

Evaluation: First Stage Goldsmiths Summary Wording

We have worked with Psychology PhD student, Katie Rose Sanfilippo (supervisor Professor Lauren Stewart, Goldsmiths College, London). Katie Rose prepared quantitative and qualitative questionnaires looking at well-being, anxiety, social inclusion and the impact of the singing group on participation and aspiration. Katie Rose says, “Choral singing has been shown to improve emotional stability, perceptions of social competence, self-esteem and overall well-being in prison inmates (Cohen, 2009, 2012; Silber, 2007). Whilst such work promotes the therapeutic benefits of music in a prison setting, there is a marked absence of recent research on this within the prison population, particularly in the UK, that looks specifically at group singing. Through this evaluation we hope to investigate how Beating Time affects the overall well-being of prisoners compared to a matched group of prisoners who are not involved in choir”.

Responses to the first stage of the evaluation from the HMP Birmingham choir show:

- 75% strongly agreed belonging to the choir improved their satisfaction with life;
- 62% strongly agreed belonging to choir increased their confidence;
- 87% felt being in choir improved their mental health;
- 75% said belonging to choir improved their family contact;
- 75% felt choir improved their sense of belonging.