RECUEIL DES RÉSUMÉS DES ÉTUDES PRÉSENTÉES À LA COMMUNAUTÉ DE PRATIQUES INTERGÉNÉRATIONNELLES PAR RAKIE SAMI ET ARIANNE SIRARD LE 20 MARS 2025

Rubin, S. E. et coll. (2015). Challenging Gerontophobia and Ageism Through a Collaborative Intergenerational Art Program. *Journal of Intergenerational Relationships, 13*(3), 241-254.

Prejudices against older adults have been shown to reduce effective care delivery and impact long-term health outcomes for older adults. In an effort to combat these prejudices, intergenerational—and often unidirectional—programs focus on challenging ageism. The PALETTE program takes this further to employ collaborative activities as a way to challenge the gerontophobia that often accompanies ageism. Promoting Art for Life Enrichment Through Transgenerational Engagement (PALETTE) is an innovative program for interprofessional undergraduate and graduate students that combines intergenerational arts activities with formal education on aging, ageism, and gerontophobia. Having demonstrated success in changing the attitudes of students, PALETTE serves as a model for an internationally replicable program that has the potential to improve person-centered care while educating future generations of older adults about positive, optimal aging.

Gaspar, P., et coll. (2021). Effect of Participation in an Intergenerational Theater Production. *Journal of Intergenerational Relationships, 20*(2), 183-198.

The Intergenerational Theater (IGT) Production project was implemented to provide an opportunity to promote the interactions between the generations. The purpose of this study was to conduct a formal evaluation of the effect participation in an IGT production had on child and youth participants' attitudes toward aging and the effect participation had on the older adults' level of satisfaction. The youth group had significant positive changes in attitudes toward older adults from baseline to follow-up, with little change for the child group. Older adults noted that the experience had a positive effect on meaningfulness, purpose and accomplishments. These results support the benefits of participation in IGT productions.

Ho, A.H.Y., et coll. (2021). A Randomized Waitlist-Controlled Trial of an Intergenerational Arts and Heritage-Based Intervention in Singapore: Project ARTISAN. *Frontiers in Psychology*, 12. https://doi.org/10.3389/fpsyg.2021.730709 (l'article complet est aussi disponible en ligne sans frais)

Loneliness has become a global major public health concern, with detrimental effects to the young and old. ARTISAN (Aspiration and Resilience Through Intergenerational Storytelling and Art-based Narratives) is a 5-week, 15-h participatory art and group-based intervention that focuses on resilience building and loneliness alleviation among the young and old through a structured multimodal framework held at a museum space. Developed with a Participatory Action Research (PAR) approach, this intervention is evaluated using an open-label waitlist randomized controlled trial design (RCT) comprised of community-dwelling youth and older adults randomized into an intervention group (n = 35) or a waitlist-control group (n = 33). Participants were assessed on standardized self-reported psychometric measures including loneliness, resilience, quality of life, social support, life satisfaction and national identity at three time points. Qualitative data generated during each intervention session as well as acceptability focus groups were recorded and transcribed. Linear mixed modeling analyses revealed that participants in the intervention group experienced improvements in life satisfaction compared to participants in the waitlist-control group (95% CI: 0.22 to 0.77, $p < 0.001$, Cohen's $d = 0.53$) immediately after the completion of ARTISAN. Subgroup analyses for youth participants indicated improvements in quality of life (95% CI: 0.16 to 0.52, $p < 0.001$, $d = 1.31$) and national identity (95% CI: 0.18 to 0.80, $p = 0.002$, $d = 0.43$) in comparison to the waitlist-control group. At 5-weeks follow-up, the intervention group participants continued to experience high levels of life satisfaction (95% CI: 0.04 to 0.42, $p = 0.017$, $d = 0.47$), enhancements in resilience (95% CI: 0.07 to 0.55, $p = 0.011$, $d = 0.46$), as well as a significant reduction in loneliness (95% CI: −0.34 to −0.08, $p = 0.001$, $d = 0.61$) compared to baseline, reflecting the effectiveness and positive residual effects of the ARTISAN intervention. Similarly, the qualitative findings provided support for the intervention and additional insights to the quantitative findings. This holistic intervention framework that integrates stories, arts and heritage for bridging and empowering lives fills a critical gap in knowledge and practice between the arts, health and citizenship, paving the way for further research in creating a more caring and inclusive society with the arts.