MIXING MUSIC AND DIGITAL STORIES
WE’re AN ORGANISATION Concerned WITH

WELL-BEING

WHY?

▸ Improves engagement*
▸ Improves education outcomes*
▸ Improves health outcomes*
▸ Improves social outcomes*
WE ARE NOT ACTUALLY A MUSIC ORGANISATION BUT....LISTEN TO THIS

NOISE SOLUTION
One to one music mentoring programmes, independently proven to ‘highly’ statistically significantly improve well-being

* ALL CLAIMS IN THIS PRESENTATION ARE REFERENCED AND ALL DATA IS BASED ON A YEAR OF NOISE SOLUTION REFERRALS
WHAT FACTORS ARE CRITICAL TO WELL-BEING?

ACCORDING TO THE EVIDENCE
In 2000, Deci and Ryan developed an empirically-verified theory called Self Determination Theory (SDT) that identifies three key psychological needs that must be met for well-being to flourish.

- Autonomy - feeling in control.
- Competency - feeling good at something.
- Relatedness - feeling connected.

The Noise Solution Digital Platform and pedagogy focuses on meeting these three needs for each participant.
WHAT PROGRAMME OFFERS THE RIGHT ENVIRONMENT?
SUMMARY: MAPPING SDT THEORY TO NOISE SOLUTION’S INTERVENTION

**Autonomy:** is established within the one ‘2’ one mentoring relationship as participant’s choose what is made, how it is made and who it is shared with.

You’ve made such progress.

**Competency:** is facilitated over 10 weeks of mentoring sessions (each session taking two hours).

**Relatedness:** the sharing and interaction with participants ‘story’ allows participants to both ‘see’ their success and embeds positive messages of success. This can challenge pre existing negative labels held by participants.

I never knew you were so talented.

Great stuff!

Digital story

1 2 3 4 5 6 7 8 9 10

Home Studio

Great stuff!

You’ve made such progress.
WHAT DOES A DIGITAL STORY LOOK LIKE?
A DIGITAL STORY ABOUT THE IMPACT OF DIGITAL STORIES........ ‘META’
HOW DO WE MEASURE IMPROVED WELL-BEING?
HOW DO WE MEASURE IMPROVED WELL-BEING?

**SWEMWBS**

- Trusted
- Validated
- At scale
- All recorded and analysed, live within our platform

*REFERENCES AVAILABLE IN APPENDIX*
WARWICK AND EDINBURGH UNIVERSITIES STATE ANY CHANGE OF 3 OR ABOVE IS A MEANINGFUL CHANGE IN WELL-BEING

<table>
<thead>
<tr>
<th>Age</th>
<th>Score before programme</th>
<th>Score after programme</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>13-15</td>
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<td>16-24</td>
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<td>8.5</td>
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<tr>
<td>25-39</td>
<td>38.3</td>
<td>44.0</td>
<td>5.7</td>
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ALL DATA BASED ON A YEAR OF NOISE SOLUTION PARTICIPANTS
<table>
<thead>
<tr>
<th>Sex</th>
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<th>Score after programme</th>
<th>Change</th>
</tr>
</thead>
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<tr>
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<td>49.0</td>
<td>4.2</td>
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<tr>
<td>Female</td>
<td>37.1</td>
<td>46.0</td>
<td>8.9</td>
</tr>
</tbody>
</table>

All data based on a year of Noise Solution participants.
Wilcoxon result

\[ T = 74, \ z = -3.951 \]

\[ p = 0.000078 \]

Compared to a critical statistic level of \( p = 0.05 \) (within a 95% confidence level)

Effect size

\[ z = -3.951 \] divided by \( \sqrt{70} \) which is 8.37

\[ r = 0.472 \]

\( r = \) close to medium effect size - using Cohen effect scale where .2 is small and .5 is medium

* REFERENCES AVAILABLE IN APPENDIX
HOW DO WE MEASURE IMPROVED WELL-BEING?

