



## Evidence review on creative research and evaluation strategies.

1. [How digital storytelling is used in mental health: A scoping review.](#) (De Vecchi et al. 2016). The creative arts can be used to support stakeholders of mental health services to communicate and share their lived experience. Digital storytelling is one method that has been used to capture people's lived experience. In this scoping review, we were interested in mapping how digital storytelling has been used in mental health, and to identify gaps in the literature. Nine databases were searched to identify peer reviewed literature published between January 2000 and August 2015; 15 articles were included in the review. The articles were categorized across four broad areas: educational interventions, learning skills, learning about other people's lived experience, and learning about personal lived experience. We identify that while digital storytelling has potential as a participatory process to promote mutual understanding of and empathy towards lived experiences in mental health, there is a dearth of research in this area. More research is needed on the use of digital storytelling in mental health to determine its effectiveness in progressing a recovery orientation in service provision that is built on solidarity and a social justice agenda.

2. [Evaluating the Sharing Stories youth theatre program: an interactive theatre and drama-based strategy for sexual health promotion among multicultural youth.](#) (Roberts et al., 2017). Rates of sexually transmissible infections among young people are high, and there is a need for innovative, youth-focused sexual health promotion programs. This study evaluated the effectiveness of the Sharing Stories youth theatre program, which uses interactive theatre and drama-based strategies to engage and educate multicultural youth on sexual health issues. The effectiveness of using drama-based evaluation methods is also discussed. The youth theatre program participants were 18 multicultural youth from South East Asian, African and Middle Eastern backgrounds aged between 14 and 21 years. Four sexual health drama scenarios and a sexual health questionnaire were used to measure changes in knowledge and attitudes. Participants reported being confident talking to and supporting their friends with regards to safe sex messages, improved their sexual health knowledge and demonstrated a positive shift in their attitudes towards sexual health. Drama-based evaluation methods were effective in engaging multicultural youth and worked well across the cultures and age groups. Theatre and drama-based sexual health promotion strategies are an effective method for up-skilling young people from multicultural backgrounds to be peer educators and good communicators of sexual health information. Drama based evaluation methods are engaging for young people and an effective way of collecting data from culturally diverse youth. This study recommends incorporating interactive and arts-based strategies into sexual health promotion programs for multicultural youth. It also provides guidance for health promotion practitioners evaluating an arts-based health promotion program using arts-based data collection methods.

3. [Using photovoice with sex workers: The power of art, agency and resistance.](#) (Desyllas, 2014). Situated within an arts-based research framework, photovoice method was utilized with women working in diverse aspects of the sex industry. The purpose of this project was to understand sex workers' lived experiences through their own artistic self-representation. This supports the acknowledgement of individual strengths, skills, visions, and voice. Another goal was to provide opportunities for group dialogue, engagement in community education, and activism through art. The findings from this study have implications for furthering our understanding of the lives of sex workers. Specifically, attention is given to the role of intersectionality as informing the lived experiences of sex workers. Findings from this study also highlight sex workers' shared experiences of stigma and the use of photography as an act of resistance to this stigma. This project confirms



how empowerment comes about through the arts. Using photovoice method with sex workers affirms agency, self-representation, voice, and choice in sex work.

4. [art-based evaluation 101](#). (ArtReach, n.d.). Please visit the website for more information.

5. [Digital Storytelling in Research: A Systematic Review](#). (de Jager et al., 2017). Digital storytelling refers to a 2 to 5 minute audio-visual clip combining photographs, voice-over narration, and other audio (Lambert, 2009) originally applied for community development, artistic and therapeutic purposes, and more recently adapted as an arts-based research method. To date, no systematic review of the use of digital storytelling in a research capacity, to generate information about a phenomenon has been conducted. Accordingly, our aim was to provide a systematic review of digital storytelling in research. The review identified 25 articles representing 23 discrete studies that met inclusion criteria. A thematic analysis of results indicated that digital storytelling in research was especially appropriate for use with marginalised groups and was most commonly used in this context. There was some variation in the extent to which digital storytelling in research adhered to the principles with which it was originally developed. Surprisingly, although digital storytelling provides a ready-made knowledge translation product, few research projects employed the digital stories generated to this end. Across research projects, participants reported several benefits of digital storytelling. While some disadvantages were noted, overall, these were outweighed by the benefits of using a respectful, participatory research practice.

