

TAKE THE STAGE OF LIFE

Taking part in theatre training can benefit cognitive skills and psychological wellbeing.

Acting and Theatre Training

Participation in the arts has the potential to improve wellbeing, sense of independence and self-esteem and is a way to stimulate the mind.(1) Theatre training in itself is a multimodal activity that employs methods that stimulate cognitive, emotional and psychological domains.(2) Older people's participation in theatre and drama has highlighted a number of potential benefits for health and well-being as well as social relationships within a group.(3) Drama and theatre provide opportunities for learning, creativity, cultural engagement, development of playfulness, expansion of social networks and social cohesion.(3-6) Theatre training has also been shown to improve cognitive, psychological wellbeing and quality of life.(3, 4, 7) Overall theatre and drama can be a valuable and inclusive participatory arts medium for both older and younger people.(8)

GOLDSTER★ Points and Evidence Levels for this Activity

Domain	Impact Strength	Points	Information on Evidence	Evidence Type	Evidence Level
Physical	Mild	1	In healthy older people, theatre training has been shown to have a mild beneficial impact on sense of wellbeing.(3, 4, 7)	Review, trials, pilot trials	Low
Cognitive	Medium	2	In healthy older people, theatre training has been shown to have a medium impact on sense of cognitive skills including enhanced memory, problem-solving ability, comprehension.(2-4, 6, 7, 9)	Review, trials, pilot trials	Low
Emotional	Medium	2	In healthy older people, theatre training has been shown to have a medium impact on decreasing anxiety and loneliness and increasing self-confidence, self-esteem, sense of value and purpose.(2-4, 7, 9)	Review, trials, pilot trials	Low

Disclaimer: The information in this document is provided for informational, educational and interest use only. The information has not been prepared for your specific requirements, and it is your responsibility to make sure it is appropriate for you. This information does not contain or constitute, and should not be interpreted as, medical or therapeutic advice. If you have any doubts about your health, you should consult your doctor before implementing anything you read about in this document. You acknowledge and accept that you read this information and undertake any activities discussed herein at your own risk. The information should not be shared with third parties or used for any commercial purposes.

References

1. National Institute on Aging. Participating in the arts creates paths to healthy aging. 2019. Available from: <https://www.nia.nih.gov/news/participating-arts-creates-paths-healthy-aging>.
2. Noice H, Noice T. An arts intervention for older adults living in subsidized retirement homes. *Neuropsychol Dev Cogn B Aging Neuropsychol Cogn*. 2009;16(1):56-79.
3. Bernard M, Rickett M. The Cultural Value of Older People's Experiences of Theater-making: A Review. *Gerontologist*. 2017;57(2):e1-e26.
4. Noice H, Noice T, Staines G. A short-term intervention to enhance cognitive and affective functioning in older adults. *J Aging Health*. 2004;16(4):562-85.
5. Keisari S, Gesser-Edelsburg A, Yaniv D, Palgi Y. Playback theatre in adult day centers: A creative group intervention for community-dwelling older adults. *PLOS ONE*. 2020;15(10):e0239812.
6. Fancourt D FS. What is the evidence on the role of the arts in improving health and well-being? A scoping review. (Health Evidence Network (HEN) synthesis report 67). 2019. Available from: <https://apps.who.int/iris/bitstream/handle/10665/329834/9789289054553-eng.pdf>.
7. Yuen HK, Mueller K, Mayor E, Azuero A. Impact of participation in a theatre programme on quality of life among older adults with chronic conditions: a pilot study. *Occupational therapy international*. 2011;18(4):201-8.
8. Bernard M, Rickett M, Amigoni D, Munro L, Murray M, Rezzano J. Ages and Stages: the place of theatre in the lives of older people. *Ageing and Society*. 2015;35(6):1119-45.
9. Noice T, Noice H. Enhancing Healthy Cognitive Aging Through Theater Arts. In: Hartman-Stein PE, LaRue A, editors. *Enhancing Cognitive Fitness in Adults: A Guide to the Use and Development of Community-Based Programs*. New York, NY: Springer New York; 2011. p. 273-83.