

# Arkæologi som terapi

## Metaldetektorhobbyen og mental sundhed i Danmark

Private metal detecting and the hunt for archaeological finds is a popular leisure activity for an increasing number of citizens. The results of an online survey sheds light on a hitherto overlooked dimension of metal detecting in Denmark; namely its use as active self-therapy. The target group of our study were active metal detector users with mental health challenges such as depression, stress, anxiety and post-traumatic stress disorder (PTSD). Results illustrate that metal detecting for this group has a lasting and positive impact on their well-being and mental health. For some, the hobby even proved to have alleviated or made it easier to deal with their psychological problems. Our study thus sheds light on the potential of archeology as a social resource, and as a source of mental health, personal well-being and happiness. This alternative role of archeology opens up a wide range of perspectives and opportunities for Danish museum archeology in general.