

Institution: University of Exeter
Unit of Assessment: Classics and Ancient History
Title of case study: Healthcare and wellbeing: ancient paradigm and modern debates.
<p>1. Summary of the impact (indicative maximum 100 words)</p> <p>This case study describes the impact of the unit's research on ancient medicine and philosophical approaches to psychological therapy. The main impact achieved has been on informing contemporary public and professional debate about how to promote health and personal wellbeing by highlighting the significance of ancient ideas and practices. A second impact has been a contribution to professional debate about legal ethics by drawing on ancient ideas. These impacts have been achieved by events targeted at specific professional groups, along with broader public engagement through lectures, blogs and videos.</p>
<p>2. Underpinning research (indicative maximum 500 words)</p> <p>The impact described in the case study derives from the emergence of the unit from the early 2000s as a leading centre for research on ancient medicine and psychology, with a special focus on Galen, the most important medical writer in later antiquity. This represents a convergence of the research interests of Gill and Wilkins (at Exeter since 1989, now both professors in Classics and Ancient History), joined in 2007-12 by Rocca (Wellcome award post).</p> <p>Gill has published three influential monographs on Greek and Roman psychology, especially ideas of personality and self (1996, 2006, 2010, refs. 1,2, 3), supported in 2003-7, 2012, by a Leverhulme Major Research Fellowship and AHRC funding (total £204,550). His research has included studying the relationship between ancient and modern psychological concepts and between ancient philosophical therapy of the emotions and contemporary psychotherapy. Wilkins' research over the past sixteen years has focussed on food, nutrition (2006) and medicine (with Wellcome funding of £114,000 on pharmacology in 2004-7), leading to a forthcoming edition of Galen's <i>Sur les facultés des aliments</i> (Budé series, ref. 6). Current research on Galen's preventive medicine has produced several projects described below. Rocca's research at Exeter was on Galen's ideas on natural teleology, supported by a Wellcome Trust Research Grant (£171,814); it included an Exeter conference (2009) with a conference volume forthcoming with Cambridge UP. There is research synergy with the Exeter group working on history and sexuality; both groups form part of the Wellcome-funded University of Exeter Centre for Medical History.</p> <p>During 2009-12, a series of workshops, conferences and individual meetings were used by members of the group to develop contacts with academics working on contemporary healthcare and psychological therapy. These included a Wellcome-funded interdisciplinary conference on 'Balance and Stability in Health and Medicine' (May 2010) and a workshop, funded by the University of Exeter, on 'Balance and Healthcare – Ancient Paradigms and Modern Debates' (May 2011). In 2012-13, study of the usefulness of Galenic healthcare methods under modern conditions has been central to a University of Exeter funded interdisciplinary research project involving experts from the Exeter Medical school and Exeter Mood Disorders Centre (see further 4 below on this project).</p> <p>A crucial objective of this research liaison has been to support the work of those in the medical profession arguing that we need a major shift of focus towards preventive medicine, self-care and patient responsibility for health and psychological wellbeing, to help to address the world-wide upsurge in obesity, diabetes, and depression, and a looming crisis in healthcare provision. Members of the group have highlighted features of ancient medical thinking and social practice that offer useful paradigms for approaches to physical and psychological healthcare, stressing prevention and lifestyle management. Key insights include the Galenic idea of a lifestyle based on 'balance' between six factors (food and drink, exercise, environment, sleep, mental state, physiological balance), and on methods of enabling patients to bring about this balance for themselves. In ancient psychological healthcare, a related insight, drawing especially on Stoic</p>

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approaches, is the idea of a programme of individual self-care centred on the goal of agent-based happiness or wellbeing and on practical methods for bringing this about.

3. References to the research (indicative maximum of six references)

Evidence of the quality of the underpinning research may be ascertained by the fact that it has all been peer reviewed, and much of it was initially supported by competitive grants:

1. Gill, C., *Personality in Greek Epic, Tragedy, and Philosophy: The Self in Dialogue* (Oxford University Press, 1996): ISBN 0-19-814676-0 (also in paperback; sales (both formats) 1836; Runciman prize-winner 1997).
2. Gill, C., *The Structured Self in Hellenistic and Roman Thought* (Oxford University Press, 2006): ISBN 0-19-8152682-X (also in paperback); sales (both formats) 1000.
3. Gill, C., *Naturalistic Psychology in Galen and Stoicism* (Oxford University Press, 2010): ISBN 9780199556793. (output in REF2).
4. Rocca, J., 'Inventing an Ethical Tradition: A Brief History of the Hippocratic Oath', *Legal Ethics* 11.1 (2008), 23-40. Peer-reviewed journal article based on Symposium cited in 'Details of the Impact'. ISSN 1460 728X.
5. Wilkins, J., *Food in the Ancient World*, (Blackwell 2006), esp. 213-44: ISBN 0-631-23550-7 (also in paperback).
6. Wilkins, J. (ed.) *Galen: Sur les facultés des aliments* (Belles Lettres, forthcoming 2013). Major new critical edition in prestigious series with notes on Galen's main work on food and nutrition (also output in REF2).

