Outcomes Bibliography

of the Research Committee

of the American Art Therapy Association, Inc.

Revised 6/02/2021

Frequently Asked Questions about the Outcomes Bibliography

What is the purpose of the Outcomes Bibliography?
The OB was undertaken in 2005 and revised by Harmon-Walker and St John in 2017. The purpose is consistent with the Research Committee’s mission to facilitate greater access to outcomes-based research and provide information to the AATA’s members, students, and the general public about research that establishes the effects of art therapy with a variety of populations. These studies provide concrete evidence that art therapy is an effective treatment. This evidence is consistent with the AATA’s goal of national licensing for art therapists.

How is the OB organized?
The OB is organized alphabetically by treatment groups, from ADD/ADHD to Sexual Abuse. Art therapists and others who plan to conduct a research study with a specific population are encouraged to begin their review of the literature by searching the OB.

What research methodologies are included in the OB?
The methodologies are the same as those identified by Slayton, D’Archer, and Kaplan (2010). They are:
1. “through and detailed qualitative studies,
2. “single-subject pre/posttest designs,
3. “designs using control and treatment groups without random assignment, and
4. “controlled clinical trials with randomized assignment to groups” (p. 109).

What are the criteria for inclusion in the Outcomes Bibliography?
We consulted the 2010 publication by Slayton, D’Archer, and Kaplan for consistency in inclusion criteria. Slayton et al. previously consulted an article by Reynolds, Nabors, and Quinlan (2000) and used two of their inclusion criteria. The inclusion criteria we used are:
1. “studies had to assess the impact of art therapy on a measurable outcome,
2. “studies had to measure the impact of treatment on a sample or treatment group,
3. “studies had to utilize art therapy as measured distinctly and separately from other treatment intervention factors (i.e., participants used visual art media and were facilitated by an art therapist or qualified individual” (p. 109).


**What time frames were used by Reynolds et al. (2000), Slayton et al. (2010), and you to identify art therapy outcome studies?**
Reynolds et al. reported studies from 1971 to 1998. Slayton et al. (2010) reported studies from January 1999 to December 2007. We reviewed and selected art therapy studies from January 2008 to present.

**What does it mean to include a publication in the Outcomes Bibliography?**
It means the publication exists and can be accessed.

**What are the criteria for exclusion from the Outcomes Bibliography?**
For the purposes of consistency with the article by Slayton, D’Archer, and Kaplan (2010), exclusion criteria are studies that do not meet the inclusion criteria such as, but not limited to, case studies, meta-analyses, opinion articles, theoretical explorations, and so forth.

**I noticed an error or omission or have something else about the Outcomes Bibliography to bring to the Research Committee’s attention. How shall do so?**
Contact the Chair of the Research Committee who will notify the OB Coordinator. The current AATA Research Committee Chair is Jill McNutt (jill.arttherapyhouse@gmail.com). The OB Coordinator Patricia St John (patricia.stjohntager@mountsaintvincent.edu OR patricia.stjohn@gmail.com).

**Who are current contributors to the Outcomes Bibliography?**
Current contributors are Sarah Deaver, Cheryl Feldman, Morgan Gliniak, Gaelan Harmon-Walker, & Patricia St John, Coordinator

**In the past, who contributed to the Outcomes Bibliography?**
Past contributors were Amy Backos, PhD, ATR-BC, Diana Bermudez-Rodriguez, PhD, ATR-BC, Donna Betts, PhD, ATR-BC, Kate Collie, PhD, ATR-BC, Sarah Deaver, PhD, ATR-BC, Nancy Gerber, PhD, ATR-BC, Donna Kaiser, PhD, ATR-BC, Penelope Orr, PhD, ATR-BC, Megan Robb, MA, ATR-BC, Patricia St John, EdD, ATR-BC, LCAT, and Renee van der Vennet, PhD, ATR-BC, LCAT.

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1. ADD & ADHD


**Abstract:** The research aimed to examine the positive role art therapy could play in improving the attention span of children with Attention-Deficit/Hyperactivity Disorder co-morbid Intellectual Disability in the context of Karachi (Pakistan). The key presumption was that art therapy can help in decreasing inattention among the children with ADHD co-morbid Intellectual Disability. Purposive sampling was used for the selection of cases from schools in Karachi (Pakistan) which are offering educational services to the children with special needs. The sample comprised 14 children, ages 6 to 12 years (mean age= 7.391; SD = 1.315) with ADHD co-morbid Mild ID. Experimental design was adopted for carrying out the investigation, entailing the division of the sample into the treatment group (which received 25 art therapy sessions as a form of intervention) and control group (which was provided with regular classroom activities). The allocation of children to both groups was carried out through the ABBA technique as well as the use of observation. The tools of the Attention Deficit Hyperactivity Disorder test were used to gauge the differences in the level of inattention in both groups. Analysis of data was conducted through SPSS version 17.0, using descriptive statistics to examine the pattern of data as well as identify the level of effectiveness of art therapy through administering the Wilcoxon test. The findings of the study support the assumption that art therapy is useful for curtailing impulsiveness in children with ADHD. Therefore, it can be concluded that art therapy is likely to bring positive changes in the level of attention in children with ADHD co-morbid ID. The study carries implications for individuals practicing in the field of mental health care and special education.

**Keywords:** Inattention, ADHD Co-morbid Intellectual Disabilities (ID), Art Therapy.

**Subcategory:** Children

**Topic:** Effect of art therapy on inattention symptoms with children diagnosed with comorbid mild Intellectual Disability and ADHD per DSM-IV-TR

**Sample size (n):** 14 participants (7 experimental and 7 control)

**doi:** DOI: https://doi.org/10.36902/sjesr-vol3-iss4-2020(71-76)

**Comments:** The study was conducted by clinical psychologists in Karachi, Pakistan. The study lacks detail as to the materials and methods used during art therapy group sessions, as well as the authors’ degrees of training in art therapy. Inattention symptoms measured using ADHD-T (1995) subscale raw scores.

**Abstract:** A pilot study explored the effectiveness of art therapy in improving the self-motivation and emotional and behavioral adjustment of children with special educational needs in Hong Kong. Six children aged between 6 and 10 participated in an art therapy group for 14 weekly sessions. Results from a range of standardized tests administered before and after the session block indicated that the art therapy group had little impact on the children’s sense of autonomy, competence, and relatedness in their learning. However, in-session observations showed that the art therapy facilitated the fulfilment of these three areas, and parental reports via interview indicated that art therapy had improved the emotional and behavioral adjustment of their children. Issues in facilitating art therapy groups for children with special education needs are discussed.

**Keywords:** Art therapy, Children, Special educational needs, Self motivation

**Subcategory:** Children

**Topic:** Art therapy pilot study

**Sample size (n):** 6

**doi:** [https://doi.org/10.1016/j.aip.2016.08.005](https://doi.org/10.1016/j.aip.2016.08.005)

**Comments:** The authors reported that of the six participants, “two participants had been diagnosed with attention deficit disorder, three had been diagnosed with ADHD and other symptoms, such as autism, dyslexia, and social impairment, and one had a comorbid diagnosis of ADHD and ASD” (p. 26).

Nine items from the Balanced Measure of Psychological Needs Scale (BMPN) were used to measure autonomy, competence, and relatedness. The Intrinsic Motivation Inventory (IMI) was used to measure interest/enjoyment, pressure/tension, and effort/importance. The 13-item Mood and Feelings Questionnaire: Short Version (MFQ-S) was used to measure mood and self-perception. Caregivers completed the MFQ-S and the Child Behavior Checklist: Parent Version (CBCL) to measure emotional and behavioral adjustment.

<table>
<thead>
<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT (measurable outcome)</th>
<th>Measures the impact of treatment on a sample/group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Pre-experimental pilot study with multiple pre-/post measures</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

**Abstract:** Using a single-subject, multiple-baseline research design, this study investigates the creative growth and behavioral changes precipitated by the work done in art therapy through the employment of the mandala as an active centering device with children who have been diagnosed with Attention-Deficit Disorder (ADD) or Attention-Deficit Hyperactivity Disorder (ADHD), accompanied by a history of impulsivity. During specified intervals of treatment, a drawing was requested, “Draw a person picking an apple from a tree,” and rated according to the guidelines of the Formal Elements Art Therapy Scale (FEATS). Through examination of the drawings and objective findings of this scale, it appears that a visual measurement of creative growth was achieved. Preliminary findings indicate that the mandala exercise has the effect of increasing attentional abilities and decreasing impulsive behaviors over time, allowing for better decision making, completion of task, general growth in developmental level, and an interest in personal aesthetics.

**Keywords:** Art therapy, alternative and complementary therapies, Children, ADD, ADHD, Impulsivity

**Subcategory:** Children

**Topic:** Effect of art therapy treatment including mandala drawing as a centering technique upon impulsivity and attention span of children with ADD or ADHD

**Sample size (n):** 12 participants (8 experimental and 4 control)

**doi:** [http://dx.doi.org/10.1080/07421656.1996.10759233](http://dx.doi.org/10.1080/07421656.1996.10759233)

**Comments:** Use of modified FEATS as outcome measure, no control for type of medication or dosage, no use of standardized reliable and valid pre/post tests

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<tbody>
<tr>
<td>Individuals</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Single subject design; experimental Ss were asked to draw a mandala at the beginning of each art therapy session, control Ss engaged in nondirective art therapy, with no mandala work.</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>

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2. AGING, ELDERLY, & GERIATRIC


**Abstract:** This article presents the results of a pilot study investigating the efficacy of art therapy to enhance cognitive performance in a sample of 24 elderly Hispanic/Latino members of a community center who participated in a weekly structured thematic therapeutic arts program. A 12-week, quasi-experimental, pretest/posttest, nonrandomized, controlled design evaluated outcomes using the Clock Drawing Test (CDT) and the Cognitive Failures Questionnaire (CFQ). Participants who attended the art therapy sessions outperformed those who did not on both cognitive evaluation tests. The findings suggest that the combination of self-initiated art making with art therapy session attendance may be most beneficial for enhancing a person’s perception of cognitive ability, which in turn may positively affect overall cognitive performance.

**Keywords:** Art therapy, Cognitive functioning, TTAP method, Clock Drawing Test, Older persons, Hispanic/Latino persons

**Subcategory:** Cognitive Functioning

**Topic:** The effect of 10 weeks of Therapeutic Thematic Arts Programming for Older Adults (TTAP) upon the cognitive functioning of older adults

**Sample size (n):** 28 participants (13 experimental; 15 control)

**doi:** http://dx.doi.org/10.1080/07421656.2010.10129661

**Comments:** Culturally sensitive art therapy processes, effectiveness of group format for group cohesion and depth discussions, use of the Cognitive Failures Test (CFT) and the Clock Drawing Test (CDT)

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<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Quasi-experimental pre/posttest non randomized design</td>
<td>X</td>
<td>Peer review</td>
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**Abstract:** This article presents the results of a pilot study investigating the efficacy of art therapy to enhance cognitive performance in a sample of 24 elderly Hispanic/Latino members of a community center who participated in a weekly structured thematic therapeutic arts program. A 12-week, quasi-experimental, pretest/posttest, nonrandomized, controlled design evaluated outcomes using the Clock Drawing Test (CDT) and the Cognitive Failures Questionnaire (CFQ). Participants who attended the art therapy sessions outperformed those who did not on both cognitive evaluation tests. The findings suggest that the combination of self-initiated art making with art therapy session attendance may be most beneficial for enhancing a person’s perception of cognitive ability, which in turn may positively affect overall cognitive performance.
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<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Quasi-experimental, control group; pre and post tests</td>
<td>X</td>
<td>Peer review</td>
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Abstract: This article presents the results of a pilot study investigating the efficacy of art therapy to enhance cognitive performance in a sample of 24 elderly Hispanic/Latino members of a community center who participated in a weekly structured thematic therapeutic arts program. A 12-week, quasi-experimental, pretest/posttest, nonrandomized, controlled design evaluated outcomes using the Clock Drawing Test (CDT) and the Cognitive Failures Questionnaire (CFQ). Participants who attended the art therapy sessions outperformed those who did not on both cognitive evaluation tests. The findings suggest that the combination of self-initiated art making with art therapy session attendance may be most beneficial for enhancing a person’s perception of cognitive ability, which in turn may positively affect overall cognitive performance.

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**Abstract:** An art therapy intervention using an eight-session pottery class based on the Eastern Method throwing technique was implemented with 20 elderly nursing home residents, with the aim of improving their psychological well-being. Quantitative evaluation was based on Hebl and Enright (1993) and employed a quasi-experimental design measuring the participants’ self-esteem, depression, and anxiety compared with 20 nonparticipating elderly residents of the nursing home. Qualitative evaluation included client self-evaluations, case progress notes, journal notes, and photographs. Following the intervention, the participating group showed significantly improved measures of self-esteem, and reduced depression and anxiety at posttest relative to the comparison group. Implications for art therapy intervention with institutionalized elderly and further research are discussed.

**Key Words:** Eastern Method clay throwing; art therapy; depression, anxiety, and self-esteem in older persons

**Subcategory:** Nursing home residents

**Topic:** Effect of eight sessions of art therapy involving pottery upon psychological wellbeing of elderly nursing home residents

**Sample size (n):** 40 participants (20 experimental and 20 control)

**doi:** http://dx.doi.org/10.1080/07421656.1987.10759277

**Comments:** Clear rationale for use of clay with older persons, use of Kramer's "third hand" approach, greater emphasis on quantitative findings no depth discussion of qualitative findings

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Mixed methods, quasi-experimental</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>

Abstract: The focus of this outcome study was on art therapy as a support for medical treatment and palliative care. A total of 41 patients were placed in 2 matched groups: 22 patients with Parkinson’s disease and 19 patients without Parkinson’s disease. Each participant completed the Brief Symptom Inventory (BSI) (Derogatis, 1993) pre- and post-session, and was asked to manipulate a ball of clay and to respond to follow up questions on the experience. Quantitative and qualitative results showed a positive outcome with significant decrease in somatic and emotional symptoms in both groups. This research supports the value of an art therapeutic clay program for patients diagnosed with Parkinson’s disease and recommends future studies addressing art therapy with caregivers.

Keywords: Art therapy, Parkinson's disease, clay work, symptom relief
Subcategory: Individuals with Parkinson's Disease
Topic: The effect of art therapeutic clay manipulation upon somatic and emotional symptoms associated with Parkinson's disease
Sample size (n): 41 participants (22 experimental and 19 control)
doi: http://dx.doi.org/10.1080/07421656.2008.10129596
Comments: Caregivers included in control group, with some results applicable to caregivers

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<td>X</td>
<td>X</td>
<td>Mixed methods quasi-experimental design</td>
<td>X</td>
<td>Peer review</td>
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Abstract: This pilot study investigated the effects of group process and manipulation of therapeutic art forms among patients with Parkinson's disease. It follows the earlier work demonstrating art therapy's positive effects on quality of life with patients diagnosed with Parkinson's disease. It is hypothesized that engagement in a six-week case control study involving art therapy for patients diagnosed with Parkinson's disease will decrease symptomology in areas of obsessive compulsive thinking, phobia, depression and stress. A licensed psychologist and a licensed and credentialed art therapist led this six-week case control study involving seven male participants diagnosed with Parkinson's disease. The group met weekly and had a focused discussion around a selected topic. Each was asked to then engage and manipulate different forms of clay in response to the weekly topic. Participants were assessed pre and post, at specific times, for symptomology in the areas of depression, obsessive compulsive thinking, phobia and stress. The results suggest that verbal discussion and art therapy intervention increased the participants' ability to explore and enhance their emotions individually and within a group, leading to a decrease in symptomology in areas of obsessive compulsive thinking, phobia, depression and stress.
**Keywords:** Parkinson's disease, clay manipulation, art therapy, symptomology, stress, group therapy  
**Subcategory:** Parkinson's disease, Clay manipulation  
**Topic:** Psychological effects of clay manipulation in Parkinson's disease  
**Sample size (n):** 7 participants  
**doi:** http://dx.doi.org/10.1080/17454832.2013.797481  
**Comments:** Continuation of a 2008 study, use of the Brief Symptom Inventory (BSI) and the Perceived Stress Scale-4 (PSS-4) with positive outcomes.

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<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Single subject, pre-/posttest</td>
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**Abstract:** This article presents the results of a pilot study investigating the efficacy of art therapy to enhance cognitive performance in a sample of 24 elderly Hispanic/Latino members of a community center who participated in a weekly structured thematic therapeutic arts program. A 12-week, quasi-experimental, pretest/posttest, nonrandomized, controlled design evaluated outcomes using the Clock Drawing Test (CDT) and the Cognitive Failures Questionnaire (CFQ). Participants who attended the art therapy sessions outperformed those who did not on both cognitive evaluation tests. The findings suggest that the combination of self-initiated art making with art therapy session attendance may be most beneficial for enhancing a person’s perception of cognitive ability, which in turn may positively affect overall cognitive performance.

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<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Quasi-experimental, pre/post test non-randomized design</td>
<td>X</td>
<td>Peer review</td>
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</table>

**Abstract:** This controlled trial was designed to test the usefulness of art therapy versus calculation training in patients with mild Alzheimer’s disease. Thirty-nine patients were randomly assigned to a group. Groups met once weekly for 12 weeks. Each group showed significant improvement on the Apathy Scale: AT group – p = 0.014 and Mini-Mental State Examination – p = 0.015 and in the Calculation group. Comparisons of patients showing 10% or greater improvement were made between groups. Significant differences were found in Quality of Life (QOL) for the AT group compared to the Calculation group (p = 0.038). There were no marked differences in comprehension between groups.

**Keywords:** art therapy, mild Alzheimer’s disease, apathy, quality of life, calculation

**Subcategory:** Art therapy for patients with mild Alzheimer’s disease

**Topic:** Art therapy versus Calculation training effects on mental symptoms

**Sample size (n):** 39, randomly assigned to one of two groups

**doi:** https://doi.org/10.1111/j.1447-0594.2011.00698.x

**Comments:** This is a rare randomized, controlled study of a very small group of patients with mild Alzheimer’s disease. Differences were found on some but not all measures. Quality of Life (QOL), Mini-Mental State Examination, Apathy Scale

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<tr>
<td>Groups – Art Therapy versus Calculation Training</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized, controlled study</td>
<td>X</td>
<td>Peer review</td>
</tr>
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</table>


**Abstract:** The purpose of this study was to examine the effects of art therapy on healthy aging in older adults in terms of its promotion of well-being and a better quality of life. Few research studies have been conducted on the Korean American older adult population to investigate the effectiveness of art therapy. The present study was undertaken to quantitatively assess the effect of art therapy on this population using three standardized psychological instruments to measure the
dependent variables of affect, anxiety, and self-esteem. This study showed positive results that support the hypothesis that the art therapy intervention with 50 Korean American older adults promoted healthy aging by reducing negative emotions, improving self-esteem, and decreasing anxiety. Large effect sizes indicated an 84.6% positive change in affect ($r = .92$) and a 70.6% positive change in state of anxiety ($r = .84$) for participants in the art therapy intervention group over the control group. Moderate effect sizes of the art therapy intervention indicated positive changes in self-esteem and trait anxiety ($r = .75$ and $r = .74$, respectively). Therefore, art therapy sessions need to be designed for and applied to the older population, and they should target the cultivation of positive attitudes to improve self-esteem, and the elimination of negative emotions to promote emotional well-being. These factors encompass the promotion of better health for older individuals.

**Keywords:** Art therapy; Korean-Americans, older persons; affect, anxiety, and self-esteem in older persons

**Subcategory:** Korean-Americans

**Topic:** The effect of group art therapy upon older Korean-Americans' positive or negative affect, anxiety, and self-esteem

**Sample size ($n$):** 50 participants (25 experimental; 25 control)

**doi:** https://doi.org/10.1016/j.aip.2012.11.002

**Comments:** Psychocybernetics art therapy approach, STAI, PANAS, Rosenberg Self Esteem Scale

<table>
<thead>
<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT (measurable outcome)</th>
<th>Measures the impact of treatment on a sample/group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre/post test quasi-experimental non randomized design</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**Abstract:** In recent years, non-pharmacological approaches have been introduced for older adults with mild cognitive impairment (MCI) in an attempt to address cognitive decline and improve cognitive functioning. Art therapy is a widely accepted psychosocial treatment known to engage attention and enhance cognition and, improve mood for persons with dementia. However, research assessing the benefits of art therapy in the MCI population is limited. This study used structured art therapy that was introduced as a 9-month randomized control trial of older adults with MCI ($N = 68$). The trial involved three arms, art therapy ($N = 22$), music reminiscence activity ($N = 24$) and a control group (no treatment; $N = 22$). Both art therapy and music reminiscence activity were conducted weekly for 3 months and then fortnightly for 6 months. Art therapy comprised of two structured components, physical creation of art pieces and the cognitive evaluation of paintings. The primary outcome were sustained at 9 months with art therapy. Additional improvements were noted in visuospatial abilities, attention, working memory, and executive function.

**Keywords:** art therapy, cognition in older adults, mild cognitive impairment
Art Therapy Intervention | Assesses the impact of AT (measurable outcome) | Measures the impact of treatment on a sample/group | Utilizes art therapy as a measure distinctly from other interventions | Thorough qualitative write-up | Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization) | Significance | Dissertation or Peer-reviewed
---|---|---|---|---|---|---|---
Groups | X | X | X | n/a | Baseline, In process at 3 months, and posttest at 9 months randomized control design | X | Peer-reviewed


**Abstract:** The value of art therapy for older people with mental health problems is well documented although there is a paucity of research for people who are home bound. This study, based in England, involved five clients, all older people with mental health problems, receiving art therapy sessions at home. The clients and caregivers were then interviewed to ascertain their views. This study indicated that clients and caregivers do feel that art therapy can be of benefit in the home environment. These benefits include an increase in confidence and motivation, with emotional support also being valued. The study concludes that an art therapist can work in the home environment as long as he/she is flexible, organized and assertive.

**Keywords:** Art therapy, older adults, in-home therapy

**Subcategory:** In-home art therapy

**Topic:** The benefits of in-home art therapy in the UK, in the views of depressed and/or anxious elderly recipients of art therapy and their caregivers

**Sample size (n):** 10 participants (5 experimental and 5 control)

**doi:** http://dx.doi.org/10.1080/07421656.2006.10129640

**Comments:** Study conducted in UK, no measures, instead included results from qualitative analysis of recorded interviews

**Abstract:** The principal aim of this study is to evaluate the immediate and long-term effects of art therapy for older people with dementia, specifically to test the premise that participation in art therapy groups effects significant positive changes in mood and cognition both immediately within sessions and later outside the sessions to impact behaviour in the day care/residential care setting. The broader aim is to provide an evidence-based evaluation about the use of art therapy for older people with dementia. In order to isolate the impact of art therapy we compared art therapy groups with activity groups that do not have emotional expression as a central purpose.

**Key Words:** Dementia, randomized controlled trial, art therapy, group therapy, older people

**Subcategory:** Persons with dementia

**Topic:** Evaluation of immediate and longer term effects of art therapy upon mood and cognition of persons with dementia

**Sample size (n):** 45 participants

**doi:** https://doi.org/10.1177/0533316406071447

**Comments:** Mixed methods with only quantitative results reported in this article. Increase in depression in art therapy group, which is attributed to the impact of the group ending

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</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Mixed Methods, Pre/Post Test Randomized Clinical Trial</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>
3. **AUTISM SPECTRUM DISORDER**


**Abstract:** The purpose of this quasi-experimental research study was to evaluate the effectiveness of art therapy for teaching social skills to children with autism spectrum disorder (ASD). The program we tested was structured to provide a therapeutic setting for children to discuss difficulties they experience in their social interactions and give them opportunities to develop a better understanding of appropriate ways to respond in social situations. Art therapy methods in a group setting were designed to help them develop and rehearse social skills and positive social interactions with same-aged peers who shared similar experiences. Findings revealed that art therapy enhanced the ability of children with ASD to engage and assert themselves in their social interactions, while reducing hyperactivity and inattention.

**Keywords:** Autism spectrum disorder, elementary age children, social skills, art therapy, positive social interactions

**Subcategory:** Autism spectrum disorder, elementary age children

**Topic:** Effectiveness of 21 session group art therapy in teaching social skills

**Sample size (n):** 6 participants

**doi:**

http://doi.org/10.1080/07421656.2017.1384678

**Comments:** Use of Social Skills Improvement System-Rating Scales (SSIS-RS) to measure targeted social skills, with subscales (Communication, Cooperation, Assertion, Responsibility, Empathy, Engagement, and Self-Control).

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</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Pre-experimental one group pretest/posttest design.</td>
<td></td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**Abstract:** This phenomenological art-based study explored digital technology as a new art medium and clinical intervention tool in art therapy with adults with developmental disabilities. Eight adults with a developmental disability who were enrolled in a traditional community art program volunteered to partake in the study. Participants attended five one-hour individual art therapy sessions during which they created on a Lenovo Yoga 13.3-inch Windows 8 Convertible Ultrabook™ and a Samsung 7-inch Galaxy Tab 3 Android touch tablet. The results revealed the following six themes: a simple and mess-free digital canvas, independence, interplay of digital art and music, computer skills and cognitive development, voice and vision, and digital art directives. The three most favoured image-making applications among participants were: Fresh Paint, Coloring Mandalas, and Sand Draw while the two most preferred creative activity applications
were: PuzzleTouch and Sticker Tales. Future research with individuals of all ages with developmental disabilities is recommended in order to continue exploring the opportunities and challenges of digital devices as image making and creative activity tools.

