

# Annex D

## DIRECT OBSERVATION FORM

### Purpose

This form will collect information for the ClowNexus project, which is being implemented by different healthcare clowning organisations in 6 European countries. The information from this form will explore how clowning is experienced by different audiences in different countries.

This form should be used for visits a) for the elderly including some with dementia or b) for children including some with autism spectrum disorder. This is not an assessment of the quality of the clowns or their work. Information from the checklist will be combined with other data sources (such as interviews, surveys, and focus groups) to provide a more complete understanding of the topic. This will be used by the ClowNexus project to understand current practices and develop new artistic formats for the elderly and children.

### Instructions

1. Please familiarise yourself with the categories of 'potential changes' below. There are 5 categories with descriptions and examples. These are general categories developed through a literature review, previous clowning evaluations, and advice from experts. The examples are intended to give you ideas, but not to restrict you. Many other things can happen too!
2. During the session, pay attention for changes in these categories. Every time you notice a positive change, write an 'x' in the appropriate category, and write a one sentence description of what happened. Write a new 'x' for every occurrence.
3. Keep in mind, there is no "right" response, and more is not necessarily better. The idea is to capture whatever is happening during the visit. There are no expectations for what participants will or will not do during the session.
4. If possible, at the end of the visit, review the checklist with a caregiver or someone who knows the participants. Finally, include any brief notes from the session from your perspective.

POTENTIAL CHANGES	DESCRIPTION	EXAMPLES
Mood	Improvements in positive emotions such as happiness and excitement	<ul style="list-style-type: none"> <li>▶ The entire group erupts with smiles and laughter</li> <li>▶ A participant exclaims, "I'm so happy!"</li> </ul>
Stress Levels	Reductions in negative emotions such as stress, anxiety, and fear	<ul style="list-style-type: none"> <li>▶ Several participants give a sigh of relief</li> <li>▶ A participant who was upset calms down when she hears a clown singing</li> </ul>
Attention/Focus	Improvements in how participants pay attention and focus	<ul style="list-style-type: none"> <li>▶ A participant who hasn't been paying attention starts to watch the clowns' movements for a longer time</li> </ul>

Physical Behaviour	Improvements in body language and other physical changes	<ul style="list-style-type: none"> <li>▶ A participant stops fidgeting with nervous energy and sits still calmly</li> <li>▶ A participant starts to have direct eye contact</li> <li>▶ A participant who was hunched over sits up straight comfortably</li> <li>▶ A participant seems to start to have more mobility (elderly)</li> </ul>
Connections/ Relationships with Others	Improvements in how the audience members connect with each other and with caregivers	<ul style="list-style-type: none"> <li>▶ One participant helps another with an activity</li> <li>▶ A caregiver says something positive during the performance</li> <li>▶ A caregiver participates in the performance</li> </ul>

### Visit Observation Form

Name: .....

Date: .....

Visit type: ..... In-person - or - ..... Online

Audience: ..... Elderly - or - ..... Children

# of Audience Members (approximate):

### Changes Observed

Every time you notice a positive change, write an 'x' in the category and a one sentence description of what happened. Write a new 'x' for every occurrence.

**MOOD:** Improvements in positive emotions such as happiness and excitement

**STRESS:** Reductions in negative emotions such as stress, anxiety, and fear

**ATTENTION/FOCUS:** Improvements in how participants pay attention and focus

**PHYSICAL BEHAVIOUR:** Improvements in body language and other physical changes

**CONNECTIONS/RELATIONSHIPS WITH OTHERS:** Improvements in how participants connect with each other and caregivers

**NOTES:** What did you find interesting? Where there any changes that did not fit into the listed categories? If so, please describe briefly.