

MASTERS RESEARCH PROJECT

Title: Links between Creativity and Wellbeing.

This survey forms a component of my academic program, a Masters Degree in Education. This study follows on from previous work undertaken in the subject of Artist as Teacher and is investigating possible links between 'Stress, Creativity and Wellbeing'. As part of the research you are being asked to complete the following survey related to these three topics. Thankyou. I appreciate your time and interest. Anne McMahon.

SURVEY for 'Creativity and Wellbeing' Project.

AGE	18 - 25	26 - 35	36 - 45	46 - 55	56 - 65	66 - 75	GENDER	Male / Female
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When were you engaged in a creative activity? ☐ **Before W/B** ☐ **After W/B** ☐ **Not at all**

Type of Creative Activity engaged in	Before W/B	After W/B	After W/B, was engagement in creative activities ...		
			Less than before?	About the same?	More than before?
Painting / drawing					
Pottery/ clay Sculpture					
Theatre / Drama					
Craftwork [specify]					
Wood work Metal work					
Dance Music Singing					
Writing Books Poems Songs					
Cooking Garden/ landscaping					
Other (please specify)					

IF engaged in creative activity more after W/B than before W/B what form did the extra activity take?

Formal study What level -	Workshops	Longer hours	More intense activity	Greater number of activities
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After W/B was the creative activity helpful in dealing with the stress associated with W/B?

Not at all	A little	Generally yes	Always helped	Made a huge difference
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How would you describe the relief you gained through engagement in creativity activity?

It was a distraction of sorts	I could escape from stressful feelings while engaged in it.	It made me feel better about life generally	I felt more positive about myself in particular	I used it to create a new direction in life
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