**Keywords:** art applications, art therapy, autism, developmental disabilities, digital technology

**Subcategory:** Adults

**Topic:** Digital processes and materials in art therapy

**Sample size (n):** 8

**Keywords:** art applications, art therapy, autism, developmental disabilities, digital technology

**Subcategory:** Adults

**Topic:** Digital processes and materials in art therapy

**Sample size (n):** 8

**Comments:** Phenomenological data consisted of images and art therapy session notes.

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Phenomenological qualitative study</td>
<td>N/A</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

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**Abstract:** Autism is a neurodevelopmental disorder that may be broadly defined as a developmental disorder characterized by impairment in an individual’s verbal and nonverbal communication skills. Autism manifests as multiple symptoms, such as inappropriate social interaction, restricted interests, sensory dysfunction, self-regulatory issues, and repetitive behaviors. This paper describes a case study of a 12-year-old boy, Tom (pseudonym), with autism spectrum disorder who received art therapy for severe sensory dysfunction and self-regulatory issues. In this case study, we hypothesize that the presence of chronic sensory withdrawal may have impaired Tom’s attachment to his primary caregiver, resulting in insecure attachment and subsequent social engagement difficulties. We propose that an art therapy intervention that lasted over a period of 1 year may have facilitated sensory modulation and self-regulation in Tom, thereby lowering his anxiety levels, aiding attachment to his therapist, and improving his social engagement in general. As such, we suggest that in the context of children struggling with autism, art therapy may be an important intervention worth further exploration and study.

**Keywords:** autism, attachment, sensory dysfunction, self-regulation, art therapy

**Subcategory:** Child

**Topic:** Individual art therapy case study

**Sample size (n):** 1

**Comments:** no comments

**Abstract:** This article presents a sensory-based relational art therapy approach (S-BRATA) framework for working with children with autism spectrum disorder (ASD) that explicitly addresses sensory integration dysfunction (SID) and impaired attachment. Developed based on three case studies and rooted in grounded theory methodology, the study resulted in seven themes: (1) sense of safety, (2) working with the child’s sensory profile, (3) art materials as entry point for engagement, (4) attachment formation through mirroring and attunement, (5) flexibility in approach, (6) structure and boundaries, (7) art product not the focus. As a preliminary framework, S-BRATA extends and develops established concepts into a unified model.

**Keywords:** Autism spectrum disorder, sensory integration disorder, attachment, sensory-based relational art therapy

**Subcategory:** Children

**Topic:** Art therapy practice framework for ASD

**Sample size (n):** 3

**doi:** [https://doi.org/10.1080/07421656.2020.1718054](https://doi.org/10.1080/07421656.2020.1718054)

**Comments:** Children received 12 individual 40–50-minute art therapy sessions. Sessions were video recorded. Caregivers participated in pre- and post-therapy informal interviews. The author created a 60 minute aggregate video of the 12 sessions for each participant to document interaction, behavior, and potentially effective parts of the intervention. Aggregate videos were shared with the caregiver and another art therapist. Data were analyzed via 36 analytic tables and grounded theory analysis.

Abstract: An increasing number of students diagnosed with difficulties such as attention deficit hyperactivity disorder and Asperger’s syndrome are being seen in schools. Sensory integration difficulties may be part of the symptomatology of these disorders. These difficulties may result in difficulties with both classroom behaviors and academic performance. This single-case study investigated the effectiveness of art therapy with a 5-year-old white male with sensory integration difficulties. Art therapy focused on pre-art activities using three media. Teacher ratings assessed classroom behavior for improvement. Each of the varied media sessions was compared to control sessions where a non-art experience was offered. Results indicated an increase in positive behaviors after art sessions as well as postponement of the first incidence of negative behaviors. Art therapy was found to be a useful intervention.

Keywords: Single subject design, sensory integration problems, art therapy
Subcategory: Sensory integration problems, young children
Topic: Effectiveness of art therapy on classroom performance of a 5-year-old boy with sensory integration problems
Sample size (n): 1 participant
doi: http://dx.doi.org/10.1080/07421656.2004.10129551
Comments: Use of FEATS as pretest and posttest, subject delayed onset of negative behaviors and decreased amount of negative behaviors when art therapy was a part of his daily classroom check in. FEATS scores improved slightly pre- to post.

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>ABAB single subject design</td>
<td>n/a</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


Abstract: The purpose of this study was to examine the effects of art therapy for 9 children with autism spectrum disorder in India using a pre–post experimental design with a control group. The Childhood Autism Rating Scale was used to measure symptoms before and after 8 individual art therapy sessions, and changes in the children’s art development was also examined. Analysis of covariance results showed that art therapy was effective and content analysis of the drawings indicated progress seen in the developmental art stages, based on Lowenfeld theory. The positive changes were notable in the participants’ cognitive, social, and motor skills.

Keywords: N/A
Subcategory: Children
Topic: Art therapy outcome
Sample size (n): 18 (9 in experimental group and 9 in control group)
doi: https://doi.org/10.1080/07421656.2019.1644755
Comments: Purposive sampling was used. The Childhood Autism Rating Scale (CARS) was used to assess the symptoms of children with ASD (relating to people, imitation, emotional response, body, object use, adaptation to change, visual response, listening response, taste–smell–touch response and use, fear and nervousness, verbal communication, nonverbal communication, activity level, level and consistency of intellectual response, and general impressions).

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Experimental design with randomization. Children in the experimental group received 8 art therapy sessions over 10 weeks. The control group attended regular classes with pre/posttest.</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: This study examined the effectiveness of an antecedent art intervention on reduction of off-task behavior for a 3-year-old child with autism. A single-case reversal design was used to show that one-on-one art task instruction occurring prior to large group instructional sessions produced decreased levels of off-task behavior when compared to baseline conditions. The results support previous antecedent-based interventions by demonstrating the effectiveness of an individualized art task as a procedure for reducing problem behavior.

Keywords: N/A
Subcategory: Young children
Topic: Behavioral response to individual art making
Sample size (n): 1
doi: [https://doi.org/10.1080/07421656.2015.1028312](https://doi.org/10.1080/07421656.2015.1028312)

Comments: Research facilitated in a special education context. Off-task behaviors measured using Shapiro’s (2010) framework: off-task motor behaviors (OFT-M), off-task vocal behaviors (OFT-V), and off-task passive behaviors (OFT-P).

**Abstract:** There is a growing interest in understanding how individuals with autism spectrum disorder (ASD) experience empathy to explore their social-emotional and communication impairments. Although there has been considerable research into autism and cognitive empathy, research into emotional empathy is scarce, and there is less on the impact of teaching social skills. This study explores the use of art therapy with puppet making and puppetry using the Expressive Therapies Continuum (Kagin & Lusebrink, 1978) to promote emotional empathy in individuals with ASD within the larger goal of addressing socialization.

**Keywords:** N/A

**Subcategory:** Adolescent

**Topic:** Puppet making art therapy single case study

**Sample size (n):** 1

**doi:** [https://doi.org/10.1080/07421656.2019.1645500](https://doi.org/10.1080/07421656.2019.1645500)

**Comments:** The Interpersonal Reactivity Index was used to assess perspective taking, fantasy, empathic concern, and personal distress. The Face Stimulus Assessment was administered and scored using the modified Formal Elements Art Therapy Scale.

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<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Single subject pretest/posttest design.</td>
<td>N/A</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** A severely impaired capacity for social interaction is one of the characteristics of individuals with autism spectrum disorder (ASD). Deficits in facial emotional recognition processing may be associated with this limitation. The Build-a-Face (BAF) art therapy intervention was developed to assist with emotional recognition through the viewing and manipulating of three-dimensional facial features on a mannequin-like bust. This pilot study tested the abilities of 19 children with ASD to identify emotions depicted in facial photographs before and after a single BAF intervention session. The results indicated no statistically significant difference between the treatment and control groups; however, the treatment group had greater improvement than the control. Future research involving multiple BAF sessions is needed to test the effectiveness of BAF for promoting emotion recognition.
Abstract: Children with Autism Spectrum Disorder (ASD) often experience difficulties in identifying their emotions and the emotional states of others, additionally, they also often experience challenges in verbal communication. Together, these characteristics can lead to compromised social and emotional wellbeing and mental health issues. However, children with ASD often have relative strengths in visual processing, and such strengths have been integral to the success of visual supports and video-based interventions for a range of socially significant skills for children with ASD. This preference for visual processing may also represent opportunities for children with ASD in identifying and expressing their emotions. There is a limited but promising body of literature that suggests visual Art therapy can be beneficial for individuals with ASD and provide opportunities for them to develop flexibility, self-esteem, and social communicative behaviour [1]. This presentation reports a study exploring the potential of Art making to assist children with ASD to better communicate their feelings and emotions. Providing an outlet for self-expression may reduce the challenges people with Autism face and in doing so, improve the quality of life for them as well as their families. A qualitative descriptive case study was chosen for this study within the theoretical framework of Art as therapy. Two boys, aged seven and ten years, participated in five and six visual Art as therapy sessions (respectively). The sessions developed participants’ skills in Art making and expressing emotion as rapport was built over the study period. A variety of rich data were collected during the study which included: questionnaires, interviews, video-recordings, observation notes and participant Art works. This presentation showcases the Art works of the participating boys, featuring a variety of mediums to communicate their thoughts, feelings, and emotions. A description of the visual Art as therapy experiences and the impacts upon students’ communication, social interaction, and self-esteem are discussed.

Keywords: Autism Spectrum Disorder, Visual Arts, Children, Communication, Feelings, Emotions
Subcategory: Children
Topic: Multiple case study
Sample size (n): 2

Abstract: Well-ordered empirical information on ‘what works’ in art therapy with children diagnosed with Autism Spectrum Disorders (ASD) hardly exists. For that reason a systematic review was undertaken covering the period 1985–2012. Our study explored academic and practice-based sources with the aim to identify core elements of art therapy for normal/high intelligent target group children up to 18 years. Eighteen descriptive case-studies were found and analyzed according to the Context Outcomes Art Therapy (COAT) model. The results indicate that art therapy may add to a more flexible and relaxed attitude, a better self-image, and improved communicative and learning skills in children with ASD. Art therapy might be able to contribute in mitigating two main problem areas: social communicative problems, and restricted and repetitive behavior patterns. Typical art therapeutic elements such as sensory experiences with sight and touch may improve social behavior, flexibility and attention-abilities of autistic children. Considering the limited evidence that was found, primarily existing of elaborated clinical case descriptions, further empirical research into the process and outcomes of art therapy with ASD children is strongly recommended.

Keywords: Art therapy, Autism Spectrum Disorder, Children, Review

Subcategory: Systematic Review

Topic: Core elements of art therapy with ASD

Sample size (n): 18 descriptive case-studies

doi: https://doi.org/10.1016/j.aip.2014.10.009

Comments: An author-designed context framework, named the Context Outcomes Art Therapy (COAT) model used to organize analysis. The COAT model included four areas of operation: “(1) art therapeutic (AT) means and forms of expression; (2) therapists’ behavior (including interactions with the client and handling of materials); (3) context (setting, reason for referral, duration of therapy, concurrent treatment); and (4) intended outcomes (including short- and long-term goals).”

Abstract: The art therapy (AT) program for children diagnosed with Autism Spectrum Disorders (ASD), ‘Images of Self’, has been evaluated with repeated single case studies (n = 12) in a mixed-methods design. The program focuses on children’s difficulties with their ‘sense of self’, ‘emotion regulation’, ‘flexibility’ and ‘social behavior’. Parents, teachers and art therapists scored the BRIEF and CSBQ, instruments for rating child behavior. Children filled out the SPPC, a self-image scale. To evaluate the quality of the program, therapists used a child observation scale (OAT-A) and a therapists’ self-evaluation scale (EAT-A). All instruments were applied three to five times per case, depending on the corresponding measurement objectives: one week before the start of the program (T0), during session 3 (T1), session 8 (T2), session 15 (T3), and 15 weeks after termination of the treatment (T4). Parents and teachers were invited to complete a form for qualitative comments which was structured around the four problem areas. Therapists video-recorded three sessions and evaluated these with parents and - during training sessions - with the principal investigator. At the end of the treatment parents, teachers and art therapists gave a rating for their overall satisfaction with the treatment. Main improvements after treatment were seen in children’s flexible and social behavior. Overall satisfaction regarding the program showed averages between 7.1 and 7.7. Implications of our study for the AT-practice and future research are discussed.

Keywords: Art therapy program, Children, Autism Spectrum Disorder, Evaluation, Small-N methodology

Subcategory: Children

Topic: Art therapy program evaluation

Sample size (n): 12 children diagnosed with ASD having an IQ ≥ 80
doi: https://doi.org/10.1016/j.childyouth.2020.105207

Comments: Participants parents and teachers completed the (Dutch version of the) Behavior Rating Inventory of Executive Functioning (BRIEF) and the (Dutch version of the) Children’s Social Behavior Questionnaire (VISK), to measure executive functioning and social behavior respectively. Children completed the (Dutch version of the) Self-Perception Profile for Children (CBSK) to measure self-perception. Art therapists completed the Observation in Art Therapy of a child diagnosed with ASD’ (OAT-A) to evaluate child progress. The therapeutic behavior of the art therapist was measured using ‘Evaluation of the actions of the Art Therapist working with a child diagnosed with ASD’ (EAT-A). Parents, teachers, and art therapists rated overall treatment satisfaction from 1-10 and additional comments were integrated into analysis.

The OAT-A and EAT-A observation instruments were developed and tested by the authors of this study:
4. FORENSIC


**Abstract:** Not available  
**Keywords:** Single subject design, art therapy, self-concept, somatic complaints, pedophilia  
**Subcategory:** Pedophiles  
**Topic:** Effect of individual art therapy upon self-image, body image, and somatic complaints of a 41-year-old treatment-resistant white male pedophile.  
**Sample size (n):** 1 participant  
**doi:** Not available  
**Comments:** Integrated Expressive Therapies Continuum into the treatment phase, used HFD as outcome measure (has no reliability or validity), TSCS improved slightly in maintenance of self-esteem, somatic complaints decreased as treatment progressed.

**Abstract:** Not available

**Keywords:** Art therapy, prison inmates

**Subcategory:** Incarcerated males

**Topic:** The effect of group art therapy on inmates' mood, behavior, problem solving, and socialization

**Sample size (n):** Group

**doi:** Not available

**Comments:** Use of researcher-devised manualized survey to evaluate Ss' behaviors at the prison and as a validation technique for the PPAT/FEATS. Increased scores on 7 of the 14 FEATS[c a]les was interpreted as improvement in mood and socialization. Logic and problem solving scales did not reach significance.

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Quasi-experimental one group pretest/posttest design.</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>


**Abstract:** A pilot study conducted to measure the effects of art therapy with prison inmates (Gussak, 2004) demonstrated marked improvement in mood. The results of this study encouraged a quantitative follow-up study the following year. This study used the Formal Elements Art Therapy Scale (FEATS) and the Beck Depression Inventory-Short Form (BDI-II) as pre and post-test assessments to assess the effects that art therapy had on an adult male prison population, specifically on decreasing depression and improving socialization skills. A control group pre-test/post-test design was implemented for this study. An experimental group members attended group art therapy for eight weeks, one session per week. They also completed the assessments prior to, and at the end of the sessions. A control group did not receive the services but still completed the pre and post-test assessments during the same amount of time. The changes in BDI-II scores and the scores of all 14 categories of the FEATS from pretest to posttest (i.e., post-test score – pre-test score) were calculated and the differences were analyzed using independent-sample t tests to find differences between the experimental and control groups. The BDI-II results supported the assumption that art therapy was effective in reducing depression in the adult male inmates. The results from the FEATS, however, did not yield supportive data. Thus, although the art therapy was effective with the experimental population, the quantitative results were mixed. This article concludes with a case vignette that supports the notion that art therapy was effective, and an explanation on why the FEATS may not have been as effective a measurement tool in this particular study.

**Keywords:** Art therapy, incarcerated adult males, depression

**Subcategory:** Incarcerated males

**Topic:** Effect of group art therapy upon depression, socialization, and problem solving ability in adult male prisoners
Sample size \((n)\): 29 participants (16 experimental and 13 control)

doi: https://doi.org/10.1016/j.aip.2005.11.003

Comments: PPAT/FEATS used as outcome measure, some experimental subjects had been in an earlier similar study, experimental Ss' BDI-II scores improved significantly compared to controls \((p=.05)\). FEATS scores did not support hypothesis.

<table>
<thead>
<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT (measurable outcome)</th>
<th>Measures the impact of treatment on a sample/group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized, pretest posttest, control group design.</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>


Abstract: Since the summer of 2003, several studies have been conducted to quantify the benefits of art therapy with prison inmates. These studies demonstrated a marked improvement in mood, behavior, and problem-solving [Gussak, D. (2007). The effectiveness of art therapy in reducing depression in prison populations. *International Journal of Offender Therapy and Comparative Criminology, 5*(4), 444–460; Gussak, D. (2006). The effects of art therapy with prison inmates: A follow-up study. *Arts in Psychotherapy, 33*, 188–198; Gussak, D. (2004). A pilot research study on the efficacy of art therapy with prison inmates. *The Arts in Psychotherapy, 31*(4), 245–259]. The results of this study encouraged an ongoing quantitative study to ascertain improvement in depression, locus of control, and behavior in both a men and women's prison population. The Formal Elements Art Therapy Scale (FEATS), the Beck Depression Inventory-Short Form (BDI-II), and the Adult Nowicki-Strickland Locus of Control Scale (ANS) were administered as pre- and post-test assessments. A control group pre-test/post-test design was implemented for this study. Although the results from the FEATS did not yield supportive data, the results of the BDI-II and ANS supported the assumption that art therapy was effective in reducing depression and improving locus of control in the adult male and female inmates. Despite the results of the FEATS, it was concluded that art therapy was effective. This article concludes with a brief discussion of how the research has been instrumental in developing a statewide Florida Arts in Corrections program.

Keywords: Incarcerated males and females, art therapy, locus of control, depression
Subcategory: Incarcerated persons
Topic: Effect of art therapy with upon incarcerated males' and females' depression and locus of control

Sample size \((n)\): Group, female and male participants

Comments: Previous similar studies by Gussak had only male Ss, this study added female Ss; FEATS was not effective in measuring change pre- to post. For both male and female experimental groups, there was significant improvement in ANS and BDI-II scores \((p=.05)\).

**Abstract:** My ideas for the benefits of art and art therapy in prison has evolved over the years, culminating in the publication Art and Art Therapy with the Imprisoned: Re-Creating Identity. The chapter reproduced here, stipulates that one obstacle correctional institutions need to address is the unending rise of mental illness due to the escalating arrest and incarceration of the mentally ill or the degradation of mental well-being of those inside. Such trauma is brought about, in part, by the overcrowded facilities and the resultant lack of privacy, stress, abuse, inadequate health care, and poor support. In addition, prison inmates are burdened with derogatory labels resulting in poor sympathy from society at large. Poor mental health is the unavoidable consequence. Yet, it is increasingly difficult to provide services in an environment where identified weaknesses and vulnerabilities may then be taken advantage of. To succeed, therapists should be armed with tools to overcome the inmates’ distrust, inherent aggression, and potentially damaged cognitive abilities. Art therapy has been effective in addressing the needs of the clients by its ability to bypass these survival-based defenses. This article explores these various benefits and provides an overview on why art therapy is clinically advantageous for those inside.

Keywords: aggression, art, art therapy, identity, incarceration, interactionism, labelling theory, organicity, prison, social interaction, violence

**Subcategory:** Prison

**Topic:** Research revisited
doi: [https://doi.org/10.1037/pst0000232](https://doi.org/10.1037/pst0000232)

**Sample size (n):** various

**Comments:** This article revisits prior work by Gussak which incorporates his research efforts and the identified benefits of art therapy within the prison population.

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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>n/a</td>
<td>Review of past work conducted by Gussak and colleagues.</td>
<td>X</td>
<td>Peer reviewed</td>
</tr>
</tbody>
</table>
Abstract: The aim of this single-case study was to investigate the responses to psychodynamic art psychotherapy from a man who had a diagnosis of antisocial personality disorder and ongoing aggressive behavior in a secure care setting. The intervention was 19 sessions of psychodynamic art psychotherapy lasting up to 1 hr per week. This study uses a single-case design with pretreatment, treatment, and posttreatment follow-up assessment of symptoms using multiple methods reported by the therapist, other staff members, and the patient. Treatment progress was assessed by (a) repeated self-report symptom measurements, (b) continuous assessment of observed aggressive behavior and risk incident reports in the hospital, (c) pre–post treatment assessment of relationship patterns and interpersonal schemas, and (d) interviews with the patient and his nurse at 9-month follow-up, retrospectively assessing the change. The patient showed a clinically significant reduction pre–post and pre–follow-up in symptoms. Behavioral observations indicated a reduction of overt aggression and risk-related incidents. Comparison of the Core Conflictual Relationship Theme pre–post treatment indicated positive changes in interpersonal schemas. This illustrative systematic single-case study highlights the potential for investigation of a novel psychotherapeutic approach that has in turn led to further developments in clinical research.

Keywords: art therapy, antisocial personality disorder, forensic hospital

Subcategory: Personality
Topic: Psychodynamic art psychotherapy for the treatment of aggression
Sample size (n): Case study
doi: https://doi.org/10.1037/pst0000232
Comments: Use of a pre- post Beck’s Depression Inventory after six weeks of the experimental group having an art therapy intervention. Data from the experimental group showed a reduction in depressive scores including cognitive, somatic, and affective symptoms of depression amongst the female inmates.

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>N/A</td>
<td>Single-case study to help reduce aggressive behavior using art psychotherapy; pre- and post- self-report measures during the 19-session study</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>


Abstract: This exploratory, quasi-experimental study compared the impact of 2 art therapy approaches on the self-esteem of 27 female juvenile offenders. Participants took part in an art psychotherapy or an art as therapy group intervention. Self-esteem was measured with a questionnaire designed by the authors.
and the Harter Adolescent Self-Perception Profile. There were no significant differences on the questionnaire post intervention, with both groups reporting increased feelings of mastery, connection, and self-approval. On Harter’s Profile, administered pre and post, both showed an increase in global self-worth. However, the art psychotherapy group showed a significant increase in domains of close friendship and behavioral conduct whereas the art as therapy group did so in the domain of social acceptance. This implies an approach can be selected to build greater trust and self-disclosure or to foster general group cohesion, based on client needs.

**Keywords**: Juvenile offenders, females, art therapy, art psychotherapy, art as therapy  
**Subcategory**: Juvenile offenders  
**Topic**: The effect of art as therapy vs. art psychotherapy on female juvenile offenders' self-esteem.  
**Sample size (n)**: 27 participants  
**doi**: http://dx.doi.org/10.1080/07421656.2005.10129440  
**Comments**: Excellent literature review effectively justifies the study. Very well considered implications of results for practice, both male and female experimental groups showed significant improvement in ANS and BDI-II scores (p=.05).

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Quasi-experimental control/experimental pretest posttest design comparing group art as therapy (AAT) to group art psychotherapy (AP).</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>


**Abstract**: The aim of the study was to evaluate the impact of program of integrated arts therapy on young female delinquents’ who experienced emotional and behavioral problems in a correctional institution. The outlined intervention was introduced as part of a curriculum involving art therapy, drama therapy, music therapy, and dance/movement therapy sessions that were facilitated twice a week during a 5-week period. A quasi-experimental design was used where an intervention group (N = 12) and a control group (N = 17) members aged 14 - 17 years were evaluated at two time points. A self-report version of Strengths and Difficulties Questionnaire (SDQ) and a modified Behavior Checklist (BC) were used prior to and after the intervention to screen for conduct, emotional, peer problems, hyperactivity, and prosocial behavior, and to investigate the frequencies of aggressive, withdrawn and prosocial behavior. There were statistically significant reductions in three of the five emotional and behavioral problems measured by the SDQ, including conduct and emotional problems, an increase of prosocial behavior, and significant differences in two domains measured by the BC: decrease in frequencies of aggressive behavior and increase of prosocial behavior.

**Keywords**: integrated art therapy, young female offenders, quasi-experimental design, behavioral problems  
**Subcategory**: Incarcerated female adolescents  
**Topic**: Effect of art therapy as a means to reduce problematic behaviors
Sample size (n): 29 participants (12 experimental and 15 control)
doi: 10.4236/psych.2015.61001
Comments: Significant results in the SDQ only, highlighted the need to focus solely on art therapy as it was seen as a great benefit.

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<th>Significance</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>X</td>
<td>Quasi-experimental design with experimental and control groups; use of the SDQ and BC for 5 weeks, focused on a program base</td>
<td>N/A</td>
<td>Peer review</td>
</tr>
</tbody>
</table>


Abstract: This study investigated art therapy as communicative therapeutic intervention among female prison inmates at the Kumasi Female Prison. The study participants for the research comprised 34 inmates who had agreed and shown interest in partaking in the research. This group was purposively sampled with the help of the Depression, Anxiety, Stress Scale, which had indicated the inmates with high levels of stress. The study took to the qualitative approach of research and made use of the descriptive method. A thematic analysis of data was employed and findings for the study revealed that art used as a non-verbal communicative tool, had the power to express pent up negative emotions by prison inmates. It was also found out that since inmates may feel uncomfortable with verbal therapies, engaging in art activities serve as a way of communicating uncensored emotions in a safe and trusting environment without fear of judgment. The study suggests that art therapy be made part of the healing therapies in Ghanaian prisons, since art is intrinsic in the prison setting to help alleviate destructive emotions such as depression, anxieties, fear and stress. The research indicates the effectiveness of art and its processes in the management of some psychological issues amongst inmates.

Keywords: art therapy, female inmates, prison, self-expression, stress

Subcategory: Incarcerated women
Topic: Effect of art therapy as a means of verbal and non-verbal self-expression
Sample size (n): 34 participants
doi: https://royalliteglobal.com/njhs/article/view/293
Comments: Surveyed inmate who scored high on a Depression, Anxiety, and Stress scale to determine if art therapy was effective in their ability to self-express. The researchers did not offer a post test, thus a true measurement of the impact of this research is lacking.

