



## **Effectiveness of group arts therapy: Randomised Controlled Trial**

### **What is the ERA study?**

ERA is a research trial in adults (18+) comparing group talking therapy with group arts therapies to see if group arts therapies are helpful for people with different types of mental health diagnosis. Patients who are eligible for the study will try one of two group therapies; arts or talking.

### **What are the arts therapies?**

For the ERA trial we are looking at three types of arts therapy: music therapy, dance movement therapy and art therapy. These groups will be compared to group counselling, which will be talking-based and will not include any use of the art forms.

### **What would I need to do?**

If you are eligible to be involved in the study, you would need to be able to commit to two sessions of group therapy per week for 40 weeks. As well as attending several one to one meetings with an ERA researcher to complete study questionnaires. These questionnaires would ask about your current symptoms and life situation.

### **How do I find out if I am eligible?**

You need to be receiving treatment for mental health problems for at least 6 months in Luton and Bedfordshire NHS. Before we can confirm if you are eligible, we will need to check your diagnosis and current treatment with your clinician. We will also need you to complete a short questionnaire about your symptoms.

### **Next Steps...**

If you would like to know more about the ERA study please use the information below to contact one of the research team who will be happy to discuss this with you further.

#### **Contact details**

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