6. [The production and dissemination of knowledge: A scoping review of arts-based health research](#). (Boydell et al., 2012). The use of arts-based research is shifting our understanding of what counts as evidence and highlights the complexity and multidimensionality involved in creating new knowledge. A scoping review of arts-based health research was undertaken to identify the breadth of peer-reviewed literature, summarize findings and identify gaps. A literature database search identified 71 original studies meeting our criteria for review. Studies were characterized by diverse art genres, designs, and substantive health topics. The arts in qualitative research were considered an opportunity for enhanced engagement of participants and audiences alike, a way to enrich communication and make research accessible beyond academia, and a method for generating data beyond the scope of most interview-based methods. Three central gaps were identified: the need for critical dialogue regarding the impact of arts-based health research, the need to focus on how the quality of such projects is judged, and the need to address the ethical challenges of engaging in this work. We suggest that the broadening of qualitative methodologies to include arts-based approaches offers more than simply adjuncts to typical data collection and dissemination approaches, and instead, presents different ways of knowing. We believe that this may be a significant moment in the field in which to question whether or not we are witness to a paradigmatic shift in the ways we approach inquiry into the social world and/or the emergence of an innovative set of techniques that researchers can draw upon to enhance traditional methods of conducting qualitative inquiry.

7. [The rationales for and challenges with employing arts-based health services research \(ABHSR\): a qualitative systematic review of primary studies](#). (Majid & Kandasamy, 2021). Health services research (HSR) is an interdisciplinary field that investigates and improves the design and delivery of health services from individual, group, organisational and system perspectives. HSR examines complex problems within health systems. Qualitative research plays an important role in aiding us to develop a nuanced understanding of patients, family, healthcare providers, teams and systems. However, the overwhelming majority of HSR publications using qualitative research use traditional



methods such as focus groups and interviews. Arts-based research—artistic and creative forms of data collection such as dance, drama and photovoice—have had limited uptake in HSR due to the lack of clarity in the methods, their rationales and potential impacts. To address this uncertainty, we conducted a qualitative systematic review of studies that have employed arts-based research in HSR topics. We searched four databases for peer-reviewed, primary HSR studies. Using conventional content analysis, we analysed the rationales for using arts-based approaches in 42 primary qualitative studies. We found four rationales for using arts-based approaches for HSR: (1) Capture aspects of a topic that may be overlooked, ignored or not conceptualised by other methods (ie, quantitative and interview-based qualitative methods). (2) Allow participants to reflect on their own experiences. (3) Generate valuable community knowledge to inform intervention design and delivery. (4) Formulate research projects that are more participatory in nature. This review provides health services researchers with the tools, reasons, rationales and justifications for using arts-based methods. We conclude this review by discussing the practicalities of making arts-based approaches commensurable to HSR.

8. [Photovoice in mental illness research: A review and recommendations.](#) (Werremeyer et al., 2020).

In the past few decades, photovoice research has gained prominence, providing context rich insights through participants' photographs and narratives. Emergent within the field of photovoice research have been health studies embracing diverse illness issues. The goal of this scoping review article was to describe the use of photovoice in mental illness, paying particular attention to the following: (1) the study design and methods, (2) empirical findings, and (3) dissemination strategies. Nine qualitative studies (seven drawing from primary and two secondary analyses) featuring diverse approaches to analysis of data comprising individual and/or focus group interviews using participant-produced photographs were included in the review. Described were participant's experiences of living with mental illness and/or substance overuse, including feelings of loneliness and being marginalized, along with their support care needs (e.g. physical, emotional, and spiritual) to garner self-confidence, respite, and/or recovery. Empirically, the reviewed articles confirmed the value of participant-produced photographs for obtaining in-depth understandings about individual's mental illness experiences while a focus on stigma and recovery was prominent. In terms of dissemination, while most of the published articles shared some participants' photographs and narratives, less evident were strategies to actively engage the public or policymakers with the images. Recommendations for future photovoice research include conducting formal analyses of participant photographs and strategically lobbying policymakers and raising public awareness through virtual and "in person" photo exhibitions while de-stigmatizing and affirming the experiences of those who are challenged by mental illness.

9. [A scoping review of photovoice research among people with HIV.](#) (Teti et al., 2018).

We describe how Photovoice—a participatory method in which people express and share ideas via images—has been used in research with people living with HIV (PLWH). Four databases, reference lists, and journal tables of content were searched to identify peer-reviewed original research, in English, using Photovoice with a sample of PLWH, between 1994 and 2016. Of 1,898 citations identified, 22 studies were included. Studies included a mean of 18 (range 4-38) participants. Studies were of strong quality but lacked consistent procedures. Goals varied and projects included different combinations of introductory, photo training, ethics, group, individual, and exhibit sessions. Descriptions of the researcher–participant relationship were uneven. Photovoice allowed PLWH to inform research and practice priorities through their own visual perspectives. Continued use of Photovoice with PLWH is recommended with greater emphasis on consistent methods and detailed reporting; more studies should be undertaken resulting in actions or advocacy.