Abstract: This paper sought to establish the effectiveness of art therapy as a treatment for depression at Langata Women’s Prison (LWP) in Nairobi in order to identify the psychological intervention measures to be used to alleviate and treat depression. The paper hypothesized that prisoners who undergo art therapy as treatment would experience a reduction of depressive symptoms. The 21- item Becks Depression Inventory (BDI-II) assessment self-report scale was given to 217 women prisoners to identify the prevalence and severity levels of depression. Of these, 104 were in prison and 113 in remand and since 17 responses were invalid, the sample reduced to 94 sentenced and 106 remands, respectively. Due to prison exigencies, a sample of 57 was further drawn out of the 106 remands based on their levels of depression. These 57 were then divided into 29 and 28 as experimental and control groups, respectively. Out of the 29 remands in the experimental group, 22 filled the post BDI-II, whereas 11 remands, among the control group filled the post BDI- II assessment self-report scale. After six weeks both the experimental and control groups were again subjected to the BDI-II assessment self-report scale (post-test). Most of the incarcerated women were found to have severe depression with those in remand registering much higher levels of severe depression. There was a significant reduction of depression after administering art therapy to the experimental group, but no significant difference in the control group which was not subjected to art therapy. From the experimental group, the results indicated that after treatment, the respondents’ cognitive, somatic and affective symptoms of depression reduced. On the other hand, with respect to the control group the results indicated minimal changes in cognitive symptoms; negligible changes in somatic symptoms; and little change occurred in the affective symptoms. The paper recommends adoption of art therapy as one of the approaches towards reduction of depression among incarcerated women at LWP. Further, the Kenya Prison Services (KPS) needs to improve psychiatric services within the prison and screen inmates periodically for depression by trained professionals. Further studies could be replicated in other women’s prisons, men’s prisons as well as borstal institutions. Such studies in future should include both remands and the sentenced for comparative purposes.

Keywords: art therapy; expressive art; Bandura’s social learning theory; Becks Depression Inventory II; cognitive behavioral theory; depression; incarcerated women; cognitive, somatic and affective symptoms

Subcategory: Incarcerated women
Topic: Effect of art therapy treatment on depression with incarcerated women
Sample size (n): 60 participants (30 experimental and 30 control)
doi: http://aibumaorg.uonbi.ac.ke/content/journal
Comments: Use of a pre- post Beck’s Depression Inventory after six weeks of the experimental group having an art therapy intervention. Data from the experimental group showed a reduction in depressive scores including cognitive, somatic, and affective symptoms of depression amongst the female inmates.

**Abstract:** Verbal communication is difficult for children and more difficult for aggressive ones. This research use art therapy as an effective intervention to reduce anger and increase self-esteem of aggressive children with 7 to 11 years old. Thirty children were allocated to either a control group or an art therapy group equally and randomly. The intervention was performed once weekly for 10 weeks. Self-esteem and anger were measured at the beginning and at the end of 10 weeks, using the cooper smith Self-esteem Inventory (1967) and nelson & finch (2000) children inventory of anger. After 10 weeks, the art therapy group showed significant reduction of anger (p<0/001) and improvement of self-esteem (p<0/0001) compared with control group, except the educational self-esteem subscale that did not show significant reduction in compare with control group (p<0/1). These finding suggest that art therapy can reduce anger and improve self-esteem of aggressive children. While innate characteristics of art combine with concepts of psychology approaches such as cognitive-behavioral therapy, art therapy could be a considerable intervention, especially for children.

**Keywords**: anger, self-esteem, art therapy, aggressive children

**Subcategory**: Juvenile adolescents

**Topic**: Reducing anger that leads to juvenile incarceration and/or system involvement

**Sample size (n)**: 30 participants (15 experimental and 15 control)

**doi**: 10.1002/cpp.2069

**Comments**: Art therapy experimental group versus a non-art therapy control group, use of two self-report surveys in addition. Significant results supported that the art therapy group scores for anger and self-esteem improved for their benefit.
5. GRIEF & BEREAVEMENT


**Abstract:** This qualitative pilot study explored how creative engagement could serve as a way to navigate the personal loss experiences of professional art therapists. Semi-structured interviews were conducted with 3 participants. Six themes and 16 subthemes were found: balancing personal experiences and professional practice, awareness of time, the loss experience, art making as a way to stabilize relationships, art as an intuitive practice, and creative expression for symbolic memorial for the deceased. It was found that visual art making can help these 3 art therapists to develop self-knowledge and personal understanding regarding their own grief experiences that can lead to improved competence in the therapeutic care of others.

**Keywords:** Grief; loss; bereavement; creativity; art therapy

**Subcategory:** Professional art therapists

**Topic:** Use of art-making to better understand and manage professional art therapists’ loss, grief, and bereavement

**Sample size (n):** 3

**doi:** https://doi.org/10.1080/07421656.2019.1657718

**Comments:** Qualitative, pilot study with a very small sample of professional art therapists exploring the use of art-making on their own processes of grief, bereavement, and loss. Interviews were used to gather data.

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<th>Measures the impact of treatment on a sample group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individuals</td>
<td>n/a</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>qualitative</td>
<td>n/a</td>
<td>Peer reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** The purpose of the study was to “assess the impact of a formal, semi-structured, individual art therapy intervention with grieving children” (Dye, 2018, p. vi). Thirteen children, ages 5 – 18 years, participated in the study which was conducted by three palliative care art therapists. The children’s positive and negative affect was measured before the art therapy intervention and after the sixth meeting on “memories, coping skills, changes, regrets, feelings, and telling your story” (p. vi). A decrease in negative affect was found. Results cannot be generalized due to the small sample.

**Keywords:** art therapy; children; grief; bereavement

**Subcategory:** Children

**Topic:** Evaluating the benefits of art therapy interventions with grieving children

**Sample size (n):** 13 participants

**doi:** [https://commons.lib.jmu.edu/edspec201019/129](https://commons.lib.jmu.edu/edspec201019/129)

**Comments:** It is unclear whether this is a thesis. It seems to be published by James Madison University in its journal JMU Scholarly Common.

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<tbody>
<tr>
<td>Individuals</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>n/a</td>
<td>One group pre experimental without randomization</td>
<td>x</td>
<td>Peer reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** This study explores the subjective experience of art therapists who work with bereaved clients. Eight art therapists were given an art-based task and completed a semi-structured interview. Qualitative analysis revealed 3 themes conceived in axes: (a) facilitating emotional expressiveness and control, (b) fluctuating between presence and absence of client’s art, and (c) maneuvering between intuitive and theory-based interventions. The last axis incorporated the wounded healer aspect. The findings describe how art therapists use the creative process, honor imagery, and determine their interventions to effectively work with clients coping with grief.

**Keywords:** Bereavement, intuitive, phenomenological observation, theory-based interventions

**Subcategory:** Adults

Abstract: This study was designed to tap into the children’s emotions and opening up lines of “communication between the child and surviving parent” (Ong et al., 2016, p. e69). Six children, ages 6 and 12, participated in weekly art therapy sessions for about a three month time frame during the time a parent was dying and death. Four themes were evident in their artwork, providing support for this method of addressing communication concerns in these six children.

Keywords: bereavement; loss; grief; art therapy; children

**Subcategory:** children

**Topic:** Supporting grieving and bereaved children with art therapy

**Sample size (n):** 6

**doi:** https://doi.org/10.1016/j.painsymman.2016.10.134

**Comments:** The small sample size prevents generalization. This study was conducted in Singapore. The art therapy sessions were conducted by a registered art therapist who worked with both the children and parents. A “thematic analysis was conducted on the artwork” (Ong et al., 2016, p. e69).

**Abstract:** Not available

**Keywords:** Art therapy, grief, SIDS, adolescent mother

**Subcategory:** Infant death, adolescent mother

**Topic:** The effect of 10 art therapy sessions upon a grieving teen's ability to cope with her infant's death

**Sample size (n):** 1 participant

**doi:** n/a

**Comments:** Brief but thoughtful discussion of the S's response to treatment in terms of the ETC, client improved on CRI on cognitive and emotional scales. Scores on GS and self-monitoring scale indicated decline in sadness, anger, and guilt.

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<tr>
<td>Individual X X X X qualitative n/a n/a</td>
<td></td>
<td></td>
<td></td>
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</table>


**Abstract:** A recently developed program for extensive inpatient grief therapy in groups, administered on a time-limited basis, is outlined, an illustrative case study is described, and empirical assessment of the program's efficacy is provided. During a 3-month stay in a Dutch Health Care Centre, a combined treatment program was offered that integrated behavior and art therapy [so-called Cross-Modality Grief Therapy, (CMGT)]. Assessment (levels of symptomatology on the General Health Questionnaire) was made at pretest, post-test, and follow-up and was compared with levels at comparable time points among participants in a more traditional program. Systematic advantages were found for CMGT. Discussion focuses on the identification of elements within CMGT that were responsible for its effectiveness.
**Keywords:** Grief, art therapy, cross-modality grief therapy  
**Subcategory:** Cross-modality  
**Topic:** Alleviating grief  
**Sample size (n):** 69 participants (52 experimental and 17 control)  
**DOI:** 10.1002/(SICI)1097-4679(199605)52:3<357::AID-JCLP14>3.0.CO;2-H  
**Comments:** Art therapy outcomes are measurable and appropriate

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Controlled clinical trial with randomized assignment to groups, use of measurable assessments with effective results</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>

### 6. INTELLECTUAL DISORDERS


**Abstract:** By making art with clients, I have been able to understand how the joint activity is a fertile communication in which the countertransference is experienced and explored. In doing so, the joint activity mirrors the dyadic encounter between parent and child. In this paper, I discuss how working on a joint activity with a young person with learning disabilities enabled a robust relationship to form. The joint activity offered a shared experience on many levels; of being together, a non-verbal communication and felt experience within the here and now. Through this phenomenological approach I could meet the client on her terms at her level; in doing so, helping to address some of the power imbalance inherent when working with a young person with learning disabilities. Within learning disability services there is a need to protect and contain clients. Yet, in doing so, we can start from a stance of limitations and infantilisation. The joint activity can offer this containing and protective space that is forged by and with the cooperation of the client.

**Keywords:** learning disabilities, art therapy, joint activity, art-making, attunement, reflective artwork  
**Subtopic:** Therapeutic relationship  
**Topic:** Joint Art Therapy Activity & Non-Verbal Communication  
**Sample size (n):** 1  
**DOI:** https://doi.org/10.1080/17454832.2019.1677732  
**Comments:** Case study of teen with learning disabilities in a school for children with special needs. Review of six individual sessions exploring countertransference with joint art making activity. Details about improvements in client’s non-verbal communication.

**Abstract:** Between 10 and 40% of the population of people with Intellectual Disability (ID) also meet the criteria for some form of psychopathology and are more likely to experience lower levels of self-esteem and self-concept. Traditional therapies may not always be appropriate for ID clients’ and alternative types of therapies have not been empirically tested. The present study hypothesized that a group art therapy intervention would increase self-concept and self-esteem in a group of clients with mild ID. The Tennessee Self-Concept Scale: 2 (TSCS:2) was used as a pre- and post-test in a treatment and comparison group design. Participants in the study were not different at pre-test, but the experimental group at post-test had increases on the Social and Identity subscales, as well as a marginal difference on the in Family subscale and Total self-concept score. The efficacy of the mural project is explained in terms of its’ social, empowering, and positive group experience.

**Keywords:** Self-esteem; Social skills; Art therapy; Cognitive disability; Group mural

**Subcategory:** Mandalas

**Topic:** Mural making

**Sample Size (n):** Group

**doi:** https://doi.org/10.1016/j.aip.2012.06.003

**Comments:** Measurable outcomes for art therapy, use of pre- post scales with notable subscale results

Abstract: This study was designed for children who were undergoing chemotherapy “previously diagnosed with heterogeneity of malignancy” to increase quality of life. A measure of malignancy was taken. Participants were 60 children, ages 7 – 13 years, along with their parents. Their quality of life, specifically measuring health-related concerns, was measured post-intervention using the KIDSCREEN-10 Index. Results for the experimental group indicated significantly greater physical activity and energy (p = 0.001), less depression and fewer feelings of stress (p = 0.004). Social activities increased (p = 0.003), as did relationships (p = 0.043). Interactions trended toward significance (p = 0.074), but school performance was not significantly different between groups (p = 0.257).

Keywords: Painting, cancer, children, handcrafting

Subcategory: children

Topic: Effectiveness of group art therapy on quality of life in paediatric patients with cancer: A randomized controlled trial

Sample size (n = ) 60 (30 experimental; 30 control)

doi: https://doi.org/10.1016/j.ctim.2018.09.020

Comments: This is a rare randomized controlled trial. Although the term “art therapy” is in the title, it is not clear whether art therapy was the experimental intervention, although the abstract refers to “painting- and handcrafting art therapy”, and “creative art therapy” “conducted by a professional fine artist”. It seems that the definition of art therapy is different in Iraq than in the U.S. Another threat is that participants were only post-tested using the KIDSCREEN-10 Index.

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<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>x</td>
<td>x</td>
<td>no, although the authors call the intervention art therapy</td>
<td>n/a</td>
<td>experimental randomized control method</td>
<td>x</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

**Abstract:** The production of artwork is a complex neurological task. A controlled study of artwork produced by people with epilepsy has not previously been performed. The present report details the results of a three-part study involving 60 subjects from a comprehensive epilepsy center population. Subjects were grouped by the following diagnoses: seizures, partial seizures, complex partial seizures with temporal focus, and non-epileptic events. Data were collected in a blinded fashion. The Formal Elements Art Therapy Scale task showed significant effects in patients with epileptic seizures. The Free Drawing was most sensitive to complex partial seizures with temporal focus, while the Outline was most predictive of non-epileptic events. In addition to giving some insight into the neurological functioning of these subjects, this pilot study provides a basis for the future development of diagnostic tests to be used within this patient group.

**Keywords:** Epilepsy; Seizure; Pseudo-seizure; Non-epileptic event; Temporal lobe epilepsy; Art; Drawing; Artwork; Formal Elements Art Therapy Scale

**Subcategory:** Diagnostic testing

**Topic:** Diagnostic testing and epilepsy

**Sample size (n):** 60 participants

**doi:** https://doi.org/10.1016/j.yebeh.2004.12.004

**Comments:** Measurable outcomes for art therapy through direct assessment, use of the FEATS

<table>
<thead>
<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT (measurable outcome)</th>
<th>Measures the impact of treatment on a sample/group</th>
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<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
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</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Controlled clinical trials with randomized assignment to groups, use of the FEATS with effective outcomes</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Art therapy uses creativity in the therapeutic process itself. It is integrated within a multidisciplinary therapeutic approach to patient education, alongside cognitive behavioural psychotherapies, medical treatment, dietetics and physical activity. The working hypothesis is that by awakening the body and mobilising all the senses, obese patients can grow more aware of their own resources and express their experiences in different ways. This can encourage more positive self-esteem. A total of 14 obese patients suffering from eating disorders took part in an art therapy programme that took place over a six-week period and consisted of six weekly sessions, each lasting two hours. Each session was broken down into three phases: phase one helps the patient to become aware of his/her body; phase two brings this awareness to creative artwork; phase three is a discussion about the pictorial art creation. The results of Coopersmith’s self-esteem inventory test showed moderate and clinically significant improvements in those who underwent the programme. During semi-structured interviews carried out two months after
the workshops, patients expressed their experiences and through their words, we were able to determine what they had gained from participation. Participating in an art therapy workshop gives patients access to their inner resources, promotes self-awareness and improves self-esteem.

Keywords: Eating disorders, obesity, self-esteem, art therapy
Subcategory: Eating disorders
Topic: Improving self-esteem in obesity
Sample size (n): 14 participants
doi: 10.1002/edn.81
Comments: Measurable outcomes for art therapy using ongoing group sessions and processing

<table>
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<tr>
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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Single subject pre-/post, participants engaged in a six-week program aimed to increase self-esteem and expression</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: This qualitative study was designed to analyze mixed media “montage paintings and related clinical records of 240 active-duty military service members”(Berberian et al., 2018, p. 1). Participants produced the paintings during the time they were treated for TBI and post-traumatic stress. Participants benefitted from the group art therapy treatment that emphasized expression of “a range of post combat symptoms” (p. 1). The analysis revealed several themes such as nature metaphors, life story, memories of deployment, and references to serenity, interests, strengths, hobbies, and nature (p. 3).

Keywords: art therapy; montage paintings; traumatic brain injury; post-traumatic stress; active duty military
Subcategory: active duty military with TBI and post-traumatic stress
Topic: “Master my demons”: Art therapy montage paintings by active-duty military service members with traumatic brain injury and post-traumatic stress
Sample size (n = 208)
doi: http://mh.bmj.com/on
Comments: This study is thorough and painstaking with copious detail and illustrations.

Abstract: Two groups of children, ages 6 – 12 years, diagnosed with ADHD were randomly assigned to either hypnosis or art-therapy to address low self-esteem. The study was conducted over a three-month period during which they received either six hypnosis sessions or six art-therapy workshops (painting and modeling techniques). Measures were “[s]ubjective questionnaires and self-esteem rating scales…submitted to both parents and subjects before and after each intervention” (Castelnau et al., 2017, p. e143). Three months after the interventions there were inconsistent, but favorable changes based on the questionnaires. There were no significant differences on the self-esteem rating scales.

Keywords: art-therapy; hypnosis; self-esteem; reinforcement strategies; Attention-Deficit/Hyperactivity Disorder (ADHD); methylphenidate therapy

Subcategory: children

Topic: Self-esteem reinforcement strategies in ADHD: Comparison between hypnosis and art-therapy

Sample size (n = 8)

doi: https://doi.org/10.1016/j.ejpn.2017.04.1290

Comments: Only a somewhat detailed abstract was available for this study that took place in Tours, France. No information was given about whether the art-therapy sessions were conducted by a trained art therapist. Specific measures were not identified. The sample was very small, but participants were randomly assigned to groups.

Abstract: Creative arts therapies aim to expand conventional palliative care interventions by making clinical care more holistic. The object of the present study was to evaluate the benefits of an art therapy intervention in a tertiary hospital palliative care unit, directly in adult cancer patients and indirectly in their relatives. We evaluated the intensity of pain, anxiety, depression, and well-begin using the Edmonton Symptom Assessment Scale before and after the first, third, and fifth art therapy sessions. After the third and fifth sessions, perceived helpfulness was assessed via a questionnaire. We observed a significant reduction in anxiety, depression, and pain as well as significant increase in well-being at each of the time points evaluated. Ninety-eight percent of the patients considered the art therapy helpful, which could be categorized as generally helpful in 54.8%, related to the triadic relationship in 32.9%, and to a dyadic relationship in 12.3%. Relatives gave similar opinions regarding the effects on patients and, in addition, reported an indirect helpful effect for themselves. The most frequently selected experiences from the checklist were feeling calm, being entertained, and expressing and communicating emotions.

This art therapy intervention was beneficial in reducing symptom intensity. Almost all the participants directly or indirectly involved in the creative art process considered it helpful. They reported a wide variety of sensory, emotional, cognitive, and spiritual experiences.

Keywords: art therapy, palliative care, cancer, suffering, well-being, comprehensive care
Subtopic: Art therapy and patients with cancer
Topic: Art therapy for symptom reduction and increase in well-being in palliative care
Sample size (n): unknown
doi: https://doi.org/10.1016/j.jpainsymman.2020.07.027
Comments: This study was conducted by physicians. The abstract does not provide information about how art therapy sessions were conducted.

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>One Group Pre/Post</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: Emotional awareness and acceptance of emotion are associated with improved health in breast cancer (BC) patients. Art therapy (AT) uses visual art-making for expression and communication and has been shown to reduce psychological and physical symptoms in individuals with cancer. A major objective of AT is to encourage increases in emotion processing; however, few studies examine these changes.
The purpose of this randomized clinical trial is to examine the effect of an eight-week AT group on emotion processing as a mechanism of symptom reduction in women with BC who had completed primary treatment. Participants were randomized to participate in eight-weeks of AT or sham AT, which was a mandala coloring group. Participants answered questionnaires before and after the intervention. Cohen’s D calculator was used to test for effect sizes and a t-test to examine group differences. Statistically significant between-group differences in emotional awareness and acceptance were found after the intervention. We found large effect sizes between groups and over time in acceptance of emotion, emotional awareness, and depressive symptoms. We conclude that emotion processing in AT may be a potential mechanism reducing depression and somatic symptoms in cancer patients. Art Therapy is a feasible intervention to increase emotional processing. A larger study is required to further examine its effect on psychological and physical symptoms in breast cancer patients.

**Keywords:** behavioral health, breast, intervention research, palliative care, quantitative, RCT

**Subtopic:** Emotion processing via art therapy

**Topic:** Art Therapy Treatment of Patients with Cancer

**Sample size (n):** 20 – randomly assigned to groups

**doi:** https://doi.org/10.1080/07347332.2019.1590491

**Comments:** This is a pilot study with a small sample which was randomly assigned to groups. Results are promising after the eight-week intervention. Two of the authors were physicians, suggesting the importance of including medical staff in such research projects.

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized, controlled study</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>


**Keywords:** cancer patients; art therapy; anxiety; psychosomatic distress symptoms; chemotherapy

**Abstract:** The aim of this study was to investigate the feasibility of a single group session based on art therapy (AT) for adult cancer patients to reduce anxiety and distress before anticancer treatment. A non-randomized pre-post study design was adopted. Sixty-two patients took part in one of twenty-seven “one-off” sessions held over a four-month period. Sixty-six patients, who simply received routine medical treatment, served as the control group (CF). The intervention was appropriate to patients’ needs and feasible in the context of their routine medical care. In contrast to the G, the intervention group (IG) participants demonstrated a decrease in symptoms of anxiety, drowsiness, and tiredness. The intervention proved suitable to the medical routine of patients’ care. The clinical implications of the AT protocol and future research aimed at testing it vs. a different type of psychosocial intervention in a randomized controlled study are discussed.

**Subtopic:** anxiety and psychosomatic distress symptoms
**Topic:** One-session intervention for patients with cancer

**Sample size (n):** 62

**doi:** https://doi.org/10.1080/17533015.2019.1608566

**Comments:** Patients with cancer who are in chemotherapy treatment experience symptoms of anxiety, as well as physical symptoms of drowsiness and tiredness. The authors explored whether a “one-off” session of art therapy would reduce those symptoms. Positive results might be in response to the novelty of the intervention or a real effect of the treatment. Further study is needed.

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<th>Peer review or dissertation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small Group</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>X</td>
<td>Pre post test with experimental and control groups – not randomized</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>


**Abstract:** Background: Children with leukemia undergo painful procedures such as lumbar puncture and bone marrow aspiration. To overcome pain, certain units offer total anesthesia; others offer generic support; others offer no preparation at all. Since September, 1997, we have provided leukemic children with art therapy (AT), a nonverbal and creative modality that develops coping skills. Our goal is to prevent anxiety and fear during painful interventions as well as prolonged emotional distress. Procedure: We treated 32 children aged 2–14 years. The modes of AT before, during, and after the punctures were as follows: clinical dialogue to calm children and help them cope with painful procedures; visual imagination to activate alternative thought processes and decrease the attention towards overwhelming reality and raise the peripheral sensitivity gate; medical play to clarify illness, eliminate doubts, and offer control over threatening reality; structured drawing to contain anxiety by offering a structured, predictable reality (the drawing) that was controllable by children; free drawing to allow children to externalize confusion and fears; and dramatization to help children accept and reconcile themselves to body changes. Results: Children hospitalized before September, 1997, exhibited resistance and anxiety during and after painful procedures. By contrast, children provided with AT from the first hospitalization exhibited collaborative behavior. They or their parents asked for AT when the intervention had to be repeated. Parents declared themselves better able to manage the painful procedures when AT was offered. Conclusions: AT was shown to be a useful intervention that can prevent permanent trauma and support children and parents during intrusive interventions.

**Keywords:** Art therapy, Leukemia, Pediatrics

**Subcategory:** Pediatrics

**Topic:** Art therapy as a supportive tool for children diagnosed with leukemia undergoing invasive and painful procedures

**Sample size (n):** 32 participants

**doi:** 10.1002/mpo.1112

**Comments:** Multiple art therapy approaches/techniques, results suggest art therapy as a beneficial therapeutic tool for hospitalized children, future considerations were aimed at reducing trauma during invasive and painful medical procedures.

**Abstract:** In response to a call for HIV treatment agendas to incorporate mental health programmes, we investigated a model of art psychotherapy intervention for the treatment of HIV-related depression. Black women living with HIV are at risk of developing major depression, which negatively affects the physiological course of HIV infection. Since literature indicates a relationship between positive mood and an internal health locus of control (HLOC) orientation and supports the notion that creative expression contributes to positive mood, it was hypothesised that an art psychotherapy intervention would decrease levels of depression and external HLOC orientation in black women living with HIV and that this decrease would be maintained for two weeks after the intervention. To test this hypothesis, an experimental research design was implemented (pre-test, intervention, post-test and post-post-test) where the intervention variable was manipulated for an experimental group and a control group. The Beck Depression Inventory - II (BDI-II) and the Multidimensional Health Locus of Control Scale (MHLCS) were used as measurement instruments. The sample consisted of 18 black women who attended the same HIV support group in Soshanguve. The experimental group (n = 9) participated in an art psychotherapy intervention, and the control group (n = 9) participated in an entertainment video viewing activity. The two groups were compared with respect to the difference between their pre-test and post-test, as well as the difference between their post-test and post-post-test depression scores and HLOC orientations. Following the intervention, the levels of depression among the participants in the experimental group had decreased significantly. The findings also showed that the decreased Chance HLOC orientation among participants in the experimental group became significant two weeks after the art psychotherapy intervention.

**Keywords:** Art psychotherapy, depression, HIV

**Subcategory:** Adult Women

**Topic:** Reducing depression in women diagnosed with HIV

**Sample size (n):** 18 participants (9 experimental; 9 control)

**doi:** http://hdl.handle.net/10520/EJC98503

**Comments:** Art therapy psychotherapy-based, demonstrates the value of art therapy in reducing depression, international article

**Abstract:** Art therapy has been shown to be helpful to cancer patients at different stages in the course of their illness, especially during isolation for bone marrow transplantation, during radiotherapy treatment, and after treatment. The aim of this study is twofold: (1) to assess whether patients during chemotherapy sessions perceive art therapy as helpful and (2) to outline in which way art therapy is perceived as helpful. 157 cancer patients attending an Oncology Day Hospital (Siena, Italy) met the art therapist during their chemotherapy sessions. The art therapist used the same art therapy technique with each patient during the first encounter (“free collage”); afterward the relationship would evolve in different ways according to the patients' needs. A psychologist interviewed a randomized group of 54 patients after the chemotherapy treatment using a semi-structured questionnaire. Out of the 54 patients, 3 found art therapy “not helpful” (“childish,” “just a chat,” “not interesting”). The other 51 patients described their art therapy experience as “helpful.” From patients' statements, three main groups emerged: (1) art therapy was perceived as generally helpful (e.g., “relaxing,” “creative”; 37.3%), (2) art therapy was perceived as helpful because of the dyadic relationship (e.g., “talking about oneself and feeling listened to”; 33.3%), and (3) art therapy was perceived as helpful because of the triadic relationship, patient–image–art therapist (e.g., “expressing emotions and searching for meanings”; 29.4%). These data have clinical implications, as they show that art therapy may be useful to support patients during the stressful time of chemotherapy treatment. Different patients use it to fulfil their own different needs, whether it is a need to relax (improved mood) or to talk (self-narrative) or to visually express and elaborate emotions (discovering new meanings). Some illustrations of patients using the art therapy process to fulfill these three different needs are provided.

