

Supplementary Materials

Table S1. Bespoke Survey Results on Mental Health by Group at Week 5 and Week 10

	Week 5		Week 10	
	Group A (Drumming) N=16	Group B (Dancing) N=13	Group A (Dancing) N=12	Group B (Drumming) N=14
Did participating in the sessions impact/change your mood?				
• Significantly improved my mood	5 (31%)	5 (38%)	7 (58%)	4 (29%)
• Improved my mood a little	11 (69%)	7 (54%)	5 (42%)	8 (57%)
• Did not impact my mood	0 (0%)	1 (8%)	0 (0%)	1 (7%)
• Worsened my mood a little	0 (0%)	0 (0%)	0 (0%)	1 (7%)
• Significantly worsened my mood	0 (0%)	0 (0%)	0 (0%)	0 (0%)
The sessions made me feel more: [Select all that apply]				
• Relaxed/calm	10 (63%)	9 (69%)	6 (50%)	6 (43%)
• Lively/energetic	10 (63%)	10 (77%)	9 (75%)	10 (71%)
• Happy/joyful	10 (63%)	11 (85%)	8 (67%)	6 (43%)
• Sad/down	0 (0%)	0 (0%)	0 (0%)	0 (0%)
• Stressed/anxious	2 (13%)	1 (8%)	1 (8%)	1 (7%)
• Tired/fatigued	0 (0%)	1 (8%)	0 (0%)	1 (7%)
The sessions made me feel less: [Select all that apply]				
• Relaxed/calm	0 (0%)	0 (0%)	1 (8%)	2 (14%)
• Lively/energetic	1 (6%)	0 (0%)	0 (0%)	3 (21%)
• Happy/joyful	0 (0%)	0 (0%)	0 (0%)	4 (29%)
• Sad/down	10 (63%)	10 (77%)	7 (58%)	4 (29%)
• Stressed/anxious	10 (63%)	7 (54%)	8 (67%)	7 (50%)
• Tired/fatigued	6 (38%)	1 (8%)	3 (25%)	4 (29%)
The sessions helped me feel more in touch with my emotions/feelings.				
• Strongly agree	2 (13%)	4 (31%)	5 (42%)	3 (21%)
• Agree	14 (88%)	4 (31%)	4 (33%)	7 (50%)
• Neutral	0 (0%)	5 (38%)	3 (25%)	3 (21%)
• Disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)
• Strongly disagree	0 (0%)	0 (0%)	0 (0%)	1 (7%)

Table S2. Bespoke Survey Results on Creativity by Group at Week 5 and Week 10

	Week 5		Week 10	
	Group A (Drumming) N=16	Group B (Dancing) N=13	Group A (Dancing) N=12	Group B (Drumming) N=14
This program gave me the opportunity to express myself creatively through music/drumming:				
• Strongly agree	3 (19%)	7 (54%)	3 (25%)	5 (36%)
• Agree	12 (75%)	2 (15%)	7 (58%)	6 (43%)
• Undecided	1 (6%)	4 (31%)	2 (17%)	3 (21%)
• Disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)
• Strongly disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)
I have a better understanding of how creative activities can be used to express feelings.				
• Strongly Agree	3 (19%)	5 (38%)	5 (42%)	3 (21%)
• Agree	12 (75%)	5 (38%)	6 (50%)	8 (57%)
• Undecided	1 (6%)	3 (23%)	1 (8%)	2 (14%)
• Disagree	0 (0%)	0 (0%)	0 (0%)	1 (7%)
• Strongly Disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)

Table S3. Bespoke Survey Results on Social Connection by Group at Week 5 and Week 10