10. [Using digital storytelling to promote the sexual health and well-being of migrant and refugee young people: A scoping review.](#) (Botfield et al., 2017). Digital storytelling and other methods of self-expression and autobiography have become an increasingly important tool for those working with young people, including those from migrant, refugee or other culturally diverse backgrounds. A structured scoping review was undertaken to better understand the potential value and challenges of using digital stories to promote the health and well-being of these diverse groups of young people and to identify key knowledge gaps. The review process comprised a systematic search of the literature and strategic consultations with professionals working with young people in the area of sexual and reproductive health promotion and care. A descriptive-analytic method was used to collate and synthesise the literature and apply narrative and thematic analyses. In total, 28 papers were deemed eligible for inclusion. Findings are presented as two analyses: what is known from the literature and key knowledge gaps. Identified themes included the use of digital stories as social activism and as research intervention, recognition of digital stories as complex terrain and recommendations for good practice. Three key gaps of particular relevance to our research aims were identified. These were (1) the lack of digital stories on sexual health and relationships by culturally diverse young people in Australia, (2) the need for discussion of the ethical considerations of using digital storytelling and related methods in sexual health fields and (3) the value of exploring opportunities to employ digital methods as self-representation and autobiography to generate new knowledge and build organisational capacity. As confirmed in discussions with professionals working in the youth, migrant and sexual health sectors, the literature highlighted the many potential applications of digital storytelling to promoting the sexual health and well-being of young people from diverse backgrounds. Additional research is required to understand the particular ethical and contextual issues shaping, and at times constraining, this engagement in specific cultural contexts.

11. [Lessons learned about art-based approaches for disseminating knowledge.](#) (Bruce et al., 2013) The study aimed to present a case example of using an arts-based approach and the development of an art exhibit to disseminate research findings from a narrative research study. Semi-structured in-depth interviews were conducted with 32 participants living with cancer, chronic renal disease, or HIV/AIDS. Participants were invited to share a symbol representing their experience of living with life-threatening illness and the meaning it held for them. The exhibit conveyed experiences of how people story and re-story their lives when living with chronic kidney disease, cancer or HIV. Photographic images of symbolic representations of study participants' experiences and poetic narratives from their stories were exhibited in a public art gallery. The theoretical underpinning of arts-based approaches and the lessons learned in creating an art exhibit from research findings are explored. Creative art forms for research and disseminating knowledge offer new ways of understanding and knowing that are under-used in nursing. Arts-based approaches make visible patients' experiences that are often left unarticulated or hidden. Creative dissemination approaches such as art exhibits can promote insight and new ways of knowing that communicate nursing research to both public and professional audiences.

12. [Is Film as a Research Tool the Future of Public Health? A Review of Study Designs, Opportunities, and Challenges.](#) (Baumann et al., 2020). Among public health researchers, there is growing interest in film methods due to their ability to highlight subtleties in practices, capture emotions, engage hard-to-reach populations, and advocate for social change. Still, little is known about strengths and challenges associated with using film methods in public health. This review synthesizes peer-reviewed, public health research studies that apply film methods, and describes opportunities and challenges. Of the 3,431 identified articles, 20 met the inclusion criteria. Fifteen different film



methods were found that offer numerous methodological strengths, including the ability to provide rich descriptions, capture emic perspectives, increase comfort in participation, empower participants, and be used for advocacy. Future studies may explore engaging participants throughout the entire research process and using visuals created in the study to communicate findings. Keeping in mind their challenges, film methods are long overdue in public health and provide unique opportunities to capture sensory data.

13. [Researchers under the spell of the arts: Two decades of using arts-based methods in community-based inquiry with vulnerable populations.](#) (Coemans & Hannes., 2017) In the last decade, we have witnessed a growing number of published articles featuring arts-based methods. These methods have been picked up by researchers interested in education in, through and for communities. This scoping review focuses on the use of arts-based methods in community-based research. It was undertaken to provide an overview of how these methods are applied in research practice. Different databases were systematically searched, covering literature published over twenty years (1993–2013). We identified different types of arts-based methods. We described the reported rationales, benefits and limitations, and presented a definition of arts-based methods as used in community-based inquiry. Four challenges were reported: the need to support researchers to explore alternative analytical approaches, the need for methodological reflections, the need to reflect on the voice-component in this work, and the need to push the boundaries of what counts as ‘the’ academic standard. Despite the challenges involved in working on the thin line between art and research, the learning curve it creates for researchers, its value in terms of creating understanding and its capacity to engage participants makes it a worthwhile endeavor to invest in.