**Keywords:** Art therapy, cancer, chemotherapy

**Subcategory:** Adult

**Topic:** Supporting the chemotherapy process with art therapy

**Sample size (n):** 54 participants

**doi:** https://doi.org/10.1017/S1478951509990691

**Comments:** Procedure facilitated by an art therapist, a psychologist facilitated the randomized questionnaire

**Abstract:** This study identified decreased distress after art therapy in a proxy pretest study with a convenience sample of 73 patients being treated for cancer. Art therapy outcomes from 4 settings (oncology unit, infusion clinic, individual sessions, and open studio) were measured via the self-report Distress Thermometer, which was collected as part of an ongoing hospital evaluation of the art therapy program. Results indicated decreased patient distress following art therapy, and the art therapy open studio showed the largest mean decrease for stress post-art therapy.

**Keywords:** distress; cancer; art therapy

**Subcategory:** adults

**Topic:** Effects of art therapy on distress levels of adults with cancer: A proxy pretest study

**Sample size (n):** 73

**doi:** https://doi.org/10.1080/07421656.2016.11277687

**Comments:** Distress scores were reduced in the four settings with the greatest pre-art therapy distress reported in the open studio. Post-art therapy, the greatest distress reduction occurred in the open studio. Data was collected over a six month period. The researcher focused on the effects of art therapy treatment on distress within each setting.

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<th>Utilizes art therapy as a measure distinctly from other interventions</th>
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<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>n/a</td>
<td>pre/posttest design</td>
<td>x</td>
<td>peer reviewed</td>
</tr>
</tbody>
</table>


**Keywords:** Art therapy protocol, pain, memory reconsolidation, online, COVID-19 pandemic

**Abstract:** This pilot study explored the effects of a psychosocial empirically supported arts drawing protocol for trauma on chronic pain reduction, positive and negative effect, as well as relationships and resources. Additional aims were to explore memory reconsolidation as a change factor in art therapy. The study examined three- and four-drawing protocols and two resource reminder conditions to evaluate which version of the protocol was most helpful. Significant improvements were found in ratings of experiencing pain, depression, fear, anger, relationship problems, and endorsed resources. There were significant differences between groups for anger, and a time by resource reminder condition interaction effect for fear. Exploratory analyses showed similar results for those
who participated in the study before and during the first three months of the COVID-19 pandemic, and online versus in-person participation. However, pre-pandemic participants reported an increase in frequency of experiencing hopefulness over time. Also, online participants reported a greater decrease in frequency of hopefulness over time, yet participants during the pandemic reported an increase in frequency of hopefulness over time. Also, online participants reported a greater decrease in hopefulness frequencies when compared to in-person participants. There were no significant differences between the two versions of the protocol or the memory reconsolidation reminder conditions.

**Subtopic:** Chronic pain

**Topic:** Effects of two drawing protocols on chronic pain

**Sample size (n):** 34; 27 participated pre-pandemic, in-person; 5 participated online. Seven participated during the pandemic (online)

**doi:** https://doi.org/10.1016/j.aip.2020.101749

**Comments:** This is one of the first studies to be conducted partially during the COVID-19 pandemic. The study is meticulously described and lends itself to replication, with or without a pandemic.

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</tr>
</thead>
<tbody>
<tr>
<td>Adults; participation in one of four conditions</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Mixed-methods, pre-posttest randomized, controlled trial</td>
<td>X</td>
<td>Peer reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** We undertook a pilot study to evaluate and potentially reduce the level of burnout in the operators of two oncology centers. The study included 65 doctors and nurses of an adult (Group A) and a pediatric oncology unit (Group B). We used the Maslach Burnout Inventory to estimate the level of burnout obtained in three dimensions: emotional exhaustion, distancing (cognitive and emotional) and reduced personal achievement. Data showed a medium–high level of burnout in Group A and a medium–low level in Group B. In the second part of the study, Group B underwent a program of art therapy interventions with the aim of reducing the level of burnout. Comparing the responses from Group B participants before and after the intervention indicated a statistically significant decreased level of burnout. In conclusion, burnout syndrome exists among oncology unit personnel and can be effectively treated with art therapies. Attention devoted to this aspect is required in order to improve the workers' well-being, thus enhancing attention and dedication to patients.

**Keywords:** Art therapy; burnout; cancer; medical staff; oncology

**Subcategory:** Burnout

**Topic:** Reducing burnout in oncology units

**Sample size (n):** 65 participants

**doi:** 10.1002/pon.1293

50

**Abstract:** This study was designed to test the effectiveness of a mindfulness-based art therapy program to promote quality of life. Participants were 124 Neyshabur (Iran) women (ages 40 – 60 years) with breast cancer. A total of 114 participants were matched for age before being randomly assigned to the experimental group (MBAT for 12 weeks; 90 minutes per session) or the control group who were wait-listed. The World Health Organization Quality-of-Life – BREF questionnaire was used to compare the two groups. A significant pre-posttest difference was found in the MBAT group (p< 0.05).

**Keywords:** art therapy; breast cancer; mindfulness

**Subcategory:** Adults

**Topic:** Effectiveness of mindfulness-based art therapy on healthy quality of life in women with breast cancer

**Sample size:** 114

**doi:** http://www.apjon.org/text.asp?2019/6/2/193/240576

**Comments:** Although neither author appeared to be trained in art therapy, the sample size and randomization to groups adds to the validity of this study.

**Abstract:** Two measures were used to assess the impact of group and individual art therapy sessions, post-treatment: Perceived usefulness of art therapy: the Post-NiCoE Patient Satisfaction Survey was reported in frequency counts of art therapy compared with other interventions. Art therapy was clearly most frequently selected. “Programme evaluation feedback on symptom alleviation through art therapy”, reported in percentages, indicate positive change for all symptoms.

**Keywords:** art therapy; military; post-traumatic stress; PTSD; TBI; service members; active duty

**Subcategory:** adults

**Topic:** Art therapy interventions for active duty military service members with post-traumatic stress disorder and traumatic brain injury

**Sample size** (*n = *) not reported

**doi:** [https://doi.org/10.1080/17454832.2017.1388263](https://doi.org/10.1080/17454832.2017.1388263)

**Comments:** Although the graphed results indicate the results of the art therapy interventions, there are no statistical calculations to establish whether there are differences among art therapy and other treatments or between pre- and post-treatment reporting of symptoms. Self-report measures are a threat to validity.

**Abstract:** In this study we tested whether drawing and coloring influence cardiovascular recovery and perceived stress following exposure to a stressor. In a mixed experimental design, participants (N = 62) completed an acute stress task before being randomly assigned to one of three brief activities: free-form drawing (full creative control), coloring (limited creative control), or a text copying activity (control group). Results revealed no significant effect of activity type on cardiovascular recovery or perceived stress. Artistic activities, both drawing and coloring, received significantly higher perceived creative control and task enjoyment ratings, but were not accompanied by stress-relieving effects.

**Keywords:** Cardiovascular recovery, acute stress, free-form drawing, coloring, text copying

**Subtopic:** Cardiovascular recovery

**Topic:** Art tasks to reduce stress and influence cardiovascular recovery

**Sample size (n):** 62

**Comments:** In this study, coloring and drawing do not support stress reduction nor was cardiovascular recovery enhanced.

<table>
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</tr>
</thead>
<tbody>
<tr>
<td>Young Adults Three Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Quasi-experimental, pre/posttest without randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** This case report discusses the potential for art therapy to aid in the recovery of early-chronic stroke patients. The patient was diagnosed with having a subarachnoid hemorrhage from a cerebral aneurysm rupture 1 year prior to hospitalization. Therapies used as part of the patient's treatment included 10 weeks of art therapy conducted twice a week, resulting in improvements in the patient's emotions and cognition. The patient's artwork provides an especially valuable opportunity for tracking improvements in cognition not easily detected in standard rehabilitation therapy. Results from the MMSE, MVPT, and psychological tests conducted before and after art therapy treatment showed improved scores in visual perception and cognition, as well as an increase in motor activity and function as a secondary effect. This case report suggests that art therapy may have a positive therapeutic effect on chronic stroke patients.

**Keywords:** art therapy, stroke, rehabilitation

**Subcategory:** Stroke

**Topic:** Art therapy in rehabilitation

**Sample size (n):** 1 participant

Abstract: The pre-posttest repeated measures study was based on an eight-week mindfulness-based art therapy (MBAT) program titled “Walkabout: Looking In, Looking Out”. Variables were: “sleep quality, health-related quality of life, sense of coherence (SOC), and spirituality” (Meghani et al., 2018, p. 1195). Eighteen patients with cancer reported improvements in depression (statistically significant), “sense of coherence, and peace, meaning, and faith” (p. 1195). No statistical differences were found on the other variables. The authors conclude that the program was effective on some, but not all, variables for the 18 participants.

Keywords: art therapy; mindfulness; cancer; symptoms; distress; spirituality; quality of life

Subcategory: adults

Topic: A pilot study of a mindfulness-based art therapy intervention in outpatients with cancer

Sample size (n = ) 18

doi: 10.1177/1949909118760304

Comments: This study was carefully conducted and collected data on many variables. As such, it sensitively tests the many nuances of the effects of cancer on symptoms. The eight-week MBAT program was described briefly. There are no illustrations of patient artwork. Repeated measures provided a check-in at week four, in addition to the pre- and posttests.

**Abstract:** The purpose of this study was to gather data on the efficacy of a newly developed psychosocial group intervention for cancer patients, called mindfulness-based art therapy (MBAT). One hundred and eleven women with a variety of cancer diagnoses were paired by age and randomized to either an eight-week MBAT intervention group or a wait-list control group. Ninety-three participants (84%) completed both the pre- and post-study measurements. As compared to the control group, the MBAT group demonstrated a significant decrease in symptoms of distress (as measured by the Symptoms Checklist-90-Revised) and significant improvements in key aspects of health-related quality of life (as measured by the Medical Outcomes Study Short-Form Health Survey). This investigation of MBAT provides initial encouraging data that support a possible future role for the intervention as a psychosocial treatment option for cancer patients.

**Keywords:** cancer, stress, mindfulness, art, oncology

**Subcategory:** Cancer

**Topic:** Mindfulness-based art therapy with cancer

**Sample size (n):** 111 participants (93 experimental; 18 control)

**doi:** 10.1002/pon.988

**Comments:** Use of a symptoms checklist, found significant results in support of art therapy treatment

<table>
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<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT (measurable outcome)</th>
<th>Measures the impact of treatment on a sample/group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Randomized experimental and control, pre-/post</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**Abstract:** Art therapy has been used in a variety of clinical settings and populations, although few studies have explored its use in cancer symptom control. The specific aim of this study was to determine the effect of a 1-hour art therapy session on pain and other symptoms common to adult cancer inpatients. A quasi-experimental design was used (n = 50). The Edmonton Symptom Assessment Scale (ESAS) and the Spielberger State-Trait Anxiety Index (STAI-S) were used prior to and after the art therapy to quantify symptoms, while open-ended questions evaluated the subjects’ perceptions of the experience. There were statistically significant reductions in eight of nine symptoms measured by the ESAS, including the global distress score, as well as significant differences in most of the
domains measured by the STAI-S. Subjects overwhelmingly expressed comfort with the process and desire to continue with therapy. This study provides beginning evidence for the efficacy of art therapy in reducing a broad spectrum of symptoms in cancer inpatients.

**Keywords:** Pain, anxiety, symptoms, art therapy, cancer  
**Subcategory:** Cancer  
**Topic:** Relieving symptoms  
**Sample Size:** 50 participants  
**doi:** https://doi.org/10.1016/j.jpainsymman.2005.07.006  
**Comments:** Strong art therapy outcomes

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<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Quasi-experimental pre-/post</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Between 2001 and 2004, 42 women with breast cancer (20 women in the study group and 22 women in the control group) participated in an intervention study involving art therapy. This article elaborates on previous quantitative results, taking a discursive approach and drawing on gender theories in analyzing the women’s use of interpretative repertoires in interviews and diaries and their answers on single items of the Coping Resources Inventory (CRI). The aim was to inquire into whether and, if so, how and with what consequences women with breast cancer who participated in art therapy improved their access to beneficial cultural interpretative repertoires, compared to a control group. The results showed a connection between participation in art therapy, talking about protecting one's own boundaries, and scoring higher on the CRI compared to the control group. There was also a connection between the control group, repertoire conflicts, and lower scores on the CRI. Our interpretation is that art therapy became a tool the women could use to distinguish cultural understandings about boundaries and, through image making and reflections, to give higher legitimacy to their own interpretations and experience.

**Keywords:** Art therapy, breast cancer, coping, disclosure, gender, narrative  
**Subcategory:** Breast cancer  
**Topic:** Art therapy in boundary strengthening  
**Sample Size:** 42 participants (20 experimental and 22 control)  
**doi:** https://doi.org/10.1016/j.aip.2007.04.003  
**Comments:** Quantitative data shows positive art therapy outcomes

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Art Therapy Intervention | Assesses the impact of AT (measurable outcome) | Measures the impact of treatment on a sample/group | Utilizes art therapy as a measure distinctly from other interventions | Thorough qualitative write-up | Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization) | Significance | Dissertation or Peer-reviewed
--- | --- | --- | --- | --- | --- | --- | ---
Group | x | x | x | n/a | Experimental and control group, pre-/post, and the use of narratives to convey the effects of art therapy | X | Peer-review


**Abstract:** The purpose of this study was to “evaluate the direct costs and effectiveness of the mindfulness-based art therapy (MBAT) program compared with the cost and effectiveness of a breast cancer support group” (Prioli et al., 2017, p. 288). Cost was calculated for 191 participants using the 36-Item Short-Form Health Survey (SF-36) QOL battery to measure the variable “a change in quality-adjusted life-year” (p. 288). Effectiveness was the same for both groups. Costs differed with the MBAT group being more expensive ($992.49/participant versus $562.71 for the support group. However, the two interventions would be similar “if some intervention-related costs, such as staff time and supplies, were reduced” (p. 288).

**Keywords:** art therapy; behavioral medicine; breast cancer support group; integrative medicine; mindfulness-based stress reduction; nontraditional supportive interventions

**Subcategory:** adults

**Topic:** Costs and effectiveness of mindfulness-based art therapy versus standard breast cancer support group for women with cancer

**Sample size (n = )** 191

**PMCID 5620510; PMID 28975012**

**Comments:** Although not strictly an outcomes study, this research takes the question of effectiveness in a different direction, one that is often the concern of administrators. Calculation of whether there was a significant difference between groups would strengthen this study. A follow-up study is needed to test the hypothesis raised by the current study.

**Keywords:** cancer, art therapy, family-based art therapy, depression, pain anxiety

**Abstract:** The use of psychotherapy for children, particularly arts-based psychotherapies, is necessary, given the impact if cancer on the body and at the psychological level. The purpose of this study was to develop a family-based art therapy protocol for hospitalized children with cancer. Measurements were its impact on depression (DEP) and pain anxiety (PA). Five children and their mothers participated in this single subject, A-B study. Eight sessions were conducted, each 30 – 60 minutes. Depression and pain anxiety were repeatedly measured. Results indicate that family-based art therapy was effective in reducing symptoms of depression and pain anxiety in all five children.

**Subcategory:** Cancer, depression, pain anxiety

**Topic:** Effects of Family-Based Art Therapy

**Sample size (n):** 5

**doi:** https://doi.org/10.22054/JCPS.2020/48000.2215

**Comments:** This study is very thoroughly described, especially the protocol for Family-Based Art Therapy. It could easily be replicated. Graphs for each child are clear and easy to understand.

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<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Peer Reviewed or Dissertation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Single Subject</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>


**Abstract:** Patients (n = 60) with cancer were randomly divided into two groups: one received a six-session Self-Book© art therapy, the other received “standard care” (Radl et al., 2018, p. 2087). Three measures were used to assess the effectiveness of the interventions using testing at “baseline, week 3, week 6, and 1 to 2 months post intervention” (p. 2087). Attrition resulted in data from 40 participants in the final calculation. Although there were no significant differences in groups for “emotional distress and psychological well-being” (p. 2087), a significant difference was found between groups on spiritual well-being, with the Self-Book© having greater gains (p = 0.02).
**Keywords:** cancer-related emotional distress; Self-Book© art therapy; Distress Thermometer

**Subcategory:** adults

**Topic:** The effects of Self-Book© art therapy on cancer-related distress in female cancer patients during active treatment: A randomized controlled trial

**Sample size (n):** 60

**doi:** [https://doi.org/10.1002/pon.4758](https://doi.org/10.1002/pon.4758)

**Comments:** This study was well-structured. Results were carefully reported. Because participants were randomly assigned to groups its validity is greater than non-randomized studies.

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<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>n/a</td>
<td>Randomized controlled study</td>
<td>x</td>
<td>peer-reviewed</td>
</tr>
</tbody>
</table>

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**Abstract:** Symptom management for persons living with HIV/AIDS is an extremely important component of care management. The importance of pharmacologic interventions for management of symptoms is well recognized and non-pharmacologic strategies such as art therapy are gaining interest in lay and professional communities. The aim of this research project was to test the feasibility and effectiveness of art therapy for relief of symptoms experienced by people living with HIV/AIDS. In this randomized clinical trial of art therapy, the objective was to assess change in physical and psychological symptoms. Participants were recruited from a large urban hospital’s inpatient population and outpatient HIV clinic. Seventy-nine people with a diagnosis of HIV infection provided socio-demographic information, participated in either a one-hour art therapy session or viewed a videotape about art therapy, and completed pre- and posttest measures of psychological and physical symptoms. Two separate analyses of covariance models were used to identify if the treatment condition influenced psychological and physical symptoms, after adjusting for pretest score, age, gender, and race/ethnicity. The analyses showed that physical symptom mean scores were better for those who participated in the art therapy compared to those who viewed the videotape, and this difference between conditions was statistically significant (p<0.05). Thus, the study demonstrated the potential benefits of one session of art therapy in relation to symptoms associated with HIV/AIDS. *(Reprinted with permission from Taylor & Francis publishers).*

**Keywords:** Art therapy, alternative and complementary therapies, symptom management, non-pharmacologic therapy

**Subcategory:** HIV/AIDS

**Topic:** Art therapy treatment of HIV/AIDS symptoms
Sample size \( (n) \): 79 participants (40 experimental and 39 control)
doi: 10.1080/09540120802068795

Comments: Comparatively large group of participants, randomized volunteers; compares videotape watching with art therapy, significant difference in physical functioning but not in anxiety

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<th>Significance</th>
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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Control/experimental with randomization. ( n = 79; ) treatment ( n = 39 ). No directive; use art materials to make anything. One 1-hour session.</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


Abstract: Thirty adolescents who were refugees from Burma participated at The Art Therapy Institute in this study. It was designed to assess “symptoms of anxiety, depression, and behavioral problems” (Rowe et al., 2016, p. 26) before and after art therapy. There were decreases in anxiety and increases in self-concept. However, the measures were found to lack sensitivity to the subtle effects of art therapy treatment of trauma.

Keywords: child/adolescent health; community intervention; community organization; mental health; minority health; evaluation methods; outcome evaluation

Subcategory: adolescents

Topic: Evaluating art therapy to heal the effects of trauma among refugee youth: The Burma Art Therapy Program Evaluation

Sample size \( (n = \) 30
doi: [https://doi.org/10.1177/1524839915626413](https://doi.org/10.1177/1524839915626413)

Comments: One author holds the credentials ATR. This study appears to have more focus on evaluation tools, as evidenced by the authors’ conclusion that the “four validated clinical tools” (p. 26) were not sensitive enough to pick up changes and advances in these youth as a result of art therapy. They recommend that an art-based measurement should be used in future studies.

**Abstract:** The impact of at least one bedside art therapy session was the focus of this study. Patients’ (n = 195) mood, pain, and anxiety were measured using Rogers’ Happy/Sad Face Scale for each variable before and after the art therapy session. Patients’ diagnoses ranged widely, but, for analysis, were divided into four groups: “epilepsy, gastrointestinal, cancer, and ‘other’” which included heart and vascular, orthopedic, and general surgery patients (Shella, 2018, p. 61). Significant improvements in all three variables resulted from treatment (p < 0.001).

**Keywords:** art therapy and mood, anxiety, and pain; adult medical inpatients; medical art therapy; cancer; gastrointestinal

**Subcategory:** adults

**Topic:** Art therapy improves mood, and reduces pain and anxiety when offered at bedside during acute hospital treatment

**Sample size (n = )** 195

**doi:** https://doi.org/10.1016/j.aip.2017.10.003

**Comments:** This study is meticulous in its structure and reporting. It has direct application to medical settings with vulnerable adult patients.

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**Keywords:** Alcoholism; Brief Psychotherapy; Art Therapy; Psychiatric Nursing; Psychiatric Rehabilitation

**Abstract:** The purpose of this study was to identify the impact of a brief art therapy intervention in patients who use alcohol. An intra-group design was used to test the alcohol consumption level in 11 people with alcoholism in Tamarana-PR, Brazil between 2015 – 2016. Self-reports were gathered at the beginning and end of the intervention. Using Cohen’s effect size and paired t-tests, it was found that six participants ceased alcohol consumption, four showed a high level of consumption, and one presented average consumption. The paired t-test result suggested significant differences between the initial and final scores, as well as 0.76
effect size. The brief intervention associated with the art therapy resulted in significant impact in reducing alcohol consumption. Investing in the continuous training of primary health care professionals is crucial to consolidate the improvements.

**Subtopic:** Adults with alcoholism  
**Topic:** Brief art therapy intervention on reduction of alcoholism levels  
**Sample size ($n$):** 11  
**doi:** https://doi.org/10.1590/0034-7167-2018-0317  

**Comments:** A brief (not described) art therapy intervention was used to address alcohol usage in a very small sample. It is unusual to obtain significant pre-post test differences in such a small group. Limitations are self-reporting, the novelty effect, and the small sample. The art therapy intervention is not described in the abstract.

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<th>Peer reviewed or dissertation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults; “brief” art therapy</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre-post one-group design</td>
<td>X</td>
<td>Peer reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Children with epilepsy are at risk for numerous psychological and social challenges. We hypothesized that art therapy focus groups would enhance the self-image of children and adolescents with epilepsy. Sixteen children with epilepsy, ages 7 – 18 years, were recruited from pediatric neurology clinics at the University of Wisconsin to participate in four art therapy sessions. Pre-group assessments included psychological screens (Piers-Harris Children’s Self-Concept Scale; Childhood Attitude Toward Illness Scale; Impact of Childhood Neurologic Disability Scale) and art therapy instruments (Formal Elements Art Therapy Scale; Seizure Drawing Task, Levick Emotional and Cognitive Art Therapy Assessment). Developmental levels of drawings were significantly below age-expected standards. Following completion of focus groups, a repeat Childhood Attitude Toward Illness Scale showed no differences between pre- and post-test scores on any measure of this scale. However, subjects and parents were uniformly positive about their group experiences, suggesting a qualitative benefit from participating in art therapy focus groups.

**Keywords:** Epilepsy, art, art therapy, children, adolescents  
**Subcategory:** Epilepsy  
**Topic:** Four-session art therapy treatment and developmental stage information gathering  
**Sample size ($n$):** 16 participants  
**doi:** https://doi.org/10.1016/j.yebeh.2012.03.030  

**Comments:** Children and adolescents participated in four weekly art therapy focus groups. Art projects were designed to explore aspects of their epilepsy diagnosis. Developmental ages of seizure drawing revealed a lag in artistic maturity. Enthusiasm about group participation suggests positive benefit on self-image.

**Abstract:** This paper will describe and discuss a pilot project which aimed to explore whether art therapy is helpful for people with Parkinson’s disease and their care-givers. The rationale, aims and objectives of the project will be presented, together with practical information about the mechanisms for setting up the project – the context, getting referrals, the sessions, the involvement of relevant staff, involvement of the care-givers and relatives, and the insights gained from the whole process including the post-therapy interviews. Images are not included, as this will be the focus of a further paper. *(Reprinted with permission by Taylor & Francis)*.

**Keywords:** Art therapy, Parkinson’s disease, progressive illness, patient experience, patient needs, communication of emotion

**Subcategory:** Parkinson’s

**Topic:** Art therapy with adults with Parkinson’s at three settings; art therapy & interviews with narrative & discourse analyses

**Sample size (n):** 9 participants

**doi:** https://doi.org/10.1080/1745-4840

**Comments:** Art therapy outcomes are measurable and appropriate for OB inclusion

Abstract: Objective: Recent research shows that almost every second woman with breast cancer is depressed or has anxiety; the risk for younger women is even higher. Moreover, research shows that women are at risk for developing depression, also a threat for women with breast cancer. The aim of this randomized controlled clinical trial was to study the outcome of five sessions of art therapy given at a 5-week period of postoperative radiotherapy.

Methods: The participants were between 37 and 69 years old; six participants in each group were below 50 years of age. Half of the participants (n = 20) received art therapy and the other half (n = 21) were assigned to a control group. At the first measurement, at least 17% (n = 7) of the participants were medicated with antidepressants. Data were collected before and after art therapy and at a 4-month follow-up using self-rating scales that measure self-image (the Structural Analysis of Social Behavior) and psychiatric symptoms (the Symptom Checklist – 90).

