Has Art in Health resulted in changes for you, or opened up any opportunities?

6. Can you describe any particular health improvement you have felt as a result of attending the programme?

7. How did you find taking part in the different activities?

8. What has been the single most effective aspect of "Arts in Health" for you?