4. Details of the impact (indicative maximum 750 words)

The impacts during the review period have been achieved by a combination of events or activities targeted at specific interest groups and broader public engagement through lectures and blogs.

The aim of both types of activity has been to draw on the insights of the research of the group on ancient medicine or philosophy to promote increased public benefit, especially by contributing to public and professional debate about healthcare and the promotion of physical and psychological wellbeing, and by making a direct contribution to these objectives.

(2008): 'Plants and Knowledge', a conference organised by Wilkins, focused on the use of plants in ancient and modern medicine, stressing the importance of locating human healthcare and the quest for wellbeing in the context of knowledge and responsible use of the natural environment. The conference brought together academic and non-academic delegates (including representatives from the Eden Project, the National Trust, the Chelsea Physic Garden and the National Science Museum), and attracted over 60 participants including healthcare specialists. This has been followed up by continuing contact with the 6,000-strong British Society of Herbalists, including a paper by Wilkins to the Herbal History Research Network at their 2010 London conference.

(2008): Rocca contributed to a Symposium of high-level legal practitioners, including the Leader of the Western Circuit, and medical educators, including a Dean in the Peninsula College of Medicine and Dentistry, on whether there should be a 'Hippocratic Oath' for lawyers, paralleling the oath of professional ethics used by doctors. Rocca's paper, subsequently published in a journal volume based on the Symposium (ref. 6), explained the history and function of the Hippocratic oath in the ancient world and its later reception. A legal participant in the Symposium comments on the paper: 'It stimulated an informed discussion on whether lawyers should be expected to make a similar commitment before embarking on practice. I thought it a valuable and innovative piece of work' (ref. 1). Contact has been maintained with legal experts, including Kim Economides, Dean of Flinders Law School, Australia, seeking to promote a 'Hippocratic oath' for lawyers as part of a programme for raising standards of professional ethics in the legal profession. The Devon and Somerset Law Society adopted this oath as part of the graduation ceremony for solicitors in 2012.

(2010-12). Building on the results of the 'Balance' conference and workshop (2010, 2011), Wilkins, supported by MA students, especially Patrick Ussher, undertook two initiatives to trial the Galenic lifestyle (based on the idea of 'balance' between the six factors outlined in the section on

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'Underpinning Research') as a means of promoting preventive healthcare under modern conditions. One (2012) was a one-week trial in living a Galenic life-style, followed by 45 people, with positive results posted on the research group blog ('Ancient Healthcare and Modern Wellbeing', ref. 9). Also Wilkins, working with Ussher, has used the Galenic six factors as the basis for five sessions with volunteers in a health charity near Exeter (2012). A follow-up session during the visit of the Chair of the Big Lottery, which funded the workshops, (21/9/12) demonstrated that the Galenic principles have been disseminated to other volunteers and to individuals in their care. 'He [Chair of the Big Lottery] was extremely impressed by the innovative nature of the project' (ref. 3). These UK-based initiatives have been supplemented by a public lecture by Wilkins to GPs, medical historians and others at the Charite medical school in Berlin in 2011.

(2012): Wilkins conducted two sessions on ancient medicine to 45 GCSE History students in a large Academy (Crediton) near Exeter, underlining the potential benefits for healthcare of the Galenic programme. In partnership with two teachers at the school, plans are under way for disseminating materials on the Academy website to all History teachers based on these sessions. 'Students enjoyed the process a great deal ... It was particularly effective in terms of the angle of delivery: looking at links between ancient and modern medicine ... discussing health and wellbeing as a cultural experience both for themselves and Roman citizens', ref. 2) Wilkins also conducted two sessions with a patients' group (PenPIG) working with the Exeter Medical School (ref. 4).

(2013): A joint project is now underway with Paul Dieppe, Professor of Health and Wellbeing in the Exeter Medical School, and academics in Psychology and Drama, to test the usefulness of Galenic healthcare methods under modern conditions. The project forms an integral part of the University's HASS (Humanities and Social Sciences) strategy, in the Medical Humanities strand. This project has involved four workshops exploring Galenic methods of healthcare with a well-established user-involvement focus group, involving different kinds of people (including Exeter medical students and older patients with chronic conditions). This qualitative data was captured and analysed and this contributed to the design of a questionnaire, which was also informed by advice from the Exeter 10,000 steering committee. In April 2013, the questionnaire was launched as a pilot within the Medical School, and then launched on-line and disseminated via the Exeter 10,000 data base, inviting people from across Devon to respond. It was also launched within the University, inviting staff and students to answer questions on health and wellbeing based on Galenic principles. The questionnaire was active for 2 months, with 633 people providing information. This covered the full range of factors seen as important by Galen, including food and drink, physical activity, sleep, mental state, home and work environment. The results give a rich and informative picture of current behaviour and attitudes of people in Devon, the areas they see as problematic and the improvements in life-style and management of health they would like to make. The results of the survey have been analysed in a paper co-authored by scholars involved in the project for submission to the International Journal of Wellbeing (copy available). An extension of this work is planned to build on the evidence obtained so far with a view to developing and testing a novel type of complex intervention, designed to take forward the use of Galenic principles in modern communities; the next step is an application for funding for a PhD on this topic, with co-supervision in Classics and the Medical School.

