

Psychological Benefits References

1. *Pathways to Wellbeing: A Framework for Recreation in Canada*. 2014, Interprovincial Sport and Recreation Council and Canadian Parks and Recreation Association.
2. Carter-Morris, P. and G. Faulkner, *A football project for service users: the role of football in reducing social exclusion*. *Journal of Mental Health Promotion*, 2003. **2**: p. 24-30.
3. Stacey, G. and T. Stickley, *The meaning of art to people who use mental health services*. 2010. p. 70-77.
4. Lloyd, C., S. Wong, and L. Petchkovsky, *Art and Recovery in Mental Health: A Qualitative Investigation*. *British Journal of Occupational Therapy*, 2007. **70**(5): p. 207-214.
5. Howells, V. and T. Zelnik, *Making art: A qualitative study of personal and group transformation in a community arts studio*. *Psychiatric Rehabilitation Journal*, 2009. **32**(3): p. 215-222.
6. Mynard, L., L. Howie, and L. Collister, *Belonging to a community-based football team: an ethnographic study*. *Australian Occupational Therapy Journal*, 2009. **56**(4): p. 266-274.
7. Crone, D. and H. Guy, *'I know it is only exercise, but to me it is something that keeps me going': A qualitative approach to understanding mental health service users' experiences of sports therapy*. *International Journal of Mental Health Nursing*, 2008. **17**(3): p. 197-207.
8. Dingle, G.A., et al., *'To be heard': The social and mental health benefits of choir singing for disadvantaged adults*. *Psychology of Music*, 2013. **41**(4): p. 405-421.
9. Barton, E.J., *Movement and mindfulness: A formative evaluation of a dance/movement and yoga therapy program with participants experiencing severe mental illness*. *American Journal of Dance Therapy*, 2011. **33**(2): p. 157-181.
10. Pelletier, J.R., et al., *A Study of a Structured Exercise Program with Members of an ICCD Certified Clubhouse: Program Design, Benefits, and Implications for Feasibility*. *Psychiatric Rehabilitation Journal*, 2005. **29**(2): p. 89-96.
11. Bizub, A.L., A. Joy, and L. Davidson, *"It's like being in another world": demonstrating the benefits of therapeutic horseback riding for individuals with psychiatric disability*. *Psychiatric rehabilitation journal*, 2003. **26**(4): p. 377.



Psychological Benefits References

12. McElroy, P., P. Evans, and A. Pringle, *Sick as a parrot or over the moon: an evaluation of the impact of playing regular matches in a football league on mental health service users*. Practice Development in Health Care, 2008. **7**(1): p. 40-48.
13. Carless, D., *Phases in physical activity initiation and maintenance among men with serious mental illness*. International Journal of Mental Health Promotion, 2007. **9**(2): p. 17-27.
14. Lloyd, C., S.R. Wong, and L. Petchkovsky, *Art and recovery in mental health: A qualitative investigation*. The British Journal of Occupational Therapy, 2007. **70**(5): p. 207-214.
15. Gammonley D, L.K., *Peer education and advocacy through recreation and leadership*. Psychiatric rehabilitation journal, 2001. **25**(2): p. 170-8.
16. Griffiths, S., *The experience of creative activity as a treatment medium*. Journal of Mental Health, 2008. **17**(1): p. 49-63.
17. Grocke, D., S. Bloch, and D. Castle, *The effect of group music therapy on quality of life for participants living with a severe and enduring mental illness*. Journal of Music Therapy, 2009. **46**(2): p. 90-104.
18. Khalil, E., *Pragmatic Randomised Controlled Trial of an Exercise Programme to Improve Wellbeing Outcomes in Women with Depression: Findings from the Qualitative Component*. Psychology of Music, 2012. **3**(11): p. 979-986.
19. Lipe, A.W., et al., *The effects of an arts intervention program in a community mental health setting: A collaborative approach*. The Arts in Psychotherapy, 2012. **39**(1): p. 25-30.
20. Rappe, E., T. Koivunen, and E. Korpela, *Group gardening in mental outpatient care*. Therapeutic Communities, 2008. **29**(3): p. 273-284.
21. Wilson, N.W., et al., *Green shoots of recovery: The impact of a mental health ecotherapy programme*. Mental Health Review Journal, 2010. **15**(2): p. 4-14.

