

Sense of humour promote mental well-being in patients with mental health problems.

Author: Pilar Gimeno Combarro

Tutor: Jesús Martín Martín

1. INTRODUCTION





The most common mental health illness are **anxiety, depression and schizophrenia**.¹ The current treatment is pharmacological combine with psychotherapy.² In the order hand, the **sense of humour** has been studied from last century and have **beneficial effects** on immune system, cardiovascular system and endocrine system, but also, humour was found to be an **effective tool for improving mental well-being**.³

2. OBJECTIVE

Identify the **sense of humour** interventions to **enhance** the **mood** of patients suffering from mental health problems.

3. METHODOLOGY

Clinical question: Which aspects related with sense of humor promote mental well-being in patients with mental health problems?

-  PubMed, Scopus and Pscyinfo
-  Mental health problems AND humor therapy AND mental well-being
-  October 2022 January 2023
-  10 selected articles

Inclusion	Exclusion
1. Academic Publication	1. Articles do not mention mental health problems
2. Interventions related with sense of humour and promotion mental well-being	2. Grey literature and doctoral thesis
3. From 2005-2023	

4. RESULTS



1. Laughter therapy

9 sessions of four parts each one (develop participation, address objectives, laughter exercise, relaxation exercise)

- Improve self-esteem
- Decrease anxiety
- Increase the level or perception of happiness⁴

3. Humorous videos/ films/ shows/ memes

Humour memes, comedy videos, comedy movies and comedy shows were used as an intervention to promote mental well-being.

- Decreased negative symptoms, anxiety and depression⁶
- Increased use of humour to cope with daily life⁷

2. Laughter Yoga-therapy

Warm-up exercises, deep breathing exercises, childlike playfulness and various laughter exercises.

- Decreased depressive symptoms
- Increased positive mood
- Decreased stress⁵

4. Humour training

7-10 sessions of three parts each one (role-play exercise, the professional explain the content, setting objectives for the following week)⁸

- Increase of happiness, decrease seriousness and bad mood⁹
- Reduce the panic of being the object of ridicule¹⁰

5. CONCLUSION

1. In **patients** suffering from **mental health problems**, apart from the usual treatment, the implementation of **humour** as a strategy to **improve** their **mental well-being** has been seen to be effective.
2. **Laughter therapy** and **humour training** stand out for their **best results**. These interventions show a great improvement in this type of patient.
3. **Implications:**
 - Teach these therapies in subjects like Psychology or Adult Care V.
 - Does humour improve other spheres of the person?
 - Nurse responsible for implementing these humour intervention.

6. BIBLIOGRAPHY