This project has taken the exploration of the usefulness of Galenic principles at Exeter to a new level, in terms of institutional support, the involvement of medical experts, and the application of evidence-based methodology to this question. The questionnaire, taken on its own, has brought the attention of a very wide audience to the potential value of ancient healthcare methods.

Gill organised an AHRC-funded workshop on Stoic philosophy and psychotherapy in 2012, bringing together academics and therapists. The aim was to build on existing links between Stoic philosophical therapy and modern cognitive psychotherapy, by exploring further ways in which Stoic ideas could enhance modern approaches to promoting psychological wellbeing and to bring these to the attention of a wider audience. The workshop launched a very active network of academics and practitioners, led by Gill and Ussher (now a PhD student). They have organised a one-week trial on living a Stoic life, followed by 150 people. The Stoic trial generated wide international interest, including three UK newspaper articles (ref. 7), and many overseas comments. The network has set up a blog ('Stoicism and its modern uses', ref. 10); this has

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already had over 74,000 hits with over 3700 views of the video recording the Stoic workshop. A psychotherapist involved in the collaboration, comments: 'The "Stoic Week" project ... was a huge success – its popularity surpassed our expectations. My own involvement with Stoicism, and its integration with modern self-help and psychotherapy, has grown as a result and I'm certain it's had a positive wider impact, as demonstrated by the impressive burst of online and media interest that followed' (ref. 5).

Further plans include a second week-long trial on living a Stoic life in Autumn 2013, supported by an enhanced booklet and audio resources, and a London event on living the Stoic life today directed at a broad public (300 people have already registered for this event). Funding for these activities has been secured under the AHRC 'Follow-on' funding scheme (£30K). These plans have already generated an article in the *Spectator* with others expected in the *Huffington Post*, *Irish Times*, and *Toronto Globe and Mail*.

These initiatives have been supplemented by public lectures in which Gill has spoken on the relevance for modern life of the Stoic idea of happiness: Newcastle University public lecture series, 'Insights', 2008, 200 people) and a special public lecture in Dublin (2010, 100 people). Gill, together with Prof. Nicky Britten, an expert on preventive medicine in the Exeter Medical School, also presented Galenic and Stoic ideas on healthcare and wellbeing at the University of Exeter Cornwall campus arts and culture festival (2012, 45 people). Gill also spoke on both healthcare and Stoic psychotherapy at a London public event (Hellenic Centre, 2013, 100 people).

5. Sources to corroborate the impact (indicative maximum of 10 references)

1. Former Lord Justice of Appeal (letter available), commenting on Rocca's contribution to 'Hippocratic Oath' Symposium (2008).
 - 2.. History Teacher at Queen Elizabeth Academy, Crediton (letter available): commenting on Wilkins's teaching sessions on ancient healthcare and plans for disseminating these (2012).
 3. Healthy Communities Taskforce Coordinator (NHS and Lottery funded) (letter available), commenting on Wilkins's sessions with focus groups on the Galenic health programme at the West Bank Centre, Exminster (2012).
 4. Member, Patient and Public Involvement Team, PenCLAHRC, Exeter Medical School (letter available), commenting on Wilkins's sessions with a patients group (2012).
 5. Cognitive psychotherapist (letter available), commenting on the workshop on Stoicism and its modern uses in 2012 and the impact of the subsequent Stoic life-trial.
- Other sources:
6. Law Society Working Paper (2009), by Kim Economides and Justine Rogers, *Preparatory Ethics Training for Future Solicitors*, p. 32, cites Rocca (2008, see 'References to the Research'), in support of the idea of a Hippocratic-style oath for lawyers.
 7. Articles on Exeter Stoic life-trial: *Guardian* 28 Nov 2012, Dec 4 2012, *Independent* Nov 30 2012, *Spectator* Nov 9 2013.
 8. University of Exeter Centre for Medical History webpage. Healthcare and Wellbeing: Ancient Paradigms and Modern Debates
http://centres.exeter.ac.uk/medhist/projects/Ancient_medicine/index.html
 9. Ancient Healthcare and Modern Wellbeing: blog
<http://blogs.exeter.ac.uk/ancienthealthcare/>
Contains guidelines for the Galenic healthcare programme, results of the first trial and video on the project.
 10. Stoicism and its Modern Uses: blog
<http://blogs.exeter.ac.uk/stoicismtoday/>
Contains booklet and results of Stoic life-trial, and video of Exeter Stoicism workshop