14. [Using photo-elicitation to explore health promotion concepts with children and adolescents with disabilities: a rapid scoping review.](#) (Lumia et al., 2021). It is important to directly engage children and adolescents with disabilities (CAWD) in health promotion research to ensure their health needs are met. Arts-based research methods may help CAWD better express their ideas; photo-elicitation is one such technique, using self-captured photographs to enhance verbal descriptions of complex concepts. This review 1) summarizes findings from health promotion studies using photo-elicitation with CAWD; 2) explores benefits and challenges of using photo-elicitation; 3) identifies recommended photo-elicitation practices.

15. [‘If you can call it a poem’: toward a framework for the assessment of arts-based works.](#) (Lafrenière & Cox, 2013). The use of artistic forms as an alternative means for representing research findings is gaining acceptance in the research community. There are, however, important yet unresolved and even contentious issues arising from these new applications of the arts. These include concerns about the level of expertise required to effectively utilize the arts in research, the appropriateness of various methods of creating artworks and the desirability of identifying criteria for assessing arts-based contributions. Centring on the question of criteria for the creation and assessment of arts-based works, we note that there are, at present, few salient guidelines. Drawing upon our experience in conducting a pilot project employing arts-based methods of representing research findings, we propose a Guiding Arts-Based Research Assessment (GABRA) meta-framework for assessing the quality and effectiveness of utilizing the arts for knowledge dissemination. This overarching framework incorporates normative, substantive and performative aspects of arts-based methods of representing research findings.

16. [Use of Arts-based Research to Uncover Racism.](#) (Fonseka et al., 2021). The article provides an overview of arts-based research (ABR) within social work and general healthcare practice in Canada,



and how it can be used to uncover racism within vulnerable populations, particularly youth, women, immigrants and refugees, the lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI) community, and Indigenous peoples. A literature search was conducted using the University of Western Ontario's Summons database, with coverage from January 2000 to February 2019. Data exploring participant experiences, personal identity, voice, and invisible powers were extracted, and analyzed using a critical race lens to examine the intersection of societal and cultural practice with race and power. Results indicate that ABR can support therapeutic recovery from oppression by enhancing self-expression of feelings and thoughts, and affording participants the agency to reclaim and reframe their personal narrative. ABR can further generate a sense of community by creating connections between participants with similar oppressions to overcome disconnection and marginalization. Within a broader community context, ABR permits the sharing of stories and insights with others, which can generate dialogue on important social issues to expose areas of social inequity and oppression alongside potential solutions for transformative social action. This dialogue can also extend to discussions with policy makers on the impact of social inequities to guide recommendations that address system gaps for broader community-level change. The paper concludes that ABR can move beyond merely reflecting on social conditions toward actively addressing them by promoting sustainable social change. The voices expressed through ABR illustrate possible solutions to overcome racism through inclusive social practice, deconstruction of the racial status quo, and movement toward an equitable distribution of power.

17. [Evaluation](#). Please visit the website for more information.

18. [Photovoice: Concept, Methodology, and Use for Participatory Needs Assessment](#). (Wang & Burris, 1997). Photovoice is a process by which people can identify, represent, and enhance their community through a specific photographic technique. As a practice based in the production of knowledge, photovoice has three main goals: (1) to enable people to record and reflect their community's strengths and concerns, (2) to promote critical dialogue and knowledge about important issues through large and small group discussion of photographs, and (3) to reach policymakers. Applying photovoice to public health promotion, the authors describe the methodology and analyze its value for participatory needs assessment. They discuss the development of the photovoice concept, advantages and disadvantages, key elements, participatory analysis, materials and resources, and implications for practice.

19. [Photovoice as an intervention for college students living with mental illness: A pilot study](#). (Werremeyer et al., 2020). Photovoice is a participatory-action research method in which participants capture and collectively reflect upon photos of their lived experience. Photovoice participation may be beneficial for individuals living with mental illness, but its effects have not been quantitatively measured. In this pilot study, 20 college students living with a mental illness and prescribed at least 1 medication were randomized to a Photovoice group intervention or usual group counseling, which was an active control. Participants completed the BURNS Anxiety Inventory, Beck Depression Inventory, and Medication Adherence Rating Scale at baseline and 8 weeks. Between-groups comparisons were conducted. Photovoice participants experienced a significantly greater reduction in the BURNS Anxiety Inventory (-8.5 vs -2.6; P%.049) compared to control participants. No difference was seen in change in the Beck Depression Inventory (6.7 in the Photovoice group vs 0.2 among controls; P%.26). Mean medication adherence scores worsened in both groups from baseline with no difference between the groups (1 vs 0.86; P%.16). Photovoice may be a resource-efficient and effective intervention to reduce anxiety among college students with mental illness;



however, it may be associated with poorer medication adherence. Further study is needed to evaluate these findings.