Results: At follow-up, significant lower ratings of depression, anxiety, and somatic symptoms and less general symptoms were reported for the art therapy group compared to the control group. The regression analysis showed that art therapy relates to lower ratings of depression, anxiety, and general symptoms; chemotherapeutic treatment predicts lower depressive symptoms; in contrast to axillary surgery and hormonal treatment as well as being a parent predicts higher ratings of anxiety and general symptoms.

Significance of results: The conclusion suggests that art therapy has a long-term effect on the crisis following the breast cancer and its consequences.

Keywords: Art therapy, breast cancer, Symptom Check List-90 (SCL-90), Structural analyses of Social Behavior (SASB), oncology

Subcategory: Women with breast cancer

Topic: Simultaneous art therapy and radiotherapy treatments

Sample size (n): 41 participants (21 experimental and 20 controls)

doi: https://doi.org/10.1017/S147895150900011X

Comments: Focus on total health, quality of life, physical health, psychological health; SHO-WHOQOL BREF showed significant differences; EORTC QLQ-BR23 showed no significant differences between groups but significant differences in intervention group between measures 1 and 3 on body image, future perspectives, systematic therapy side effects. Qualitative measures: interview & diary entries

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Randomized, controlled study. Five 1-hour sessions. Testing pre, 2 months and 6 months after radiotherapy</td>
<td>X</td>
<td>Peer-review</td>
</tr>
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</table>
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Significance of results: The conclusion suggests that art therapy has a long-term effect on the crisis following the breast cancer and its consequences.

Keywords: Art therapy, breast cancer, Symptom Check List-90 (SCL-90), Structural Analysis of Social Behavior (SASB), oncology

Subcategory: Breast Cancer
Topic: Art Therapy treatment of depression, anxiety, and risk of depression in women with breast cancer
Sample size (n): 42 participants (20 experimental and 22 controls)
doi: https://doi.org/10.1017/S1478951509000011


Keywords: Cancer; palliative care; burnout; compassion fatigue; art therapy; medical staff

Abstract: Doctors are frequently exposed to work-related stressors putting them at risk of burnout and affecting patient safety. This has long been recognized in oncology and palliative care staff members, with as many as 70% of young oncologists in Europe reporting burnout. Our objective was to use art therapy, which has been shown to combat the symptoms of burnout, on cohort of trainee doctors in these high-risk specialties. In this pilot study, an art therapist ran three courses for oncology and palliative care trainee doctors, each comprised six art therapy sessions. The Maslach Burnout Inventory – Human Services Survey (MBI-HSS) was completed pre- and post-intervention and a feedback questionnaire completed at the
end of each course. Eighteen participants were recruited. MBI-HSS scores from 14 participants showed that the mean pre-intervention scores of the participants demonstrated burnout. Following the course there were statistically significant improvements in emotional exhaustion (p=<0.0001) and personal achievement (p = 0.011) (removing one outlying participant’s score from the latter). Feedback was overwhelmingly positive with most respondents finding the course “very helpful”. The results of the pilot study demonstrated that six weeks of structured art therapy sessions resulted in positive change in our participants.

**Subtopic:** Compassion fatigue  
**Topic:** Effects of art therapy treatment on medical staff (trainee doctors) with burnout

**Sample size (n):** 14  
**doi:** https://doi.org/10.1080/17454832.2018.1490327  
**Comments:** Scores on the Mashlach Burnout Inventory were used to identify level of burnout. Of 18 volunteers, burnout scores for 14 met inclusion criteria. Content of sessions was based on Potash et al.’s (2015) Hong Kong studies.

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</thead>
<tbody>
<tr>
<td>Group; Physicians</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre-post design; no control group</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**Abstract:** The purpose of this study was to measure the effectiveness of a five-day art therapy intervention to reduce post-traumatic stress, depression, and anxiety in refugee children, ages 7 – 12 years. This pre-posttest study measured changes in the three variables using the Stressful Live Events (SLE) questionnaire, the UCLA Post-Traumatic Stress Disorder Parent version, Child Depression Inventory, and the State-Trait Anxiety Scale. Treatment was built on the Skills for Psychological Recovery. Significant reductions in trait anxiety, depression, and trauma were reported. Differences in state anxiety were not significant.

**Keywords:** refugee children; trauma; depression; anxiety; art therapy  
**Subcategory:** children  
**Topic:** An art therapy intervention for symptoms of post-traumatic stress, depression and anxiety among Syrian refugee children  
**Sample size (n):** 64  
**doi:** http://dx.doi.org/10.1080/17450128.2016.1181288  
**Comments:** It is not clear whether any of the authors are trained in art therapy. It is odd that trait anxiety was significantly reduced, but not state anxiety.
Art Therapy Intervention | Assesses the impact of AT (measurable outcome) | Measures the impact of treatment on a sample group | Utilizes art therapy as a measure distinctly from other interventions | Thorough qualitative write-up | Method (single subject, pre/posttest design, control/experimental without randomization) | Significance | Dissertation or Peer-reviewed
---|---|---|---|---|---|---|---
Group | x* | x* | x* | n/a | Pre-posttest, one group pre-experimental design | x | peer-reviewed

*Assuming that at least one author is a trained art therapist.


**Abstract:** Dysarthria is a common sequela of cerebral palsy (CP, directly affecting both the intelligibility of speech and the child’s psycho-social adjustment. Speech therapy focused exclusivity on the articulatory organs does not always help CP children to speak more intelligibly. The program of art therapy described here has proven to be helpful for these children. From among all the CP children enrolled in our art therapy program from 2005-2009, we selected a group of 14 boys and girls (average age 15.3) with severe dysarthria at baseline but no other language or cognitive disturbances. Our retrospective study was based on results from the Auditory Dysarthria Scale and neuropsychological tests for fluency, administered routinely over the 4 months of art therapy. All 14 children in the study group showed some degree of improvement after art therapy in all tested parameters. On the Auditory Dysarthria Scale, highly significant improvements were noted in overall intelligibility (p<0.0001), with significant improvement (p<0.001) in volume, tempo, and control of pauses. The least improvement was noted in the most purely motor parameters. All 14 children also exhibited significant improvement in fluency. Art therapy improves the intelligibility of speech in [these] children with cerebral palsy, even when language functions are not as such the object of therapeutic intervention. *(Reprinted with permission by Med Sci Monit).*

**Keywords:** Speech and language disturbances, dysarthria, sensory deprivation, “top-down”, therapeutic approach

**Subcategory:** Cerebral palsy

**Topic:** Addressing subgroups of auditory dysarthria: overall functioning, volume, tempo, control of pauses, fluency

**Sample size (n):** 14 participants

**doi:** none provided

**Comments:** Used Auditory Dysarthria Scale and Neuropsychological tests; 4 months of art therapy; least improvement on purely motor parameters

**Abstract:** In this pre-post and post-posttest study a comparison was made between art therapy treatments and modified Tasks-Centered treatment. Participants were 54 adults diagnosed with hyper-sexuality. Measures of shame were the Internalized Shame Scale and the Hypersexual Behavior Inventory. There were no significant differences between groups after treatment, although both groups’ shame reduced.

**Keywords:** art therapy, hyper sexuality, sex addition, CBT, shame, ISS; HBI-19

**Subcategory:** adults  
**Topic:** Drawing out the shame: A comparative study on the effectiveness of art therapy with hypersexual adults  
**Sample size (n = )** 54  
**doi:** https://doi.org/10.1016/j.aip.2018.03.002  
**Comments:** Participants were from three treatment centers. The post-treatment follow-up provided a measure of longer-term reduction in shame.

<table>
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<tr>
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<th>Measures the impact of treatment on a sample group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groups</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>n/a</td>
<td>Pre-post-post design</td>
<td>x</td>
<td>peer-reviewed</td>
</tr>
</tbody>
</table>
8. NORMAL AND OUTPATIENT


**Abstract:** This group case study was written by the authors as an investigation into the effects of a 20 week art therapy painting group on parents’ self-reported measures of postnatal depression, self-esteem, and the quality of their relationships with their infant’s pre and post group. Statistical analysis indicated that group participants experienced a reduction in postnatal depression symptoms, significantly increased self-esteem, and improvements in relationships with their infants, and these findings were corroborated by the group co-facilitators’ clinical observations. We discuss these findings with reference to relevant literature, highlighting the exploratory, expressive, and facilitative elements of painting groups on both verbal and non-verbal levels. We also present relevant literature relating to postnatal depression, and the potential long-term impact of postnatal depression on children’s mental health and well-being. This article concludes that the current study indicates clear benefits to [these] parents and their infants from art therapy painting group attendance, and outlines the implications and directions for future research. *(Reprinted with permission from Taylor & Francis publishers).*

**Keywords:** Attachment, postnatal depression, infant mental health

**Subcategory:** Parents with self-reported postnatal depression, self-esteem, & relationship with infant concerns

**Topic:** Effects of painting on three variables after 20 sessions

**Sample size (n):** 4 participants

**doi:** org/10.1080/17454832.2013.844183

**Comments:** Use of the Edinburgh Post Nataal Depression Scale, Self-Esteem Evaluation, and Relationship with Child measures

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre/post-test, one-group without randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

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**Abstract:** The study examined the change in child-rearing behavior of mothers who re-experienced skills of maternal care and developed positive self-regard after receiving group art therapy based on the concepts of Winnicott’s “facilitating environment.” The participants were 12 mothers of young children aged 2 – 12 living in city D. They were divided into an experimental group of six and a control group of six. The program consisted of 16 sessions and ran from July 13th, 2010 to September 10th, 2010. Response to the Parental Acceptance-Rejection Questionnaire was analyzed before and after the program. The session evaluations were
analyzed. The Mann-Whitney $U$ test was used to check the homogeneity between the control and experimental group. The independent-samples $t$-test was used to investigate the effects of the program.

Implementation of group art therapy, based on the concepts of Winnicott’s facilitating environment, found significant differences on the rejection subscale. Significantly low scores were found on the aggression/hostility, a subcategory of the rejection subscale. The findings of maternal care and developed a positive self after receiving group art therapy. This study suggests that group art therapy, based on Winnicott’s facilitating environment, can be effective in changing the mothers’ nurturing attitudes.

**Keywords:** Winnicott, attachment, facilitating environment, child-rearing behavior  
**Subcategory:** Child-rearing behaviors of mothers; development of maternal care skills and positive self-regard  
**Topic:** Improving attachment between mother and child  
**Sample Size ($n$):** 12 participants (6 experimental and 6 controls)  
**doi:** 10.1016/j.aip.2011.11.001

**Comments:** Found that group art therapy can effectively change participants’ child-rearing behavior, significant difference on rejection and aggression/hostility subscales with no significant difference in neglect/indifference and undifferentiated rejection. The manuscript is part of a thesis for MA in Art Therapy, Yeungnam Univ. in Korea and was modified and supplemented.

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</tr>
</thead>
<tbody>
<tr>
<td>Group Program</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Control group with no randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

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**Abstract:** Program evaluation has the potential to offer many useful benefits to the field of art therapy, yet little has been published in this area. This brief report presents a practical strategy for art therapy program evaluation based on participant evaluations ($n = 120$) of a 10-week community-based art therapy workshop. The evaluations consisted of self-reports by participants to open-ended questions: (a) whether expectations were met, (b) likes and dislikes, (c) suggested changes for the workshop, (d) perceived personal changes, and (e) interest in continued participation. The report describes a participant-led evaluation tool, the evaluation findings, planned revisions in the questionnaire, and consideration for future program development, evaluation, and art therapy research.

**Keywords:** art therapy program evaluation, participant self-report, art therapy practicum, therapeutic relationship, content analysis, university-based community art therapy  
**Subcategory:** Art therapy workshop for children & adults  
**Topic:** Ten-week community-based art therapy workshop evaluated by self-reports  
**Sample size ($n$):** 120 participants

**Abstract:** Art therapy in psycho-oncology is gaining increasing importance, but systematic evaluations of its effects are rare. The aim of this study is to investigate the effects of an art therapy intervention for cancer patients in ambulant aftercare on psychological distress and coping. The intervention consisted of 22 sessions. At three points of measurement (t1: before intervention, t2: following intervention, t3: 6 months after t2), participants responded to questionnaires (Freiburg Questionnaire on Coping with Illness, Perceived Adjustment to Chronic Illness Scale, Hospital Anxiety and Depression Scale). A group of haemat-ology patients served as the comparison group (CG). Pre–post comparisons and analyses of variance were applied for statistical analysis. Relevant confounders were controlled. Fifty-four patients (intervention group, IG) with various cancer diagnoses completed the intervention. One hundred and twenty-nine data sets were available for the CG. Analyses of variance included group membership (IG vs. CG) and the following factors: gender, other psychosocial help and major life events. None of these variables was a predictor for changes in depression, anxiety and coping. Therefore, we could not prove intervention effects over time. Our results contradict those of preliminary studies and raise important questions. Further work on evaluating art therapy is necessary to explore which intervention concepts in which setting at which treatment stage show significant effects. Therefore, control- ling for relevant confounders is needed.

**Keywords:** complementary therapy, evaluation, supportive care, art therapy, coping, mental health

**Subcategory:** Ambulant aftercare, oncology

**Topic:** Utilizing art therapy to decrease psychological distress and increase coping mechanisms

**Sample size (n):** 54 participants

**doi:** 10.1111/ccc.12037

**Comments:** Use of a coping mechanisms and anxiety/depression scale before during and after the art therapy intervention. The confounders posed as a limitation, and significant results were not found.

**Abstract:** This is a retrospective analysis of individual art therapy lasting six years. Outcome measures, patient ratings and feedback, and the opinion of the therapist indicated improvement that was maintained up to three years follow-up. Process data, consisting of sessional outcomes measures, indicated the severity of problems and a wide and dramatic fluctuation on a weekly basis. The examination of art work alongside data from researchers illustrated a series of phases in therapy. This material has been previously published and a summary is presented here. Given the patient’s presentation, the long length of therapy was unexpected. In this paper the art therapist offers a formulation of the patient’s problems and considers why art therapy was helpful when the patient had failed to improve from previous therapies. Concepts of attachment theory linked to neuroscience are used to enlighten the understanding of this case. (Reprinted with permission from Taylor & Francis Publishers).

**Keywords:** Long-term, outcome, process, art as data, attachment, neuroscience

**Subcategory:** Long term (6 years; 233 sessions) art therapy

**Topic:** Panic attacks, severe anxiety, depression, social phobia, agoraphobia, claustrophobia, IBS; initially on medication

**Sample size (n):** 1 participant

**doi:** https://doi.org/10.1080/17454832.2011.570274

**Comments:** Retrospective analysis of one case with focus on outcome measures, patient ratings and feedback, and therapist opinion

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<th>Significance</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Individual Case</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Single subject pre-/post; measures before, after, at 6 month, and 3 year follow-ups</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** The aim of this study is to evaluate the contribution that creative arts can play in promoting positive mental health and well-being. The research is based on a case study of an innovative art therapy programme delivered by a community-based mental health organization in Northern Ireland, as part of a supported recovery programme. The study reported here explored the experiences and perceptions of the service users through in-depth interviews and focus groups. The art
as therapy course was credited with improvements in self-esteem and self-confidence. It provided a safe space for reflection on mental health issues. Participants described the programme as cathartic and a springboard for engagement in a wide variety of further projects. It is concluded that this type of project which addresses mental health issues in a supportive, positive, non-clinical environment can encourage and facilitate empowerment and recovery through accessible creative programmes. However, to date these programmes are time-limited, small scale and marginal to the approach adopted by statutory service providers. (Reprinted with permission by Taylor & Francis).

**Keywords:** Community-based mental health center, STEER, re-integration into community, personal development, non-pharmacological support, art-as-therapy

**Subcategory:** Community-based mental health center; case study

**Topic:** Improving self-esteem and self-confidence through art therapy

**Sample size (n):** 12 participants

**doi:** https://doi.org/10.1080/09687590500498143

**Comments:** Qualitative study of effects of a 10-week/10 hours/week treatment; doctor or psychiatrist referrals

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<th>Significance</th>
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<tbody>
<tr>
<td>Group; Creative Arts Therapy</td>
<td>No</td>
<td>X</td>
<td>No</td>
<td>X</td>
<td>Qualitative; one group weekly without randomization</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Fostering a positive body image and building self-esteem are major goals for art therapy with adolescent and pre-adolescent females. The perception of body image, identity formation and self-esteem are closely linked in this population. Therefore, at this critical time in their physical and psychological development, a special art therapy program that encourages females to express feelings about body image may be important in promoting awareness and self-confidence. Accordingly, an art therapy program was developed and implemented which focused on developing a positive body image and enhancing self-esteem for adolescent females. The participants were seven students aged 13-14 who attended weekly art therapy groups for eight weeks. Pre and post intervention comparisons were made on measures of body image and self-esteem. Significant improvements in rated body image and self-esteem were noted after participation in the art therapy group. The present findings suggest that participation in the art therapy group may significantly contribute to improved body image and self-esteem and hence the academic and psychological adjustment of adolescent girls.

**Keywords:** Adolescent, body image, pre-adolescent, self-esteem

**Subcategory:** Adolescent girls

**Topic:** Body Image

**Sample size (n):** 7 participants

**doi:** https://doi.org/10.1080/08322473.2004.11432256

**Comments:** no comments

**Abstract:** Clay work has long been used in art therapy to achieve therapeutic goals. However, little empirical evidence exists to document the efficacy of such work. The present study randomly assigned 102 adult participants to one of four conditions following induction of a negative mood: (a) handling clay with instructions to create a pinch pot, (b) handling clay with instructions to manipulate it freely, (c) handling a soft stress ball with instructions to toss the ball in a structured manner, or (d) handling a soft stress ball with instructions to manipulate it freely. Self-reports revealed greater mood enhancement following clay handling compared to ball handling. This randomized controlled trial (RCT) documents that clay work has specific efficacy for reducing negative mood states.

**Keywords:** Ball handling, clay work, negative mood, pinch pot, stress ball

**Subcategory:** Adults

**Topic:** Clay with and without structured directives

**Sample size (n):** 102 participants

**doi:** https://doi.org/10.1080/07421656.2012.680048

**Comments:** no comments
Abstract: In this paper, a single case study using art therapy to facilitate the separation-individuation process of an adult identical twin is presented. The client teas self-referred to a university counseling center. After initial crisis intervention sessions, the problems of dependency and identity were addressed through art therapy. The uniqueness of this study rests with its innovative measurement tool, an inner circles collage which allowed the therapist to chart the client's intrapsychic move toward separation from her identical twin. The client used collages as a means of discovering differences between herself and her twin sister and to identify her own separate and unique sense of self.

Keywords: Collage, dependency, identical twins, identity, separation-individuation
Subcategory: Adult Twin
Topic: Inner circle collage
Sample size (n): 1 participant
doi: https://doi.org/10.1080/07421656.1993.10758973
Comments: no comments


Abstract: Background: Patients with cancer frequently experience physical and psychological distress that can worsen their quality of life. Objectives: We assessed the outcomes of an 8-week mindfulness-based art therapy (MBAT) intervention, Walkabout: Looking In, Looking Out, on symptoms, sleep quality, health-related quality of life, sense of coherence (SOC), and spirituality in outpatients with cancer. Methods: A 1-group, pre–post intervention design with repeated measures at baseline, week 4, and week 8. Results: Despite a small pilot sample (n= 18), we found large effect sizes and statistically significant improvements from week 1 to week 8 in depression, the comprehensibility subscale of the SOC, and each subscale of spirituality, that is, peace, meaning, and faith. There were no significant changes in physical functioning, pain, sleep, tiredness, drowsiness, nausea, and appetite. Conclusions: The MBAT intervention, Walkabout, seems to meet key palliative care goals including improvement in emotional well-being, comprehensibility, and meaning making among outpatients with cancer.

Keywords: art therapy, mindfulness, cancer, symptoms, distress, spirituality, quality of life
Subcategory: Oncology outpatient
Topic: Mindfulness-based art therapy as part of outpatient care
Sample size (n): 18 participants
doi: 10.1177/1049909118760304
**Comments**: Use of the SOC scale to determine the effectiveness of a MBAT approach to outpatient with cancer patients, significant results were found specifically in depression and spirituality after the 8 week intervention.

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<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>N/A</td>
<td>Pre/post-test one-group without randomization. 8-week study utilizing the SOC for results.</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**Abstract**: Research has shown that medical students have higher levels of stress and anxiety than the general population, increasing their risk of health problems, mental illness, and suicide. This study looked at the effects of visual journaling as a possible stress-reduction technique. Research took place with students and staff of Eastern Virginia Medical School, with data collected over two sessions consisting of inventory scores of the State-Trait Anxiety Inventory (STAI-Y) and the Positive and Negative Affect Schedule (PANAS-X), artwork in their visual journals, and a questionnaire. While the number of participants was not large enough to show statistical significance, there was a general decrease in anxiety and negative affect levels among nearly all participants from the pretest to the posttest. This study showed that visual journaling was a promising intervention for stress reduction in a medical environment; however, more research is needed to justify its implementation.

**Keywords**: Visual journaling, stress and anxiety, stress-reduction technique, art therapy with medical students  
**Subcategory**: Stress relief in medical students  
**Topic**: Visual journaling  
**Sample size (n)**: 10 participants  
**doi**: https://doi.org/10.1016/j.aip.2009.12.003  
**Comments**: no comments

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre-Post test design</td>
<td>none</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

**Abstract:** *Objectives:* To help address the unique needs of parents of children with chronic pain, a four module, parent-only, group art therapy curriculum was designed and implemented within an interdisciplinary pain rehabilitation treatment program. We evaluated perceived satisfaction and helpfulness of the group intervention. *Methods:* Fifty-three parents of children experiencing chronic pain enrolled in a day hospital interdisciplinary pain rehabilitation program participated. The voluntary parent art therapy group was offered one time per week for one hour. Participants completed a measure of satisfaction, helpfulness, and perceived social support at the end of each group session. *Results:* Parents enjoyed participating in the group, agreed that they would try art therapy again, and found it to be a helpful, supportive, and validating experience. *Conclusions:* Initial results are promising that group art therapy is an appropriate and helpful means of supporting parents of children with chronic pain during interdisciplinary pain rehabilitation.

**Keywords:** Chronic pain, art therapy, child and adolescent, parents, pain rehabilitation, treatment intervention.

**Subcategory:** Parents of children and adolescents with pain

**Topic:** Various 2D art therapy modules

**Sample size (n):** 52 participants

**Doi:** https://doi.org/10.1037/cpp0000026

**Comments:** no comments

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Pre-Post test design with qualitative results</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Research has shown that traumatic stress has negative effects on overall health and well-being. Traumatic exposure has been linked to higher rates of psychological and physical health problems. Writing about trauma or stress has been shown to improve health and reduce stress, but can negatively affect mood. The purpose of this study was to examine whether art therapy is as effective as writing therapy in improving psychological and health outcomes. Participants in the writing condition, but not the art therapy condition, showed a decrease in social dysfunction. However, participants who completed artwork reported more...
enjoyment, were more likely to continue with the study, and were more likely to recommend the study to family and friends. Future research could combine writing and art therapy to determine whether a mixed design would both improve health and maximize participant retention.

**Keywords:** Art therapy, positive mental health, social dysfunction, traumatic stress, writing therapy

**Subcategory:** Adults

**Topic:** Visual Journaling

**Sample size** \((n)\): 45 participants

doi: https://doi.org/10.1080/07421656.2004.10129327

**Comments:** no comments

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<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>(X)</td>
<td>(X)</td>
<td>(X)</td>
<td>(n/a)</td>
<td>Randomized controlled trial</td>
<td>None?</td>
<td>Peer-reviewed</td>
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</tbody>
</table>


**Abstract:** This experimental study replicated Curry and Kasser’s (2005) research that tested whether coloring a mandala would reduce anxiety. After inducing an anxious mood via a writing activity, participants were randomly assigned to three groups that colored either on a mandala design, on a plaid design, or on a blank paper. Anxiety level was measured with the State Anxiety Inventory at baseline, after the writing exercise, and after coloring. Results support the hypothesis that coloring a mandala reduces anxiety to a significantly greater degree than coloring on a plaid design or coloring on a blank paper. Implications for the field of art therapy are discussed.

**Keywords:** Art Therapy, Color, Anxiety, Replication (Evaluation), College Students, Outcomes of Treatment

**Subcategory:** Adults

**Topic:** Mandalas

**Sample size** \((n)\): 50 participants

doi: https://doi.org/10.1080/07421656.2012.680047

**Comments:** Strong outcomes in art therapy mandala directive

**Abstract:** This study sought to investigate the use of art therapy to assist a young person with mental illness making a transition from long-term inpatient care to a psychosocial residential rehabilitation setting. An art-based phenomenological case study method was used to investigate a lived experience of this transition. The participant attended 11 art therapy sessions and used a visual journal daily over a six-week period shortly after the move to the new setting. Data analysis identified themes and visual features that appeared repeatedly in the images and enhanced the description of the participant’s experience. Results showed that the transitional process of moving into a community setting involved a journey of learning, self-development and maturation. Art therapy helped the process of lifestyle transition, especially through the use of a visual journal that functioned as a continuous outlet for guiding self-expression and self-identity.

**Keywords:** Art therapy, long-term inpatient care, psychosocial residential rehabilitation, self-expression, visual journal

**Subcategory:** Art Therapist

**Topic:** Response Art

**Sample size (n):** 1 participant

**doi:** https://doi.org/10.1080/07421656.2008.10129357

**Comments:** Results supported the benefit of, and need for, art therapy despite not having significant results

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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Single Subject</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Current therapies do not offer universal solutions for the “global burden” of depression. By focusing on non-verbal communication and creativity, arts therapies might present a relevant treatment option but their effectiveness remains unclear. A pilot study was undertaken to evaluate a brief art therapy group for adults suffering from depression. Adults experiencing mild to moderate depression took part in art therapy and completed questionnaires at three points in time. The intensity of depression, levels of anxiety, and general wellbeing were measured. Semi-structured interviews focused on participants’ expectations and experience of therapy. A decrease in depressive symptoms was observed immediately after the therapy and at the follow-up, and a trend for improvement of
subjectively perceived wellbeing was recorded. Potential benefits of therapy recognized by participants included: acceptance of depression, readiness to express emotions, sense of self and awareness of others, readiness for meaningful relationships, sense of achievement, sense of balance and new insights, growth, and meaning. The statistically significant results and participants’ experience indicate that art therapy may offer a valuable treatment option for depression, and further research is recommended. Future studies should explore ways of addressing both the outcomes and process of therapy through creative methodologies.