	Week 5		Week 10	
	Group A (Drumming) N=16	Group B (Dancing) N=13	Group A (Dancing) N=12	Group B (Drumming) N=14
I have made new friends through the sessions.				
• Strongly agree	3 (19%)	5 (38%)	3 (25%)	4 (29%)
• Agree	6 (38%)	4 (31%)	6 (50%)	8 (57%)
• Neutral	3 (19%)	3 (23%)	2 (17%)	1 (7%)
• Disagree	3 (19%)	1 (8%)	1 (8%)	1 (7%)
• Strongly disagree	1 (6%)	0 (0%)	0 (0%)	0 (0%)
These sessions have made me feel socially connected to those around me.				
• Strongly agree	1 (6%)	4 (31%)	3 (25%)	1 (7%)
• Agree	5 (31%)	4 (31%)	7 (58%)	7 (50%)
• Neutral	7 (44%)	5 (38%)	1 (8%)	3 (21%)
• Disagree	3 (19%)	0 (0%)	1 (8%)	1 (7%)
• Strongly disagree	0 (0%)	0 (0%)	0 (0%)	2 (14%)
These sessions have made me feel more willing to engage with others.				
• Strongly agree	0 (0%)	5 (38%)	3 (25%)	3 (21%)
• Agree	8 (50%)	4 (31%)	9 (75%)	7 (50%)
• Neutral	5 (31%)	3 (23%)	0 (0%)	1 (7%)
• Disagree	3 (19%)	1 (8%)	0 (0%)	1 (7%)
• Strongly disagree	0 (0%)	0 (0%)	0 (0%)	2 (14%)
These sessions have made me feel less judgmental of others.				
• Strongly agree	2 (13%)	8 (62%)	3 (25%)	4 (29%)
• Agree	6 (38%)	3 (23%)	6 (50%)	4 (29%)
• Neutral	6 (38%)	2 (15%)	2 (17%)	3 (21%)
• Disagree	0 (0%)	0 (0%)	1 (8%)	1 (7%)
• Strongly disagree	2 (13%)	0 (0%)	0 (0%)	2 (14%)
These sessions have made me feel more willing to try new things.				
• Strongly agree	5 (31%)	5 (38%)	5 (42%)	4 (29%)
• Agree	8 (50%)	8 (62%)	6 (50%)	7 (50%)
• Neutral	2 (13%)	0 (0%)	1 (8%)	1 (7%)
• Disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)
• Strongly disagree	1 (6%)	0 (0%)	0 (0%)	2 (14%)
These sessions have made me feel more positive attitudes and feelings towards those around me.				
• Strongly agree	4 (25%)	5 (38%)	4 (33%)	5 (36%)
• Agree	8 (50%)	7 (54%)	8 (67%)	5 (36%)
• Neutral	3 (19%)	1 (8%)	0 (0%)	2 (14%)
• Disagree	0 (0%)	0 (0%)	0 (0%)	0 (0%)
• Strongly disagree	1 (6%)	0 (0%)	0 (0%)	2 (14%)

Table S4. Bespoke Survey Results on Other Aspects by Group at Week 5 and Week 10

	Week 5		Week 10	
	Group A (Drumming) N=16	Group B (Dancing) N=13	Group A (Dancing) N=12	Group B (Drumming) N=14
Did you learn anything new from the last 5 sessions about dancing (e.g., new dancing/movement techniques) that you did not know before?				
• I learned a lot more about drumming/dancing	9 (56%)	7 (54%)	5 (42%)	7 (50%)
• I learned a little more about drumming/dancing	7 (44%)	6 (46%)	7 (58%)	7 (50%)
• I learned nothing new about drumming/dancing	0 (0%)	0 (0%)	0 (0%)	0 (0%)
Due to participating in this program, do you plan to do any of the following? [Select all that apply]				
• Engage in creative activities more frequently	11 (69%)	8 (62%)	9 (75%)	10 (71%)
• Find more ways to connect with others through creative arts	6 (38%)	8 (62%)	8 (67%)	8 (57%)
• Seek out new friendships	4 (25%)	4 (31%)	5 (42%)	6 (43%)
• Join other creative arts programs	12 (75%)	8 (62%)	10 (83%)	10 (71%)
• Seek out more campus resources supporting students' health and well-being	9 (56%)	6 (46%)	7 (58%)	5 (36%)
• None of the above	0 (0%)	0 (0%)	0 (0%)	0 (0%)
• Other	0 (0%)	0 (0%)	0 (0%)	0 (0%)