20. [Implementing Photovoice in Your Community](#). (Center for Community Health and Development, 2022). Please visit the website for more information.

21. [Photo Voice](#). (PhotoVoice, 2022). Please visit the website for more information.

22. [“I want to become part of the Australian community”: Challenging the marginalisation of women resettled as refugees in Australia—Findings from a photovoice project](#). (Lumia et al., 2021). This article discusses a community-based participatory research (CPBR) project, which used photovoice to explore 43 refugee women's perspectives of settlement in Perth, Western Australia. The research was conducted between a university and a multicultural women's health service from 2016 to 17. The women were given cameras and chose topics to photograph, which represented their settlement experiences and, using reflective group dialogue, reflected on their settlement successes and challenges and provided policy recommendations for improving the settlement process. Eleven women were interviewed for further in-depth reflections, and 22 women selected photographs and wrote accompanying narratives for a travelling photography exhibition. Key themes of the importance of English language learning and family support during the settlement process are explored. Drawing on intersectionality and postcolonial feminist theories, this article discusses how government provisions for English education are incongruent with the settlement needs of women and access to family reunion is largely unattainable, which has negative implications for women's health and well-being. This article demonstrates how government policy marginalises women and reinforces an existing gendered, racial hierarchy. An intersectional approach to settlement policymaking and programmes is recommended for women's successful settlement.

23. [Interactive Mapping](#). (Better Evaluation, 2014). Please visit the website for more information.

24. [Digital Storytelling Toolkit](#). (Women Win, n.d.). Please visit the website for more information.

25. [Digital Stories](#). (StoryCentre, 2022). Please visit the website for more information.

26. [Towards an Understanding of Rich Picture Interpretation](#). (Bell et al., 2019). This paper considers the value of the Rich Picture (RP) as a means to capture data from multiple groups exploring a question, problem or issue. RPs emerge from group work by unravelling and integrating understandings, but to date there have been no attempts to consider ways in which the RPs from different groups analysing the same question can be, or indeed should be, objectively compared. The aim of this paper is to investigate the maximum learning potential from the RP, and we develop and use a form of Content Analysis called Educative Interpretation (EI) specifically for RPs. The paper illustrates the process of EI by drawing upon a series of RPs created by groups in Lebanon. The groups were all working on issues involved in coastal zone management, and the resulting analysis presents some of the insights that were gained. The paper finally discusses some of the advantages and disadvantages of EI applied to RPs.

27. [Rich Pictures](#). (Better Evaluation, 2018). Please visit the website for more information.

28. [Mural](#). (Better Evaluation, 2014). Please visit the website for more information.



29. [some examples of: Arts-Based Evaluation.](#) (Jumblies Theatre, 2013). Please visit the website for more information.
30. [Arts Based Evaluation 101.](#) (ArtReach, n.d.). Please visit the website for more information.
31. [Soft Systems Methodology: The Use of Rich Pictures from Evaluation.](#) (Center on Collaborative Governance, 2015). Please visit the website for more information.
32. [Theatre.](#) (Better Evaluation, 2014). Please visit the website for more information.
33. [Dramatizing learning, performing ourselves: Stories of theatre-based evaluation in vancouver's downtown eastside.](#) (Cook, 2019). Voices UP!, a play developed and performed collectively with participants from Vancouver's Downtown Eastside, illustrates the use of theatre as an innovative evaluation method for data collection, analysis, and knowledge translation. This artful process can convey complex, experiential evaluation findings and create engaging opportunities for learning, while building relationships and skills among participants. In this article we describe the creation process utilized for this theatre-based evaluation project, as well as guiding principles and lessons learned for evaluators who may want to engage in similar theatre-based participatory work.

### **Acronyms**

ABR *Arts-Based Research*

CAWD *Children and Adolescents with Disabilities*

CPBR *Community-Based Participatory Research*

EI *Educative Interpretation*

GABRA *Guiding Arts-Based Research Assessment*

HSR *Health Services Research*

LGBTQI *Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex*

PLWHIV *People Living with HIV*

RP *Rich Picture*