**Keywords:** Depression, arts therapies, evaluation, pilot study, art psychotherapy  
**Category:** Outpatient Adults  
**Subcategory:** Mild to Moderate Depression  
**Topic:** The effect of five weeks of group art therapy on adults' levels of depression, anxiety, and wellbeing  
**Sample size (n):** 5  
**doi:** https://doi.org/10.1080/17454832.2016.1250797  
**Comments:** Limitations include no control group and use of statistical analysis on datasets from only 5 participants

<table>
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<tr>
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<th>Measures the impact of treatment on a sample or treatment group</th>
<th>Utilizes art therapy as a measure distinctly and separately from other intervention factors</th>
<th>Thorough and detailed qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Mixed methods pretest/posttest design with follow up</td>
<td>X</td>
<td>Peer reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Background: The COVID-19 pandemic enforced a sudden change in practice and a move into online delivery for many art therapists in the UK, often with minimal guidance and little previous experience of remote delivery. Aims: To explore ways in which practitioners adapted practice to ensure continuity of service and client safety at distance. Methods: An online survey designed to explore practitioners’ perspectives and experiences of using digital technology in art therapy sessions with clients. Results: Vast majority of 96 respondents reported having worked with clients online as a result of the pandemic. The respondents expressed concerns about safety of practice and their own confidence in delivering therapy remotely. Increased clinical supervision, specialist training, and support from colleagues were valued in the rapid transitioning to online practice. Conclusions: A snapshot of art therapists’ responses to a need to adapt their practice due to the pandemic is presented, including approaches to working with technology and strategies that therapists employed to ensure their clients’ and own safety. Implications for practice/policy/future research: Being able to offer a safe environment for clients is a priority for practitioners. Further research, guidance and training might offer the support needed for developing a suitably safe online practice.

**Keywords:** art therapy, online therapy, digital technology, telehealth, survey, Covid-19, change in practice  
**Subcategory:** Art Therapists  
**Topic:** Surveys art therapists to identify their perceptions on COVID-19 and changes in practice  
**Sample size (n):** 96 participants  
**doi:** 10.1080/17454832.2020.1845221  
**Comments:** Art therapist needed to adapt their practice to the ever-changing world, including embracing technology for virtual practice.
Art Therapy Intervention | Assesses the impact of AT (measurable outcome) | Measures the impact of treatment on a sample/group | Utilizes art therapy as a measure distinct from other interventions | Thorough qualitative write-up | Method: single subject pre/post design, case study, control/experimental with randomization, control/experimental without randomization, qualitative | Significance | Peer-reviewed or Dissertation

Individual | X | n/a | n/a | n/a | Surveyed art therapists on current practice approaches with COVID-19 | n/a | Peer-reviewed

9. POST-TRAUMATIC STRESS DISORDER


Abstract: Background: Anxiety disorders are one of the most diagnosed mental health disorders. Common treatment consists of cognitive behavioral therapy and pharmacotherapy. In clinical practice, also art therapy is additionally provided to patients with anxiety (disorders), among others because treatment as usual is not sufficiently effective for a large group of patients. There is no clarity on the effectiveness of art therapy (AT) on the reduction of anxiety symptoms in adults and there is no overview of the intervention characteristics and working mechanisms. Methods: A systematic review of (non-) randomised controlled trials on AT for anxiety in adults to evaluate the effects on anxiety symptom severity and to explore intervention characteristics, benefitting populations and working mechanisms. Thirteen databases and two journals were searched for the period 1997 –October 2017. The study was registered at PROSPERO (CRD42017080733) and performed according to the Cochrane recommendations. PRISMA Guidelines were used for reporting. Results: Only three publications out of 776 hits from the search fulfilled the inclusion criteria: three RCTs with 162 patients in total. All studies have a high risk of bias. Study populations were: students with PTSD symptoms, students with exam anxiety and prisoners with prelease anxiety. Visual art techniques varied: trauma-related mandala design, collage making, free painting, clay work, still life drawing and house-tree-person drawing. There is some evidence of effectiveness of AT for pre-exam anxiety in undergraduate students. AT is possibly effective in reducing pre-release anxiety in prisoners. The AT characteristics varied and narrative synthesis led to hypothesized working mechanisms of AT: induce relaxation; gain access to unconscious traumatic memories, thereby creating possibilities to investigate cognitions; and improve emotion regulation. Conclusions: Effectiveness of AT on anxiety has hardly been studied, so no strong conclusions can be drawn. This emphasizes the need for high quality trials studying the effectiveness of AT on anxiety.

Keywords: Anxiety disorders, art therapy, cognitive behavior therapy, narrative synthesis, randomized controlled studies, traumatic memories
Subcategory: Adults
Topic: Art Therapy for Anxiety in Adults
Sample size ($n$): 162 participants

**Abstract:** This randomized controlled trial was designed to determine if art therapy in conjunction with Cognitive Processing Therapy (CPT) was more effective for reducing symptoms of combat posttraumatic stress disorder (PTSD) than CPT alone. Veterans (N = 11) were randomized to receive either individual CPT, or individual CPT in conjunction with individual art therapy. PTSD Checklist-Military Version and Beck Depression Inventory-II scores improved with treatment in both groups with no significant difference in improvement between the experimental and control groups. Art therapy in conjunction with CPT was found to improve trauma processing and veterans considered it to be an important part of their treatment as it provided healthy distancing, enhanced trauma recall, and increased access to emotions.

**Keywords:** PTSD (DSM-IV), Cognitive Processing Therapy, Veterans, Males, Americans, Combat Exposure, Randomized Clinical Trial, Art Therapy, Group Psychotherapy, Depressive Disorders, Treatment Effectiveness, PTSD Checklist – Military, Beck Depression Inventory, Art Therapy-Projective Imagery Assessment

**Subcategory:** Adults

**Topic:** Art therapy and cognitive processing therapy for combat-related PTSD

**Sample size (n):** 11 participants

**doi:** [https://doi.org/10.1080/07421656.2016.1226643](https://doi.org/10.1080/07421656.2016.1226643)

**Comments:** Tests CPT + Art Therapy *versus* CPT only

**Abstract:** This is a co-written case study by art therapist Susan Carr and patient-researcher (PR) Susan Hancock, one of seven people who participated in Carr’s PhD research project. Susan Hancock is a former university lecturer who was diagnosed with incurable cancer shortly after retirement; her publications include *The Child that Haunts Us: Symbols and Images in Fairytale and Miniature Literature* (2008, published by Routledge). In her PhD project, Carr researched portrait therapy as a collaborative art therapy intervention for people living with Life-Threatening and Chronic Illnesses (LT&Cs) who experience illness as a disruption to their sense of self-identity. Portrait therapy reverses the 'terms of engagement' within art therapy, using the art therapist's 'third hand' to create portraits for patients, yet co-designed by patients. The focus of this article is an exploration of the role portrait therapy plays in helping people living with LT&Cs to explore and heal childhood trauma. We examine the therapeutic implications of transforming traumatic memories and argue that through a process of mirroring and attunement, portrait therapy enables people to develop an increase in their creative capacity to adapt to the way illness impacts upon their inner child and to gain an increased sense of self-identity coherence.

**Keywords:** Identity, Art Therapy, Illnesses, Child Abuse & Neglect, Trauma, Portraits, Post-Traumatic Stress Disorder, Portrait Therapy, Self-Identity Disruption, Childhood Trauma, Mirroring and Attunement, Inner Child, Life-Threatening and Chronic Illnesses, PTSD

**Subcategory:** Adults

**Topic:** Life-Threatening and Chronic Illnesses

**Sample size** (*n*): 1 participant

**doi:** https://doi.org/10.1080/17454832.2016.1245767

**Comments:** This case study was part of a larger research project: the collages, sculptures and portraits discussed are drawn from a qualitative, practice-based PhD research project that utilised an in-depth multiple case study design (involving seven Practitioner-Researchers), multi-modal creative data collection methods and a phenomenological approach to data analysis. The primary purpose of this intervention was to develop and evaluate (through explicating the lived experience of PRs) the process of self-identity revisioning achieved through co-designing and viewing the portraits of self-identity, painted for PRs by the art therapist.

<table>
<thead>
<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT (measurable outcome)</th>
<th>Measures the impact of treatment on a sample group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Portrait Therapy</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Multiple Case Study</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

Abstract: Although post-traumatic stress disorder (PTSD) in children has been extensively studied during the past 15 years, little research exists regarding the efficacy of treatment interventions. This report describes an outcome-based art therapy research project currently conducted at a large urban hospital trauma center. Included are the theoretical rationale and overview of an art therapy treatment intervention called the Chapman Art Therapy Treatment Intervention (CATTI) designed to reduce PTSD symptoms in pediatric trauma patients. Used in this study, the CATTI was evaluated for efficacy in measuring the reduction of PTSD symptoms at intervals of 1 week, 1 month, and 6 months after discharge from the hospital. An early analysis of the data does not indicate statistically significant differences in the reduction of PTSD symptoms between the experimental and control groups. However, there is evidence that the children receiving the art therapy intervention did show a reduction in acute stress symptoms.

Keywords: Adolescents, art therapy, children, crisis intervention, emotional adjustment, hospitals, injuries, medical services, Posttraumatic Stress Disorder

Subcategory: Children

Topic: CATTI

Sample size (n): 85 participants
doi: https://doi.org/10.1080/07421656.2001.10129750

Comments: no comments

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<th>Significance</th>
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</tr>
</thead>
<tbody>
<tr>
<td>CATTI</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre/Post/Post test design</td>
<td>X (no significant results)</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: This article describes a randomized, controlled trial (N = 38) that compared art therapy in conjunction with cognitive processing therapy (CPT) to CPT alone for veterans with combat-related posttraumatic stress disorder. Participants were randomized to either the experimental condition of 8 sessions of CPT or 8 sessions of individual art therapy or to the control condition of 8 sessions of CPT and 8 individual sessions of supportive psychotherapy. Outcome measures included the Beck Depression Inventory–II (BDI–II), PTSD Checklist–Military (PCL–M), and self-ratings of perceived treatment benefits. Experimental group participants had statistically significantly greater reduction in PCL–M and BDI–II scores compared to the control group and the perceived benefit of treatment was greater for art therapy as compared to CPT.

Keywords: Outcomes of Treatment, Art Therapy, Posttraumatic Stress Disorder, Veterans, War, Military Personnel, Counseling Techniques, Counseling Effectiveness, Randomized Controlled Trials, Stress Variables, Cognitive Processes, Intervention, Depression (Psychology), Measures (Individuals), Symptoms (Individual Disorders), Beck Depression Inventory

Subcategory: Adults

Topic: Combat-Associated PTSD with Adjunctive Art Therapy

**Abstract:** An intensive outpatient treatment program was developed to treat posttraumatic patients referred from distant areas where the needed treatment was not available. This report addresses the question, “Is it possible to effectively treat patients with PTSD and/or dissociative disorders in a brief outpatient program of 1 or 2 weeks?” The treatment methods relied heavily on art therapy, hypnosis, and video therapy. This was a naturalistic study with pre- and post-test data on the first 72 patients who completed the program. Forty-five percent of the participants met criteria for recovery, 44% were improved, 8% were unchanged, and 3% were worse after treatment. The improvement in scores on the post-treatment measures was robust and statistically significant for all groups of patients. Brief intensive outpatient trauma therapy appears to be a feasible treatment for posttraumatic disorders. There was no significant difference between the various diagnostic categories in terms of improvement or recovery.

**Keywords:** Trauma, art therapy, PTSD, dissociation, intensive

**Subcategory:** Adults

**Topic:** Narrative Art Therapy

**Sample size (n):** 78 participants

**doi:** https://doi.org/10.1016/j.aip.2006.09.007

**Comments:** Treatment used art therapy, hypnosis, and video

Abstract: This is a retrospective analysis of individual art therapy lasting six years. Outcome measures, patient ratings and feedback, and the opinion of the therapist indicated improvement that was maintained up to three years follow-up. Process data, consisting of sessional outcome measures, indicated the severity of problems and a wide and dramatic fluctuation on a weekly basis. The examination of art work alongside data from researchers illustrated a series of phases in therapy. This material has been previously published and a summary is presented here. Given the patient's presentation, the long length of therapy was unexpected. In this paper the art therapist offers a formulation of the patient's problems and considers why art therapy was helpful when the patient had failed to improve from previous therapies. Concepts of attachment theory linked to neuroscience are used to enlighten the understanding of this case.

Keywords: Long term, outcome process, art as data, attachment, neuroscience

Subcategory: Adult

Topic: Long term art therapy

Sample size (n): 1 participant

doi: https://doi.org/10.1080/17454832.2011.570274

Comments: no comments

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<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
</table>
| Individual X X X n/a Case Study n/a Peer-reviewed


Abstract: Avoidance can be a significant barrier to engaging in trauma-focused treatment for post-traumatic stress disorder (PTSD), as well as being a mechanism that creates restrictions that can seriously impact functioning and wellbeing. Following an outpatient study with veterans that indicated art therapy might assist the overcoming of avoidance, a group of veterans was offered an art therapy-focused, short-stay, inpatient admission at the veterans' mental health charity Combat Stress to explore this potential outcome. Participants were able to use the art therapy process to express and tolerate painful thoughts and emotions, and to consider the effects of rigid perceptions. The group dynamic between the veterans created a strong container for this process. Consequently, this study suggests that art therapy can be constructively employed in assisting veterans to overcome avoidance PTSD symptoms and as a means of opening up new ways of perceiving, interpreting, and responding to situations. It is proposed that the non-verbal operations of art therapy enable this process through the use of imagination and creativity.

Keywords: Art Therapy, Post-Traumatic Stress Disorder, Imagination, Group Dynamics, Creativity, Veterans, Avoidance, Chronic PTSD, Perceptions

Subcategory: Adults

Topic: Art Therapy to Overcome Avoidance in Veterans

Abstract: This study examined the efficacy of an adjunctive trauma focused art therapy intervention in reducing chronic child posttraumatic stress disorder (PTSD) symptoms in an inpatient psychiatric facility for youth. We compared 2 treatment conditions, each delivered in one 1-hour group sessions over 16 weeks: (a) a trauma-focused expressive art therapy protocol (TF-ART) and (b) a treatment-as-usual (TAU) control condition, the standard arts-and-craft-making activity used at the two participating facilities. Youths were randomized to either treatment condition, and assessed before and after treatment. The principal outcome measure was the severity of PTSD symptoms measured using the UCLA PTSD Reaction Index, administered as an interview. There was a significant treatment-by-condition interaction indicating that adolescents in the TF-ART condition had greater reduction in PTSD symptom severity than youths in the TAU condition. TF-ART was not found to be associated with more behavioral problems during the treatment period. Results indicate that TF-ART may be a promising adjunctive treatment for inpatient adolescents with PTSD symptoms.

Keywords: Arts and crafts, Posttraumatic Stress Disorder, psychiatric facility for youth, trauma-focused expressive art therapy, UCLA PTSD Reaction Index
Subcategory: Children
Topic: Trauma Informed Art Therapy
Sample size (n): 29 participants
doi: https://doi.org/10.1080/07421656.2007.10129474
Comments: no comments

**Keywords:** Art therapy, PTSD, military, mask making

**Abstract:** No permission from Wiley for including the abstract.

**Category:** Outpatient Adults

**Subcategory:** PTSD in service members

**Topic:** The effect of 6 weeks of weekly 90-minute mask work within an art therapy group setting on a male service member with PTSD.

**Sample size (n):** 1

**doi:** https://doi.org/10.1002/jclp.22929

**Comments:** LIWC illuminated important aspects of participant’s “increased depth of creative self-reflection and contemplation” achieved through mask-making. Excellent summary discussion of participant’s art therapy process and of the study results.

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<th>Significance</th>
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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Mixed methods single subject examination of a male service member’s experiences of mask making within his PTSD IOP treatment. He participated in weekly 90-minute art therapy groups, for 6 weeks, in which he worked on a mask as the sole art therapy process, and recorded thoughts, sketches, and responses in a journal. PCL-5, BASIS-24, PHQ-9, and the linguistic Inquiry and Word Count (LIWC) were used to measure S’s response to the art therapy group and the mask making process in particular.</td>
<td>N/A PTSD symptoms varied depending on the phase of tx. Overall distress and depression lessened.</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

**Abstract:** Art therapy has often been applied in the treatment of traumatized adults, and good results in clinical practice have been reported. However, although art therapy experts underline these benefits, the effectiveness of art therapy in trauma treatment has not been established by systematic review. The aim of this systematic review is to identify and evaluate empirical evidence of the effectiveness of art therapy for trauma treatment. As a result of the systematic review, six controlled, comparative studies on art therapy for trauma in adult patients were found. In half of the included studies, a significant decrease in psychological trauma symptoms was found in the treatment groups, and one study reported a significant decrease in depression. Although there are limitations in the number of included studies, the number of participants, the heterogeneity of included studies, and their methodological quality, the results contribute to insight into the effectiveness of art therapy in trauma treatment and form an evidence base for the urgent need for further research on art therapy and trauma treatment.

**Keywords:** Art Therapy, PTSD, Trauma, Traumatized, Psychotrauma, Efficacy, (Treatment) Goal, Interventions, Method, (Treatment) Outcome, Result, Social Welfare & Social Work

**Subcategory:** Adults

**Topic:** Systematic review on art therapy and trauma

**Sample size (n):** 223 (across six studies)

**doi:** https://doi.org/10.1177/1524838014555032

**Comments:** no comments

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<tbody>
<tr>
<td>Meta-analysis</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>Systematic meta-analysis</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Keywords:** Art therapy, childhood trauma, refugee and asylum seekers’ trauma, trauma-focused therapy

**Abstract:** This study occurred in The Netherlands and was based on literature that suggests that more than 30% of patients with PTSD do not benefit from traditional approaches to treatment including CBT and EMDR. Art therapy was theorized to be a promising alternative due to its nonverbal and experiential nature.

**Category:** Individual outpatient trauma-focused art therapy

**Subcategory:** Adults

**Topic:** Effect of art therapy treatment on attendance, adherence, feasibility, and applicability of art therapy protocol, and PTSD symptom severity

**Sample size (n):** 12

**doi:** https://doi.org/10.1080/15299732.2018.1502712
Comments: Use of Harvard Trauma Questionnaire pre and post

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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Using mixed methods, a three phase individual art therapy trauma protocol consisting of 11 sessions was tested on 12 adults with multiple and prolonged trauma. Adherence to treatment, feasibility, and applicability were measured with researched-developed questionnaires and PTSD symptoms were assessed pre and post using the Harvard Trauma Questionnaire.</td>
<td>Statistics were not calculated but pre to post HTQ scores were included. Qual measures suggest positive responses from both Ss and the art therapists.</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** This study first examined the prevalence of psychological symptoms among Syrian refugee children (N = 64) and assessed the effect of an art therapy intervention on post-traumatic stress, depression and anxiety symptoms. The Stressful Life Events (SLE) Questionnaire was used to measure stressful and traumatic experiences. The main outcome measures were UCLA Post-Traumatic Stress Disorder Parent version, Child Depression Inventory and State-Trait Anxiety Scale. After the baseline assessment, a five day art therapy intervention, which is based on Skills for Psychological Recovery, was implemented. Findings of the study indicated that 60.3% (N = 35) of Syrian children who participated had high risk to develop post-traumatic stress disorder (PTSD) according to the SLE scale. The 23.4% of the children had PTSD symptoms while the 17.6% showed severe depression symptoms. Moreover, the 14.4% of the children showed severe levels of state anxiety symptoms and the 31.1% showed severe levels of trait anxiety symptoms. Findings of the study indicated that trauma, depression and trait anxiety symptoms of children were significantly reduced at the post-assessment. However, for state anxiety scores, significant differences between pre- and post-assessments did not appear. Therefore, it could be said that art therapy may be an effective method to reduce post-traumatic stress disorder, depression and trait anxiety symptoms among refugee children.

**Keywords:** Refugee Children, Trauma, Depression, Anxiety, Art Therapy, Medicine, Social Welfare & Social Work

**Subcategory:** Children

**Topic:** Syrian Refugee Children

**Sample size (n):** 64 participants
After the assessment procedure, the art therapy intervention programme was given. There were three licensed art therapists who provided separate sessions of music, movement and drawing. Each day, there were three sessions consecutively. Children were divided into three groups based on their ages (7–8, 9–10 and 11–12), and all of them participated in all sessions.

<table>
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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Control/experimental without randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** TBI and PTSD are global issues and are often referred to as signature wounds of the Iraq and Afghanistan wars. Art therapy can provide unique insights into military service members' injuries and states of mind via externalization within an art product; however, interpretation of results is complex and subjective. Advance neuroimaging tools such as resting state fMRI can be employed to demonstrate objective measures of brain structure and activity. This case series highlights two distinct patient profiles, suggesting a relationship between resting state connectivity maps and dynamic thalamic connectivity (as well as PCL-C and NSI scores and brain scars) and the corresponding visual elements of masks made during art therapy treatment. Ultimately, this study indicates a need for future research examining potential neurological changes pre- and post-art therapy treatment.

**Keywords:** Art Therapy, Medical Imaging, Military Personnel, Post-Traumatic Stress Disorder, Traumatic Brain Injury, Case Studies, Military, Fmri, Neuroimaging

**Subcategory:** Adults

**Topic:** Art Therapy and Underlying fMRI Brain Patterns in Military TBI

**Sample size (n):** 10 participants

doi: https://doi.org/10.1080/17454832.2018.1473453

**Comments:** no comments
## 10. PSYCHIATRIC INPATIENT/RESIDENTIAL


**Abstract:** *Background:* Art Therapy has been promoted as a means of helping people who may find it difficult to express themselves verbally engage in psychological treatment. Group Art Therapy has been widely used as an adjunctive treatment for people with schizophrenia but there have been few attempts to examine its effects and cost effectiveness has not been examined. The MATISSE study aims to evaluate the clinical and cost effectiveness of group Art Therapy for people with schizophrenia. *Method/Design:* The MATISSE study is a three-arm, parallel group, pragmatic, randomized, controlled trial of referral to group Art Therapy plus standard care, referral to an attention control 'activity' group plus standard care, or standard care alone. Study participants were recruited from inpatient and community-based mental health and social care services at four centres in England and Northern Ireland. Participants were aged over 18 years with a clinical diagnosis of schizophrenia, confirmed by an examination of case notes using operationalized criteria. Participants were then randomized via an independent and remote telephone randomization service using permuted stacked blocks, stratified by site. Art Therapy and activity groups were made available to participants once a week for up to 12 months. Outcome measures were assessed by researchers masked to allocation status at 12 and 24 months after randomization. Participants and care givers were aware which arm of the trial participants were allocated to. The primary outcomes for the study are global functioning (measured using the Global Assessment of Functioning scale) and mental health symptoms (measured using the Positive and Negative Syndrome Scale) assessed at 24 months. Secondary outcomes were assessed at 12 and 24 months and comprise levels of group attendance, social function, satisfaction with care, mental wellbeing, and costs.

**Keywords:** Free expression, Global Assessment of Functioning scale), group art therapy, permuted stacked blocks, MATISSE study, schizophrenia

**Subcategory:** Adult  
**Topic:** Free Expression  
**Sample size (n):** 417 participants  
**doi:** https://doi.org/10.1186/1471-244X-10-65  
**Comments:** no comments

<table>
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<tr>
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</tr>
</thead>
</table>

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**Abstract:** OBJECTIVE: To understand the significance of clay art therapy for psychiatric patients admitted in a day hospital. METHODOLOGY: Qualitative, descriptive and exploratory research, undertaken with 16 patients in a day hospital in Londrina, in the state of Parana, Brazil, who participated in seven clay therapy sessions. Data collection took place from January to July 2012 through interviews guided by a semi-structured questionnaire and the data were submitted to content analysis. RESULTS: Three themes emerged: Becoming familiar with clay art therapy; Feeling clay therapy; and Realizing the effect of clay therapy. CONCLUSION: The use of clay as a therapeutic method by psychiatric patients promoted creativity, self-consciousness, and benefited those who sought anxiety relief.

**Keywords:** Mental health, art therapy, clay, nursing, psychiatric hospitals

**Subcategory:** Adults

**Topic:** Clay

**Sample size (n):** 16 participants

**doi:** https://doi.org/10.1590/S0120-53072014000100015

**Comments:** no comments

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Qualitative study</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Art therapy has lagged behind other therapeutic modalities in being subjected to rigorous evaluation of its effectiveness. This study examines psychosocial outcome for a group of chronic psychiatric outpatients. Half of the patients were randomly assigned to a ten-week supportive art therapy group as an adjunct to treatment; the other patients served as a control group. Patients who remained in the art therapy group for the full ten weeks reported a significant
improvement in their attitudes towards themselves as measured by the Progress Evaluation Scales, and their therapists rated them as significantly better able to get along with others. The authors believe that the study demonstrates the potential for supportive art therapy to enhance functioning of chronic psychiatric patients in the short run. Empirical attention to the long-term gains and the efficacy of specific forms of art therapy is needed in the future.

**Keywords:** Chronic outpatients, group art therapy, Progress Evaluation Scales

**Subcategory:** Adult

**Topic:** Group art therapy outcome

**Sample size (n):** 47 initially (24 experimental and 23 control); at time of analysis (12 experimental and 12 control)

**doi:** https://doi.org/10.1176/ps.38.9.988

**Comments:** no comments

<table>
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<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized, controlled trial</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Little research exists on using clay as an anxiety-reducing intervention with patients in psychiatric hospitals. This article reports on a study that used a one-group, pretest/posttest design with 49 adults in a psychiatric facility who created a clay pinch pot. The State-Trait Anxiety Inventory (STAI) was used as a pre- and posttest measure. Results revealed a significant decrease in anxiety and a significant gender interaction. Pretest mean scores for men were higher than those for women, rendering the amount of anxiety reduction significantly greater for men. These results provide evidence that clay work may effectively reduce state anxiety for adult psychiatric inpatients.

