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Arts and culture in rehabilitation improves health related quality of life

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Arts & Culture in rehabilitation 2.0

- Running i Helsingborg 2012-2014
- 10 weeks predetermined program, three times a week, half a day
- Activities such as: museum, Theatre, Concerts, handicraft
- Participants recruited from primary health care
- Participants with mental disorders or/and musculoskeletal pain
- Follow-up after six and 12 month





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Preliminary results



- Health related quality of life improved
- Self-rated work ability improved

- Analysis in 2015
- Patient reported out-comes, register data on sick leave and a reference population





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If You want to read more:



<http://www.kulturellahjarnan.se>

http://www.skane.se/webbplatser/valkommen_till_vardgivarwebben/utveckling_projekt/sjukskrivningsprocess/rehabiliteringsgarantin/kulturpa-recept-20/

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