PRE NOISE SOLUTION INTERVENTION
**Questionnaire Sample Wellbeing Before**

- **Start Wellbeing Level**
  - A Low
  - B Moderate

**Questionnaire Sample Wellbeing After**

- **End Wellbeing Level**
  - A Low
  - B Moderate
  - C High

**Questionnaire Sample Analysis by Gender**

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>9-15</td>
<td>2.8</td>
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<td>16-24</td>
<td>0.52</td>
<td>1.8</td>
</tr>
<tr>
<td>25-39</td>
<td>1.8</td>
<td>3.7</td>
</tr>
</tbody>
</table>

**Questionnaire Sample Analysis by Age**

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age Range</th>
<th>Female</th>
<th>Male</th>
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</table>
EQUAL AMOUNTS OF HUMAN STORY AND NUMBER DATA AT OUR FINGERTIPS
WITH TOUCH BUTTON SEGMENTATION AND REPORTING

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**Start and end scores**

<table>
<thead>
<tr>
<th>Questionnaire Sample ID</th>
<th>Record Count</th>
<th>Average Start Score</th>
<th>Largest Start Score</th>
<th>Smallest Start Score</th>
<th>Average End Score</th>
<th>Largest End Score</th>
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</thead>
<tbody>
<tr>
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<td>89</td>
<td>20.61</td>
<td>28.13</td>
<td>11.25</td>
<td>23.31</td>
<td>25.42</td>
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</tbody>
</table>

**Start Well-Being Level**

- Record Count: 53.26%
- B Moderate: 44.57%

**End Well-Being Level**

- Record Count: 61.96%
- B Moderate: 20.92%

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**Digital platform reporting**

- Feedback:
  - "I am really pleased at sharing the latter.
  - Encouraging feelings of competency.

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**POPULATION IMPACT SUMMARY**

- 50% increase in population
- 20% decrease in patient satisfaction

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**REFFERED PARTICIPANTS**

- Name: Jane
- Age: 34
- Phone: 07712345678
- Email: jane@email.com
- Address: 123 Main St, London, UK

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**Daily Session Reports**

As of 01/02/2019 at 9:00 - Viewed by Damien Robson - Report subscription started by Damien Robson

- Total Records: 5
  - Tutor: Full Name
    - Peter Smith
    - John Doe
    - Jane Goodrich
  - Anterior Text: 1
    - This was AP's second session, but the first at school. He went well and she had remembered everything she said the previous session. She has a good ear for music and clearly enjoys it. She mentioned that she really likes her twin brother...

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**CONCLUSION**

- The data collected from the session provides valuable insights into the participants' progress and areas for improvement.
- Further analysis will be conducted to identify patterns and trends over time.

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**CONFIDENTIAL**

Note: This report should be kept confidential and shared only with authorized personnel.
FUTURE PLANS - SROI AND A.I SEMANTIC ANALYSIS
APPENDIX REFERENCES

SLIDE 4 - REFERENCES FOR IMPROVEMENT IN HEALTH, EDUCATION, ENGAGEMENT
HOWELL, KERN, & LYUBOMIRSKY, 2007; GUTMAN & VORHAUS, 2012

SLIDE 5 - REFERENCES FOR WELL_BEING PSYCHOLOGICAL NEEDS
GLENISTER 2017, A STUDY OF STAKEHOLDER PERCEPTIONS OF NOISE SOLUTIONS PRACTICES: MEASURING IMPACT ON THE WELL_BEING OF YOUTH FACING CHALLENGING CIRCUMSTANCES
DECI AND RYAN 2000, 2006, 2018 SELF DETERMINATION THEORY

SLIDE 17 - MEASURING WELL_BEING USING WEMWBS

SLIDE 31 - STATISTICAL SIGNIFICANCE
GLENISTER 2017, A STUDY OF STAKEHOLDER PERCEPTIONS OF NOISE SOLUTIONS PRACTICES: MEASURING IMPACT ON THE WELL_BEING OF YOUTH FACING CHALLENGING CIRCUMSTANCES
HTTPS://WWW.ACADEMIA.EDU/36172390/
A STUDY OF STAKEHOLDER PERCEPTIONS OF NOISE SOLUTIONS PRACTICES MEASURING IMPACT ON THE WELL_BEING OF YOUTH FACING CHALLENGING CIRCUMSTANCES

SOCIAL INVESTMENT CONSULTANCY, CABINET OFFICE FUNDED INDEPENDENT IMPACT AUDIT, 2016
HERE ARE THE QUALITATIVE OUTCOMES - CASE STUDIES PRESENTED IN A WAY THAT WE NORMALLY SEE FROM 3RD SECTOR ORGANISATIONS
COST

£1,827.50

- 10 two-hour sessions
- 5 hours weekly session by session communication/reporting
- 10 hours commercial studio hire
- Arts Award qualification moderation
- End of session synopsis report detailing impacts and progression