**Keywords:** Art therapy, clay work, mental illness, anxiety, inpatient

**Category:** Psychiatric Inpatient/Residential

**Subcategory:** Adults

**Topic:** Effect of art therapy treatment (involving creating a clay pinch pot) on levels of anxiety.

**Sample size (n):** 49

**doi:** https://doi.org/10.1080/07421656.2015.1092802

**Comments:** Use of State Trait Anxiety Inventory (STAI) pre and post, no control for participants' diagnoses or medications

Abstract: Background and aims. – Art-therapy has a significant rehabilitation potential in working with patients with mental diseases, in particular affective disorders. The purpose was to evaluate the effectiveness of art-therapy in the rehabilitation of patients with affective disorders. Measures were The Hamilton Depression Rating Scale and The Social Adaptation Self-evaluation Scale. Ninety-four female patients with affective disorders participated (34 with recurring depressive disorder, 28 with bipolar affective disorder, 20 with depressive episode, and 12 with organic affective disorder). Forty-nine received a combination of art-therapy and psychopharmacotherapy; 45 had standard care. There were no statistically-differences between groups on social functioning on either measure. Indicators of social adaptation demonstrate difficulty with social adaptation. The object of art-therapeutic influence were the states of maladaptation cause by chronic mental disorders. Psychoeducation was also utilized. Art therapy helped to stabilize the mood of patients, to a greater extent, by reducing the level of anxiety, increasing self-esteem, self-confidence, interpersonal interaction, development of positive attitude towards their illness and forming a willingness for further treatment.

Keywords: art therapy, affective disorders, chronic, depression, bipolar affective disorder

Subtopic: Adults

Topic: Art therapy treatment of affective disorders

Sample size (n): 94

doi: not provided; conference poster session

Comments: This appears to be a pilot study presented at a psychiatric conference in Poland. Other therapeutic interventions were psychopharmacology and psychoeducation, both of which would be expected with this population. The difference between control and experimental groups was the usage of art therapy in the experimental group. No information about assignment to groups.

<table>
<thead>
<tr>
<th>Art Therapy Intervention</th>
<th>Assesses the impact of AT on a measurable outcome</th>
<th>Measures the impact of treatment on a sample or treatment group</th>
<th>Utilizes art therapy as a measure distinctly and separately from other intervention factors</th>
<th>Thorough and detailed qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>No; also used standard treatments: pharmacology and psychoeducational therapies</td>
<td>N/A</td>
<td>Experimental and control group pretest/posttest design; non-randomized</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
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</table>

**Abstract:** Research on art therapy and psychosis has focused mainly on individuals who have been service users for many years. This study used grounded theory methodology to explore how service users experienced art therapy following their first diagnosis of a psychotic disorder, and the processes through which art therapy might be helpful for such individuals. Eight participants were interviewed, with two interviewed twice. A preliminary theory was created and seven categories were constructed from the data, namely: unpressured atmosphere; pleasure and engagement in art-making; expression and communication; connecting with other; changing emotional experience and experience of self; supporting recovery and continuation of art; and, not the right fit. Participants reported that through the atmosphere of art therapy, art-making, and communication, they were able to build relationships, connect with others, experience a sense of commonality, absorption, sense of freedom, and discover alternative perspectives. Whilst this study has some limitations, the results build on previous research by focusing on a previously under-researched group. The findings are considered alongside existing research and theoretical perspectives. Clinical implications and recommendations for future research are highlighted.

**Keywords:** Art therapy, art psychotherapy, psychosis, schizophrenia, early intervention

**Subcategory:** Psychotic disorder

**Topic:** Qualitative interviews to learn about users’ experience of art therapy

**Sample size (n):** 8

**doi:** [https://doi.org/10.1080/1745832.2018.1475498](https://doi.org/10.1080/1745832.2018.1475498)

**Comments:** Post-group interviews completed by two non-art therapists and one art therapist; all art therapy sessions conducted by art therapists. Noted possible bias about those who participated because they were recruited by the art therapists.

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<tbody>
<tr>
<td>Individual &amp; Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Qualitative: grounded theory; post-group interviews</td>
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<td>Peer-reviewed</td>
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</table>


**Abstract:** The effects of an art history enrichment art therapy task on anxiety, time on task, and art product quality among chronic adult psychiatric day hospital patients were investigated using a repeated-measures, quasi-experimental design. State-anxiety was measured with the State-Trait Anxiety Inventory (Spielberger,
Art product organization level was assessed with the Art Description Scales (Miller & Miller, 1992). The results indicated the art history enrichment task reduced anxiety (p < .05) and increased time on task (p < .002). Art organization level tended toward a significant increase (p = .075) compared with a control condition. The findings are congruent with the literature concerning supportive art therapy and suggest that the use of art history enrichment in art therapy may be helpful with this population.

**Keywords**: Art Description Scales, art history-enriched art therapy, art product quality, state anxiety, time on task,

**Subcategory**: Adult

**Topic**: Group art therapy outcome

**Sample size (n)**: 13 participants


**Comments**: no comments

<table>
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<tbody>
<tr>
<td>Group</td>
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<td>X</td>
<td>n/a</td>
<td>Single Group Control/experimental without randomization</td>
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</table>


**Abstract**: This pilot study aimed to evaluate the feasibility of an assessor-blind, randomised controlled trial of psychodynamic art therapy for the treatment of patients with schizophrenia, and to generate preliminary data on the efficacy of this intervention during acute psychotic episodes. Fifty-eight inpatients with DSM-diagnoses of schizophrenia were randomised to either 12 twice-weekly sessions of psychodynamic group art therapy plus treatment as usual or to standard treatment alone. Primary outcome criteria were positive and negative psychotic and depressive symptoms as well as global assessment of functioning. Secondary outcomes were mentalising function, estimated with the Reading the mind in the eyes test and the Levels of emotional awareness scale, self-efficacy, locus of control, quality of life and satisfaction with care. Assessments were made at baseline, at post-treatment and at 12 weeks' follow-up. At 12 weeks, 55% of patients randomised to art therapy, and 66% of patients receiving treatment as usual were examined. In the per-protocol sample, art therapy was associated with a significantly greater mean reduction of positive symptoms and improved psychosocial functioning at post-treatment and follow-up, and with a greater mean reduction of negative symptoms at follow-up compared to standard treatment. The significant reduction of positive symptoms at post-treatment was maintained in an attempted intention-to-treat analysis. There were no group differences regarding depressive symptoms. Of secondary outcome parameters, patients in the art therapy group showed a significant improvement in levels of emotional awareness, and particularly in their ability to reflect about others' emotional mental states. This is one of the first randomised controlled trials on psychodynamic group art therapy for patients with acute psychotic episodes receiving hospital treatment. Results prove the feasibility of trials on art therapy during acute psychotic episodes and justify further research to substantiate preliminary positive results regarding symptom reduction and the recovery of mentalising function.
Keywords: Depression, emotional awareness, psychodynamic art therapy, psychosis, psychosocial, schizophrenia
Subcategory: Adult
Topic: Group art therapy outcome
Sample size (n): 58 participants (29 experimental and 29 control); 35 participants completed the analysis (groups consisted of 3-6)
doi: https://doi.org/10.1176/ps.38.9.988
Comments: no comments

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<tbody>
<tr>
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<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized clinical trial</td>
<td>X</td>
<td>Peer-reviewed</td>
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</table>


Abstract: Objectives: We describe the use of responsive art therapy in an inpatient child and adolescent mental health services unit, including its acceptability rated through a satisfaction questionnaire.
Methods: A patient satisfaction questionnaire was developed to collect feedback from 46 adolescents. Images from therapy were photographed and collated looking for patterns across diagnoses and stages of treatment.
Results: Adolescents reported that art therapy helped them learn how to express themselves safely (80%) and understand how their thoughts related to their feelings (78%).
Conclusions: Responsive art therapy was a useful strategy to support the safe expression of distress and was seen as a positive experience by adolescents in inpatient mental health care.

Keywords: art therapy, adolescent, inpatient treatment, trauma informed care
Subcategory: adolescents in inpatient mental health care
Topic: Response art therapy
Sample size (n): 46
doi: https://doi.org/10.1177/1039856218822745
Comments: Responsive art therapy was a useful strategy to support the safe expression of distress and was seen as a positive experience of adolescents in inpatient mental health care.

**Abstract:** Schizophrenia is the name given to a debilitating condition treated medically with antipsychotic medication. However medication is only partially effective and many people diagnosed with schizophrenia have complex health and social needs requiring a spectrum of care which might include psychotherapy. Although National Institute for Clinical Excellence (NICE) guidelines for the treatment of schizophrenia state that referral to art therapy should be considered, especially for patients with negative symptoms, research supports the view that art therapy does not lead to improved patient outcomes when offered to most people with the disorder. Thus clinicians need more information to support consideration of referral. To this end, we report experiences of participants allocated to art therapy in a randomised trial of art therapy. By tracing the pathways and reported outcomes, we demonstrate that although relatively few ‘engaged’, those who did attributed personally valued changes, including improvements in self-esteem, social confidence and sense of agency, to participation. For some the experience was life changing. Our findings support therapists’ views that art therapy can contribute to personal recovery and that outcomes are related to participants’ investment in the therapeutic process. They thus shed light on the challenges of meaningfully assessing psychotherapy, which is an inherently interactive process using randomised trials, and highlight the importance of integrating process evaluations if ‘outcomes’ are to inform clinical care.

**Keywords:** Outcomes, grounded theory, process, schizophrenia, RCT

**Subcategory:** Adult

**Topic:** Group art therapy outcome

**Sample size (n):** 19 participants

**doi:** https://doi.org/10.1080/17454832.2012.738425 To link to this article: http://dx.doi.org/10.1080/17454832.2012.738425

**Comments:** no comments

<table>
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<tr>
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<th>control/experimental without randomization)</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
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<tbody>
<tr>
<td>Individual Interviews</td>
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<td>X</td>
<td>No</td>
<td>Descriptive Quantitative via Questionnaire: Qualitative via structural and visual themes related to diagnostic categories</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

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changes, how and for whom. International Journal of Art Therapy: Inscape, 16(2), 70-80.

Abstract: National guidance recommends that clinicians consider the offer of arts therapies including art therapy to people diagnosed with schizophrenia. However, because schizophrenia is a heterogeneous condition and this recommendation is based on population-level evidence, it may be difficult to meaningfully apply locally. Whilst art therapy is inextricably linked with ‘psychosis’ and receives clinical support, those charged with implementing guidance, developing and delivering services need to know more about art therapy, specifically what changes, how and for whom. We used grounded theory methods to address these questions from the perspective of art therapists. The data demonstrate richness and diversity in practice and therapists’ abiding belief in its inherent value; art therapy is ‘good’ for those who engage. We present therapists’ understandings of schizophrenia, conceptualise therapy as occurring in the complex interaction of use of art materials, space, therapist and participant and propose mechanisms of action, understood as both unique and universal and potential ‘outcomes’. Whilst therapists’ dedication to their practice is apparent and the potential benefits of its non-medical system status cannot be ignored it seems that integration of art therapy within the spectrum of care necessary to effectively support people diagnosed with schizophrenia will require clear articulation of theory and practice.

Keywords: Psychosis, art therapy, schizophrenia, process, mechanisms, model
Subcategory: Adult
Topic: Art therapists’ perspectives
Sample size (n): 24 participants
doi: https://doi.org/10.1080/17454832.2011.604038 To link to this article: http://dx.doi.org/10.1080/17454832.2011.604038
Comments: no comments

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<tbody>
<tr>
<td>Individual Interview</td>
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<td>n/a</td>
<td>n/a</td>
<td>X</td>
<td>Context study related to a large RTC</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: Art therapists have been unsettled by the findings of a pragmatic randomised controlled trial testing the addition of group-based art therapy to standard care for people diagnosed with schizophrenia. Arguments that the therapy tested was not that routinely delivered in the UK have been fueled by the arguably scant descriptions of therapy published to date. To inform the important debate about implications of findings, we provide a comprehensive description of therapy delivered in MATISSE. Drawing on accounts of therapists, their supervisors and participants and study documents, we articulate the three models used to deliver therapy. Described as modified studio, phased group and potentially interactive art therapy, the models were differentiated by structure and the degree of interpersonal and types of therapeutic interaction encouraged. Therapists, it seems, began with their “usual” practice and while remaining true to their ethos, modified that to fit the trial context and participants' needs. Such adaptation is consistent with the principles of pragmatic trials which seek to test interventions in
circumstances approximating the ‘real world’. MATISSE provides a piece of the puzzle but a plurality of evidence is needed before “calling time” on the debate about the usefulness of art therapy for people diagnosed with schizophrenia.

**Keywords**: Art therapy, models, group, randomized controlled trial, process evaluation, qualitative

**Subcategory**: Adult

**Topic**: Group art therapy outcome

**Sample size (n)**: N/A

**doi**: [http://dx.doi.org/10.1080/17454832.2014.993666](http://dx.doi.org/10.1080/17454832.2014.993666)

**Comments**: no comments

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<tr>
<td>Individual Interview</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>Context study related to a large RTC: the MATISSE study</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract**: This study examined the effect of group art therapy on maternal self-image and self-esteem as well as on the quality of interactions between mother and child. The participants were four mother-child pairs in which the mothers were experiencing depressive symptoms that affected their caregiving capacities. It was hypothesized that group art therapy would improve maternal self-esteem and self-image and, in turn, foster positive mother-child interactions. A mother-and-child drawing, a videotaped play session, and two self-reports were used as pre- and posttreatment assessments. Results showed that mothers reported higher levels of self-esteem and a more positive self-image following treatment. All participants depicted more mature and/or more self-assured mother-child relationships in their mother-and-child drawings following the group. Only half, however, were able to integrate their more optimistic attitudes and self-beliefs into their behavior and interactions with their children by the end of the study.

**Keywords**: Art therapy, postpartum depression, mother-child relationship

**Subcategory**: Postpartum depression

**Topic**: The effect of 8 90-minute group art therapy sessions upon high-risk mothers' self-image, self-esteem, and interactions with their children.

**Sample size (n)**: Group

**doi**: [http://dx.doi.org/10.1080/07421656.2001.10129729](http://dx.doi.org/10.1080/07421656.2001.10129729)

**Comments**: Measures included Mother-and-Child Drawings, Modified PPAT/FEATS, researcher-designed Mother Questionnaire, Maternal Self-Report Inventory-Short Form, and post group survey and interview, lacks clarity on how qualitative results were analyzed

**Abstract:** Background: There is no high quality controlled trial evidence for the effectiveness of art therapy in the adjunctive treatment of schizophrenia. Aims: To conduct the first exploratory RCT of group interactive art therapy (AT) as an adjunctive treatment in chronic schizophrenia. Method: The outcomes of 43 patients randomized to 12 sessions of AT were compared with those of 47 who received standard psychiatric care. Patients were assessed on a range of measures of symptoms, social functioning and quality of life at pre- and post-treatment and six-month follow-up. Results: Art therapy produced a statistically significant positive effect on negative symptoms (assessed by Scale for the Assessment of Negative Symptoms) though had little and non-significant impact on other measures. Conclusions: Limitations of the study included insufficient statistical power and a sub-optimal level of treatment. Nevertheless, the results were sufficiently promising to justify further research along these lines. Declaration of interest: This research was funded by a grant from the London Region NHS Executive Research and Development Directorate.

**Keywords:** Art therapy, schizophrenia, randomized trial

**Subcategory:** Adult

**Sample size (n):** 92 participants (43 experimental; 49 controls)

**doi:** https://doi.org/10.1176/ps.38.9.988

**Comments:** no comments

**Abstract:** Role Development is a theory-based, individualized intervention developed for health care practitioners, including art therapists, to assist individuals diagnosed with schizophrenia to learn roles and their underlying task and interpersonal skills. The role of artist is particularly suited to this intervention. This paper describes the role development model and methods for implementation, two evidenced-based research studies examining the effectiveness of Role Development, and the application of role development to art therapy. A case study specifically describing the process of role development in art therapy treatment is provided.

**Keywords:** Health care practitioners, Role Development, schizophrenia,

**Subcategory:** Adult

**Topic:** Group art therapy outcome

**Sample size (n):** 1 participant

**doi:** https://doi.org/10.1080/07421656.2006.10129624, To link to this article: http://dx.doi.org/10.1080/07421656.2006.10129624

**Comments:** Investigated the role of an art therapist and the development of art therapy treatment

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<td>Individual Interview</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Case Study</td>
<td>n/a</td>
<td>Peer-reviewed</td>
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**Abstract:** The primary aim of this randomized controlled clinical trial was to compare the outcome from two types of short-term psychodynamic psychotherapy. The participants were thirty-nine women with depression. Half of the participants (n=18) received art psychotherapy and the other half received verbal psychotherapy (n=21). Data was collected before and after psychotherapy, and at a 3-month follow-up using self-rating scales and interviewer-based ratings. Results showed that art and verbal psychotherapies were comparable, and at follow-up, the average participant in both groups had few depressive symptoms and stress-related symptoms. The conclusion was that short-term psychodynamic art therapy could be a valuable treatment for depressed women.

**Keywords:** Depression, short-term psychodynamic art therapy, verbal psychotherapy

**Subcategory:** Adult

**Topic:** Group art therapy outcome

**Sample size (n):** 39 participants (18 experimental and 21 controls)

**doi:** https://doi.org/10.1080/02668730701535610

**Abstract:** This study involved gaining a deeper understanding of the role of art making in mental health recovery among consumers of two psychosocial rehabilitation services in Victoria, Australia. Specifically, the study explored changes over 1 year in the lives of 12 participants who attended a variety of art-based programs. To gain a multifaceted perspective of this inquiry mixed methods were used, by incorporating pragmatism, empathetic phenomenology, co-operative inquiry, as well as case study and art-based approaches. An analysis of the findings resulted in the identification that art making provided a spiritual aspect to the recovery process. The art process acted as a vessel by which personal meanings could be made, encouraged interdependency, and assisted the development of multiple forms of identification beyond having a mental illness. Future strategies within mental health services could further integrate these aspects of art making into their practices, which would help to enhance the discovery of meaning, purpose and hope during the recovery process.

**Keywords:** mental health recovery, art making, psychosocial, spirituality

**Subcategory:** Adult

**Topic:** Group art therapy outcome

**Sample size (n):** 12 participants

**doi:** https://doi.org/10.1080/19349637.2013.864542, To link to this article: http://dx.doi.org/10.1080/19349637.2013.864542

**Comments:** Participants were studied over the course of a year, strong qualitative section

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized, controlled clinical trial</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>
11. SCHOOL/ACADEMIC


Abstract: This program evaluation investigated the Mindfulness and Art Therapy Group Program’s (MATG-P) effectiveness for children’s mental health outcomes and interpersonal impacts. MATG-P provided eight weekly child therapy groups, two conjoint parent-child meetings, and ongoing meetings with teachers. Participants included 83 5- to 12-year-old children, 51 parents, and 22 teachers. Quantitative results from the pretest posttest nonequivalent control group design showed statistically significant decreases in internalizing and externalizing symptoms and significant increases in attention as rated by parents and teachers, as well as significant increases in peer relationship quality and mindful parenting as rated by parents. These results demonstrated the value of a child-centered, integrated art therapy and mindfulness curriculum in schools.

Keywords: Art therapy; mindfulness; group; school; parent-child
Subcategory: Children; Mindfulness
Topic: School-based program evaluation
Sample size (n): 83 5- to 12-year-old children, 51 parents, and 22 teachers
doi: https://doi.org/10.1080/07421656.2020.1807876
Comments: Outcomes assessed included well-being, mindfulness, mindful parenting, attention problems, inattention, hyperactivity/impulsivity, emotional lability, internalizing symptoms, and externalizing symptoms.

The Child Outcome Rating Scale (CORS) analogue scale assessed for overall well-being, the Conners 3 Peer Relationship Subscale assessed peer relationship quality, the Interpersonal Mindfulness in Parenting Scale (IEM-P) assessed for mindful parenting, the Child Session Rating Scale (CSRS) analogue scale assessed for effective therapeutic relationships, the Child and Adolescent Mindfulness Measure (CAMM) assessed for mindfulness, the Conners 3 Global Index (Conners 3GI) scale measured inattention, hyperactivity/impulsivity, and emotional lability, and the Symptoms Functioning and Severity Scale (SFSS) assessed for internalizing and externalizing symptoms.

**Abstract:** Although theoretical processes of art therapy with children have been suggested, they have lacked a systematic research basis. This systematic qualitative study explored children’s school-based one-to-one art therapy in order to create a theory of change. Across two primary schools, 14 children were interviewed individually, as were their parents, teachers and art therapists (total N = 40). All children had received art therapy within the previous 12 months. Children completed an art activity to aid the interview process. Interview data were analysed using grounded theory methodology. The analysis generated a preliminary model with three components. ‘Component 1—school context’ highlights the systemic nature of art therapy as well as its mystique to those not directly involved. ‘Component 2—core model’ describes art therapy as individualised and child-centered. Art-doing and making were considered central to children’s expression and developing understandings. ‘Component 3—change and no change’ describes the connection between identifying therapy aims and perceiving change. Recommendations are that art therapy be considered for children struggling to verbalise their difficulties; that therapists focus on therapeutic experiences being fun and enjoyable for the child, as well as embedded within the child’s system; and lastly that clear target problems are identified at the start of therapy.

**Keywords:** Art therapy, primary school, children, grounded theory, qualitative

**Subcategory:** Grounded theory research

**Topic:** Change processes in school-based art therapy

**Sample size (n):** 14 children, their parents, teachers, and art therapists (40 total)

**doi:** https://doi.org/10.1080/17454832.2016.1262882

**Comments:** Qualitative investigation into client perspectives on impact of AT

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<tbody>
<tr>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Qualitative</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
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</table>

**Abstract:** The study conducted in Israel, investigates the contribution of art therapy to the adjustment of children with learning disability and assesses interventions and their association with outcomes. Art therapy as an adjunct to academic assistance (i.e., experimental group) was compared to academic assistance only (control group) in one counseling center, which treated 93 children with learning disability (42 in the experimental and 51 in the control group). Results indicated more favorable outcomes in adjustment under art therapy conditions and similar progress in academic achievement under either condition. Although children in the control group scored higher on the process variables (bonding and impression of therapy), bonding was associated with outcomes only in the therapy condition. A session-by-session evaluation revealed that the two interventions were very different: the academic intervention focused on improved learning experiences, whereas the art therapy intervention focused on emotional exploration and awareness-insight development.

**Keywords:** Art therapy, children, learning disabilities

**Subcategory:** Child

**Topic:** Group art therapy outcome

**Sample size (n):** 93 participants (42 experimental and 51 controls)

**doi:** https://doi.org/10.1016/j.aip.2010.02.003

**Comments:** Strong results sections with future and practical implications for art therapy as a treatment method for school-age children, specifically those with a learning disability

<table>
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<tr>
<th>Art Therapy Intervention</th>
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<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Control/experimental without randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** Research in School-Based Art Therapy has been widely discussed in recent years, and the number of studies that examine staff perceptions and the special characteristics of art therapy within the education system has risen considerably. The current study explored the critical issue of adolescent clients’ perceptions of art therapy in school, from their point of view as clients. The methodology and data analysis were conducted according to the principles of Consensual Qualitative Research (CQR). The sample was composed of 12 adolescent clients, aged 14–18 (M = 16), who took part in in-depth semi-structured interviews. The findings were organized into five domains that emerged from the interviews: referrals and initial engagement with therapy, the setting within school, the nature of art therapy at school, the relationship with the art therapist, and the impact of art therapy on these clients. The analysis revealed that although
some participants initially agreed to art therapy because it got them out of class and let them have fun instead, they realized after a period of time of art therapy that they were engaged in a personal and emotional process focusing on them which allowed them to express their feelings without the fear of judgment. Participants at times used the word “mother” to describe their relationship with the art therapist, and stated that the presence of the art therapist at school made them feel safer and helped them deal with day-to-day problems. School-based art therapy was seen as having specific advantages according to the participants. Having a therapeutic hour during a stressful school day was considered to give these students an opportunity to relax, and the art therapy room was perceived as a shelter. In addition, when the therapist was perceived as a supportive figure, the whole school experience tended to be perceived as supportive or enabling greater acceptance.

**Keywords**: Art therapy, education system, clients’ perceptions, adolescent, school-based

**Subcategory**: Service-user perceptions

**Topic**: Consensual Qualitative Research study of adolescent client perceptions of referrals and initial engagement with therapy, the setting within school, the nature of art therapy at school, the relationship with the art therapist, and the impact of art therapy on these clients.

**Sample size (n)**: 12

**doi**: https://doi.org/10.3389/fpsyg.2020.518304

**Comments**: Participants that met inclusion criteria located by directors of therapeutic centers, school administrators, and educational consultants.

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<tbody>
<tr>
<td>Individual &amp; Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Consensual Qualitative Research (CQR)</td>
<td>N/A</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract**: This study examined how clay-based group art therapy, including pottery-making, might produce effects on the ego-resilience of low SES (Social Economic Status) adolescents. The participants in this study were 16 adolescents in an educational welfare program in a city middle school in Gyeonggi Province. The participants were divided into two groups of 8 — the experimental group and the control group — and received a total of 18 sessions of the therapy program, once a week, for 80 min in each session. The participants’ ego-resilience was measured before the first session after the last session, and in a follow-up test one month after the end of the program. Means and standard deviations from the tests were compared, and repeated measures analysis of the variance and simple main effects were computed using SPSS 18.0. It was found that clay-based group art therapy produced positive effects on the ego-resilience of low SES adolescents. These findings are attributed to the participants’ successful experience of seeing clay becoming complete pottery through kiln firing and feeling the suppleness and plasticity of clay. The significance of this study lies in the finding that clay-based group art therapy produces positive effects on the adolescents’ ego-resilience, a personal trait that helps with mental and emotional adaptation in a changing and conflicting environment.

**Keywords**: Clay-based group art therapy, pottery work, ego-resilience, low economic social status adolescents

**Subcategory**: Adult

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**Abstract:** This exploratory study examined associations between the therapist-client bond and outcomes in individual and group art therapy in the Israeli school system. Children (*n* = 77; aged 7–13) and art therapists (*n* = 50) reported on the therapist-client bond at three time points. At the onset and conclusion of art therapy, children also reported on loneliness and perceived competence, whereas parents and homeroom teachers reported on the child’s behavioral and emotional problems. Significant correlations were only found between child-reported bond and outcome in individual therapy. These findings suggest the important role of this bond in art therapy, especially from the clients’ perspective.

**Keywords:** Therapist-client bond; art therapy; school system; therapy outcomes; children

**Subcategory:** Elementary age children

**Topic:** Left-behind children, school-bullying, and the effects of group artmaking interventions facilitated by teachers

**Sample size** (*n*): 50 art therapists, 77 children in art therapy, the children’s parents, and their homeroom teachers

**doi:** [https://doi.org/10.1080/07421656.2020.1827651](https://doi.org/10.1080/07421656.2020.1827651)

**Comments:** The Bond subscale of the Working Alliance Inventory (Horvath & Greenberg, 1989) was used to measure therapist-client Bond. The Perceived Competence Scale for Children (Harter, 1985) was used to measure child self-perception. The Loneliness Questionnaire (Williams & Asher, 1990) was used to measure child loneliness. The Teacher Report Form (TRF) and the Child Behavior Checklist (CBCL, completed by parents), were used to measure internalizing and externalizing problems.

**Abstract:** The purpose of this study is to investigate the effects of group art therapy, including breath meditation, on the subjective well-being of depressed and anxious youngsters. The subjects were 24 first-grade students at high school in an urban city (Daegu) of South Korea. The art therapy program was implemented in 13, 80-min sessions, held once or twice a week from September 28, 2010 to February 2011. The study tool was the subjective well-being scale of Han (1997), which was adapted from the subjective well-being scale of Campbell, Converse, and Rodgers (1976). The data were analyzed using SPSS WIN 18.0. To determine the homogeneity of the pre-test results, one-way analysis of variance (ANOVA) was performed. To analyze effect of subjective well-being, two-way repeated measures ANOVA was performed. Scores were significantly higher in experimental group 1 (who experienced art therapy combined with breath meditation) and 2 (who experienced only art therapy), than in the control group (who received no therapy). Scores were significantly higher in group 1 than in group 2. The results were the same in the follow-up test, which indicated the durability of the effects.

**Keywords:** Depressed and anxious adolescent Breath Meditation Group, art therapy, subjective well-being

**Subcategory:** Adolescent

**Topic:** Group art therapy outcome

**Sample size (n):** 24 participants (8 in art therapy and breath group, 8 in art therapy group only, 8 in a control group receiving no intervention)

**doi:** https://doi.org/10.1016/j.aip.2012.12.006

**Comments:** Students at the high school with scores of 27 or more points on the Beck’s Depression Inventory, or 50 or more points on the Beck’s Anxiety Inventory, were recruited for this study. Of 89 students introduced to study, 24 opted to participate. Use of an adapted “The subjective well-being index,” consisting of nine questions of the “General Affect” and one question of Life Satisfaction.”

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<th>Significance</th>
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</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Pre-post test with follow-up test; without randomization</td>
<td></td>
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</tbody>
</table>


**Abstract:** Background: In the UK an estimated one in ten primary school pupils have diagnosable mental health problems which may impact their education. Aims/context: This study examined a primary-school-based art therapy service for children experiencing social, emotional and mental health difficulties to assess the intervention’s acceptability and possible changes in classroom learning. Methods: A mixed methods before-and-after study was conducted with 25 children in
art therapy and a comparison group of 25 children per subject for reading, writing and maths attainment. A focus group with 10 teachers and interviews with 37 children were used to examine perceptions of art therapy and classroom learning. Results: Academic attainment was similar between the art therapy and comparison children. Both groups’ learning rate resembled that of national minimum expectations. Children and teachers perceived art therapy to be helpful for engagement with classroom learning, relationships with teachers and peers, and learning time. Conclusions: Further research is needed to develop this primary-school-based art therapy programme, assess transferability, and examine wider educational outcomes. Implications for practice: Primary-school-based art therapy may be particularly helpful when it is perceived as: a safe place, sessions being social and fun, facilitates coping strategies, expressing, thinking and talking, as well as making artwork.

**Keywords:** Art therapy; primary school; school-based; children; mixed method research; social; emotional; and mental health (SEMH); learning; education

**Subcategory:** Mixed methods designs; children

**Topic:** Perceived benefits of art therapy and classroom learning

**Sample size (n):**
- Quantitative: 100 (25 in art therapy, 25 per subject for reading, writing, and math).
- Qualitative: 47 (interviews with 37 children and a 10-teacher focus group)

**doi:** [https://doi.org/10.1080/17454832.2020.1760906](https://doi.org/10.1080/17454832.2020.1760906)

**Comments:** This study was part of a larger exploratory study that included 45 children. Participants were included in this component of the study if academic attainment scores were available at the onset and conclusion of the larger study.

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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Comparison before-and-after study (CBA) of reading, writing, and math scores analyzed via mixed ANOVA, Focus Group, semi-structured interviews</td>
<td>Peer-reviewed</td>
<td></td>
</tr>
</tbody>
</table>


**Abstract:** AIM: This exploratory mixed methods study aimed to inform future research by investigating if teachers and children from one primary school perceived any changes in children’s social, emotional and mental health difficulties following art therapy and if so, what the children perceived as helpful about the sessions. METHODS: The study included 45 children and 10 class teachers within one UK primary school. The researchers analysed routine questionnaires from teachers and a children’s evaluation interviews, triangulating these with data from a teacher focus group. RESULTS: The findings show significant and medium effect sizes for positive teacher-rated changes in children’s overall stress, conduct, hyperactivity, and prosocial behaviour and a large effect on perceived impact of children’s difficulties on their lives. Teacher-rated emotional distress and peer problems showed small changes that did
not reach statistical significance. The positive changes were corroborated by the teachers’ and children’s qualitative reports. Aspects of art therapy which children found particularly helpful were; making and thinking about art; expressing, thinking and learning about thoughts and feelings; and sessions being fun.

CONCLUSION: The study highlighted perceived positive changes and no negative changes in children’s SEMH difficulties. However, future research is necessary to examine clinical effectiveness

**Keywords**: Art therapy; primary school; school-based; children; mixed method research; mental health

**Subcategory**: Mixed methods designs; children

**Topic**: Perceived benefits of art therapy and classroom learning

**Sample size (n)**: 45 children and a 10-teacher focus group; 37 of the 45 children completed semi-structured interviews

**doi**: https://doi.org/10.1080/17454832.2020.1760906

**Comments**: Social, emotional, and mental health are evaluated via the Strengths and Difficulties Questionnaire (SDQ; Goodman, 2000).

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Quantitative analysis included a one group pre-posttest design. Focus group; semi-structured interviews</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract**: Objective: This study assessed the effectiveness of group art therapy in improving social and emotional issues for adolescent boys of color living in poverty. Methods: The sample consisted of 162 male ninth graders in the South Bronx; 70 % identified as Latinx and 24 % as African American. For 6 months, one pre-existing class from each of three academic tracks (Honors, Average, and At-Risk) was randomly assigned to an experimental group (n = 80) that participated in 12 weekly group art therapy sessions, and the remaining classes (n = 76) were assigned to a control condition. All participants were administered the BASC-2 Self Report Survey pre- and post-intervention. Results: Two-way between subjects analysis of variance was used to test for the effects of Academic Track, Group, and their interaction on the BASC-2 variables. There were no significant effects of Group and no significant interaction effects. School Problems scale and Internalizing Problems scale showed significant effects for Academic Track, with p < 0.032 and p < 0.023, respectively. For School Problems students in the At Risk group showed greater improvement than those in the Average track p < 0.01. For Internalizing Problems, students in the At Risk track showed significantly more improvement than those in the Average track, p < 0.007. Conclusion: The findings suggest that Art Therapy has promise in addressing varied needs of high school students at different academic levels who are living in poverty.

**Keywords**: Adolescent boys; School-based art therapy; Poverty; Males of color

**Subcategory**: Adolescents

**Topic**: Exploratory study to assess the effectiveness of group art therapy in improving social and emotional issues
Sample size ($n$): 162 (80 treatment and 76 control)

doi: [https://doi.org/10.1016/j.aip.2020.101710](https://doi.org/10.1016/j.aip.2020.101710)

Comments: The Self-Report of Personality, Behavior Assessment System for Children, Second Edition (BASC-2 SRP) was completed by all participants in their classrooms before and at the end of the 12-week intervention period to measure anxiety, depression, school problems, internalizing problems, inattention/hyperactivity problems, emotional symptoms, self-esteem, and personal adjustment.

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Pretest posttest quasi-experimental design. Classroom groups assigned randomly to experimental or control conditions</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: A severely impaired capacity for social interaction is one of the characteristics of individuals with autism spectrum disorder (ASD). Deficits in facial emotional recognition processing may be associated with this limitation. The Build-a-Face (BAF) art therapy intervention was developed to assist with emotional recognition through the viewing and manipulating of three-dimensional facial features on a mannequin-like bust. This pilot study tested the abilities of 19 children with ASD to identify emotions depicted in facial photographs before and after a single BAF intervention session. The results indicated no statistically significant difference between the treatment and control groups; however, the treatment group had greater improvement than the control. Future research involving multiple BAF sessions is needed to test the effectiveness of BAF for promoting emotion recognition.

Keywords: Autism Spectrum Disorder, Build-a-Face (BAF), facial emotional recognition

Subcategory: Child

Topic: Effectiveness of an art therapy intervention

Sample size ($n$): 19 participants (10 in treatment group and 9 in control group)

doi: [https://doi.org/10.1080/07421656.2014.994163](https://doi.org/10.1080/07421656.2014.994163)

Comments: The Diagnostic Analysis of Nonverbal Accuracy 2–Child Facial Expressions (DANVA 2-CF) used to measure individual differences in the accurate sending and receiving of nonverbal social information.

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</tr>
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</table>

**Abstract:** This research explored the effect of combined rational emotive behavior therapy (REBT) and the art therapy (engraving method) on improving self-esteem and resilience. The research method was quasi experimental. The study used the Coopersmith Self-Esteem Inventory (SEI) and the Connor–Davidson Resilience Scale as pre- and post-test assessments to assess the effects on a sample of Iranian students. A sample of 24 Iranian university students were randomly placed in two groups, including one experimental group and one control group. This was followed by REBT and art therapy while students in the experimental group were taught for 10 sessions over a 10 weeks period there was no treatment for the control group over this time. The participants in both groups were evaluated before and after 10 sessions. The gathered data were analyzed using the t-test method through the SPSS package. The results showed that the integration of REBT and art therapy for increase the self-esteem and resilience of students. Further, implications of the study and suggestions for future use are discussed.

**Keywords:** Rational emotive behavior interventions, art therapy, Cognitive Behavior Therapy, self-esteem, resilience

**Subcategory:** Child

**Topic:** Group art therapy outcome

**Sample size (n):** 24 participants

**doi:** https://doi.org/10.1016/j.aip.2012.12.006

**Comments:** Use of two pre- and posttests, in support of the art therapy intervention

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</tr>
</thead>
<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Quasi-experimental; pre/posttest design; randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** This paper is a report of a research study that examined the use of art therapy to modify the locus of control (LOC) and adaptive classroom behavior of children with behavior disorders. The research developed from the thesis that art therapy can be a vehicle for helping children gain control over behavior and change perceptions of power and control. Prior to a description of the research, important concepts related to the development of the study are reviewed, including:
a definition and summary of LOC concepts, and the rationale for researching both a cognitive-behavioral approach to art therapy and an art as therapy approach to group art therapy.

Keywords: Behavior disordered children, Cognitive-Behavioral art therapy, locus of control (LOC), perceptions of power and control
Subcategory: Child
Topic: Group art therapy outcome
Sample size (n): 36 participants
doi: https://doi.org/10.1016/0197-4556(93)90018-W
Comments: no comments

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Randomized, controlled study?</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: The pilot study discussed in this article involved the integration of art therapy into the ninth-grade English classroom of an urban high school. The three goals of the study were to reduce drop-out rates, to decrease school failure, and to improve students' attitudes about school, family, and self. The data from three measures indicated that the pilot project was successful in reaching its goals. The discussion of artwork illustrates the success of the program, and ideas for future programming and research are outlined.

Keywords: Drop-out rates, school failure, students’ attitudes, urban high school
Subcategory: Adolescent
Topic: Group art therapy outcome
Sample size (n): 50 participants
doi: http://dx.doi.org/10.1080/07421656.1997.10759251
Comments: no comments provided

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</tr>
</thead>
</table>

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**Abstract:** In this study we explored the effects of group art therapy on the emotional well-being and parental empathy of mothers of children with special educational needs. Eleven mothers of children who were diagnosed with at least 1 kind of special educational need participated in a 16-week program. We hypothesized that the art therapy group would help the mothers improve their emotional well-being and reduce parenting stress in comparison to a control group who received no intervention. The results from weekly ratings, interviews, and artwork supported the 2 hypotheses; however, the results from the questionnaire ratings did not support them. The possible reasons for the inconsistency in results and the limitations of the study are discussed.

**Keywords:** Art therapy, emotional well-being, parental empathy

**Subcategory:** Art therapy, emotional well-being, parental empathy

**Topic:** Child

**Sample size (n):** 26 participants (11 experimental; 15 control)

**doi:** https://doi.org/10.1080/07421656.2016.1273697

**Comments:** Parent emotional well-being assessed using the Brief Symptoms Inventory-18 and the Parenting Stress Index, Third Edition Short Form. Parent-child relationship measured using the Parent-Child Relationship Questionnaire. Child behavioral outcomes measured with the Child Behavior Checklist. Weekly parental mood measured with an informal questionnaire. Parental change measured by semi-structured interview at the conclusion of the study.

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**Abstract:** Eleven graduate students who had registered for an elective course in art therapy worked under supervision with 11 unselected learning-impaired children. They used special art techniques designed to develop and evaluate ability to order, perceive, associate, and represent components. After 10 weekly one-hour art periods, the children showed significant gains in concepts of space, order, and class, as measured by pre- and post-tests designed for the study.

**Keywords:** Art therapy, cognitive skills, concept of space, order, class

Abstract: Latinx farmworker children are a vulnerable and disparate health population that confronts a myriad of threats to their emotional and behavioral health and subsequent development. Art therapy provides a potentially valuable and efficient strategy for preventing young children's mental health problems by providing a structured and engaging outlet for resolving the emotional sequelae of chronic adversity. A narrative-focused and trauma-processing art therapy program was implemented with 14 children aged between 3–5 years over 12 sessions in a bi-weekly format within a rural migrant head start program. We used a simple single group pre/posttest design to examine the impact of this intervention and saw improvement in all developmental areas using a specifically designed art therapy observation measure (ATC-PC) and a routine early development measure (LAP-3). However, it was unclear whether these changes were attributable to the art therapy program alone. Therefore, the findings of this pilot study warrant replication at a wider-scale. Additionally, the ATC-PC was shown to be a promising observation tool to document progress in art therapy with young children that also requires wider implementation and further testing.

Keywords: Latinx children; Farmworker families; Early intervention; Kindergarten readiness; Group art therapy

Subcategory: Early childhood
Topic: Exploratory multidisciplinary project to document participants’ developmental progression and pilot the implementation of an art therapy program.
Sample size (n): 14

doi: https://doi.org/10.1016/j.aip.2020.101710
Comments: The art therapy processes and materials followed a protocol previously designed and implemented with Latinx preschool-aged children (Van Lith, Quintero, Pizzutto, & Grzywacz, 2018). A novel measure, the Art Therapy Checklist for Preschool Children (ATC-PC) was designed by the first two authors for use in this study to measure changes in social engagement, emotional awareness, behavioral focus, creative development, and fine/gross motor skills. The Learning Accomplishment Profile Third Edition (LAP-3) had been routinely used at the study site and was selected as a feasible comparator. The Expressive Therapies Continuum (ETC) model was used to frame art material usage.

**Abstract:** This study was designed to test the hypotheses that (1) pre-adolescent boys show greater growth in positive self-concept when subjected to an art counseling program than when they receive a traditional non-directive counseling program having the same goal; and (2) this difference will continue to exist on into adolescence. Thirty boys who had just completed the sixth grade were subjects for the study. One group of fifteen boys received art counseling; the other group of fifteen boys received only traditional non-directive counseling. The art counseling group was unaware of the goals of art counseling and viewed each session as an art class they had elected. The treatment took place over a daily eight weeks summer session. A follow-up of both groups was conducted fourteen months later. A multivariate analysis of covariance with ten criteria—ten subscales on the "Tennessee Self-Concept Scale"—and ten covariates—pre-test scores on the subscales—was performed on the data. The results supported both hypotheses.

**Keywords:** Art therapy, art counseling, non-directive counseling, school, self-concept, sixth grade, Tennessee Self-Concept Scale

**Subcategory:** Child

**Topic:** Group art therapy outcome

**Sample size (n):** 30 participants

**doi:** n/a

**Comments:** no comments


**Abstract:** Background: Left-behind children (LBC) are becoming a widespread phenomenon and face higher risks of psychological and educational problems. Our study aimed to explore school bullying in LBC and examine the effectiveness of art therapy intervention for reducing bullying victimization affecting LBC in rural areas. Methods: A total of 603 children, including 272 LBC and 331 non-LBC, were sampled from 6 rural schools. Questionnaires regarding school life
satisfaction, children's social anxiety, self-esteem, and school bullying were used to assess the psychological and school behavior status of these children. One Hundred and Eighty LBC who were victims of school bullying were then selected and randomly assigned to 3 groups to evaluate the effects of art therapy intervention. The interventions of art therapy and general counseling were conducted in 6 sessions over 3 months. Results: Our results demonstrated LBC experienced more bullying victimization than non-LBC. Left-behind boys were more likely to be bullied than left-behind girls. LBC > 12 years old, LBC whose parents are divorced, separated, or widowed, were more vulnerable to being bullied. School bullying of LBC was affected by social anxiety scores and school life satisfaction. The bullying victimization of LBC in the art therapy group was significantly improved. Conclusions: LBC suffered more school bullying than did non-LBC. Art therapy can effectively help LBC in rural primary schools to reduce their vulnerability to bullying.

Keywords: Left-behind children, school bullying, school life satisfaction, self-esteem, art therapy
Subcategory: Elementary age children
Topic: Left-behind children, school-bullying, and the effects of group artmaking interventions facilitated by teachers
Sample size (n): 603 5th students from 6 primary schools filled out screening questionnaires assessing general information, mental status, and experiences of bullying. Children with the top 30 bullying scores from LBC from each of the schools (180 total) were randomly assigned to one of three groups: an art therapy treatment group, a counseling group, and a control group with no intervention.
doi: 10.3389/fpsyt.2019.00040
Comments: The modified Brief Multidimensional Students’ Life Satisfaction Scale—Peabody Treatment Progress Battery (BMSLSS-PTPB: Youth) measured children’s school life satisfaction. Ten items from The Social Anxiety Scale for Children—Revised (SASC-R) were used to assess social anxiety. The Rosenberg self-esteem scale (RSES) was used to measure self-esteem. The Revised Olweus Bully/Victim Questionnaire was used to assess children’s bullying victimization and bullying behaviors.

<table>
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<tr>
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<th>Measures the impact of treatment on a sample/group</th>
<th>Utilizes art therapy as a measure distinctly from other interventions</th>
<th>Thorough qualitative write-up</th>
<th>Method (single subject pre-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Cross-sectional inclusion study, three group pretest/posttest experimental study with randomized assignment</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

12. **SEXUAL ABUSE**

**Abstract:** The lives of hundreds of Yezidi women and girls were shattered by the horrors of sexual violence and sexual slavery following the attack by the Islamic State in Iraq and Syria (ISIS) on the Sinjar region of Iraq in 2014. The effectiveness of participation in a two-month art-based intervention on suicide ideation in 14 Kurdish Yezidi females (10-27 years) who survived the ISIS attack was evaluated in a pre and posttest experimental study. It was found that close to half of the women and girls (52.9%) had past suicidal ideation and attempts after the ISIS invasion. The total score for suicidal ideation decreased substantially from 16.71 to 6.50 ($p = 0.002$) after completion of creative art-based experience sessions. The Suicide Behaviors Questionnaire-Revised (SBQ-R), a self-report tool (Osman et al., 2001) measured suicidal thoughts and past attempts. In addition, the Beck Scale for Suicide Ideation (BSSI) (Beck, Steer, & Ranieri, 1988) measured current suicidal ideation. Participants’ wish to live score increased ($p < 0.0001$), and their passive and active suicide attempts stopped ($p = 0.012$ and $P = 0.005$, respectively). The deterrents to active attempts increased significantly ($P = 0.003$). However, the participants still did not have strong reasons for living ($P = 0.612$). The study suggests that participation in creative art-based experiences courses is effective to decrease suicidal ideation in these 14 women and girls.

**Keywords:** Suicidal ideation, suicide attempt, art-based experience, art and psychiatry, preventive psychiatry, trauma, sexual exploitation, Yezidi

**Subcategory:** Women and girls who survived sexual abuse

**Topic:** Art-based experiences to reduce suicidal ideation in Yezidi women and girls who survived sexual abuse

**Sample size ($n$):** 14

**doi:** https://doi.org/10.1016/j.aip.2020.101648

**Comments:** The authors are not art therapists. They use the term “art experiences”, “art therapy/art-based experience or psychotherapy sessions”, and “creative art-based interventions” in reference to treatment, although Table 3 is titled “Suicidal ideation between before and after art therapy sessions”. The first author is employed in the College of Nursing at a university in Kurdistan, Iraq. The second author is employed in an Institute of Fine Arts in Kurdistan, Iraq.

<table>
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<tr>
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<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/ experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four 3-hour group sessions weekly</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>n/a</td>
<td>Pre/posttest experimental investigation</td>
<td>x</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

Abstract: The purpose of this study is to test the effectiveness of art therapy in adolescent girls (n = 60) who have been sexually abused. Two groups were established: one (n = 30) with internalizing problems comprised the experimental group; the other (n = 30) had externalizing problems. The experimental group attended six painting sessions “based on Art therapy theories and previous studies. The Achenbach self-assessment form was used as a pre- post-test to measure changes in internalizing or externalizing problems. Reductions in internalizing problems reached significance (p< 0.001). Reductions in externalizing problems did not reach significance, but trended in that direction (p< 0.06).

Keywords: Art therapy, externalizing, internalizing painting, psychological problems, sexual abuse
Subcategory: Adolescents
Topic: The effectiveness of art therapy to reduce internalizing and externalizing problems of adolescent girls
Sample size (n): 60 (30 with internalizing problems; 30 with externalizing problems)
PMID 26702749; Scopus ID: 84949604339
Comments: It is not clear whether either author is a trained art therapist. It appears that the control group (externalizing) did not receive treatment.

<table>
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<tr>
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<th>Thorough qualitative write-up</th>
<th>Method (single subject, pre/posttest design, control/experimental without randomization)</th>
<th>Significance</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Group</td>
<td>X*</td>
<td>X*</td>
<td>X*</td>
<td>n/a</td>
<td>Pre-posttest design; two groups</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

*It is not clear whether art therapy painting sessions were conducted by a trained art therapist.


Abstract: Because sexual abuse is a recurring problem in our culture, it is likely that counselors and educators will encounter people who have been victimized by this type of abuse. Although there are a variety of therapeutic approaches for working with survivors, art therapy is one that may be less threatening. The purpose of this pilot study was to determine the effectiveness of art therapy in raising levels of self-esteem in a group of sexual abuse survivors. Specifically, the following questions will be addressed: Will the use of art therapy significantly raise a survivor’s level of self-esteem? What aspects of self-esteem will be affected (personal, social, general)? What qualitative changes, if any, will take place in the group? The pilot study emerged from research on art therapy in group settings and the use of art therapy in raising self-esteem.

Keywords: Art therapy, self-esteem, sexual abuse survivors
Subcategory: Adult
Topic: Group art therapy outcome
Sample size (n): 6 participants
doi: https://doi.org/10.1016/0197-4556(95)00036-4
Comments: no comments

**Abstract:** The purpose of this mixed methods study was to pilot-test a three-week, four-drawing “art therapy trauma and resiliency protocol for coping with adverse life events” (Hass-Cohen et al., 2018, p. 44). Nine hypotheses tested participants’ \( n = 31 \) response to an art therapy relational neuroscience (ATR-N) protocol. Testing took place at four intervals: Entry, four drawings completed twice (2a and 2b), a Reflection meeting (2c) inquiring about Drawing 3 and the others, and Follow-up measures and another drawing five weeks after Time 1 and five weeks after Time 2b. Results indicated an overall reduction in impact of the traumatic event, as well as “negative affect \( p = 0.001 \), pain endorsement \( p = 0.001 \) and possibly pain intensity” for which results were mixed (p. 44), and “[a]n increase in the number of endorsed resources” (p. 44) that were still apparent during post-post testing. The following measures were used: an adapted version of the Relationship Rating Scale (RR), Pre- and Post-Trauma Effect (TE) items, Posttraumatic Growth Cognitions Inventory (PTCI), and Resource Endorsement Checklist (REC). Not all measures were administered at all sessions. Each session included questions specific to the session. Attendance varied at each session.

**Keywords:** Rrt therapy relational neuroscience (ATR-N), imagination, memory reconsolidation, creativity, resiliency, negative affect, pain, art therapy protocol, four-drawing protocol, quantitative, trauma, coping resources, curiosity

**Subcategory:** adults

**Topic:** A four-drawing art therapy trauma and resiliency protocol study

**Sample size \( n = \) 31

**doi:** [https://doi.org/10.1016/j.aip.2018.02.003](https://doi.org/10.1016/j.aip.2018.02.003)

**Comments:** This mixed methods study, with its nine hypotheses and questionnaires, was thoroughly presented. The qualitative measure (questions posed at each session) added depth to the quantitative measures. Results support future studies with a larger sample.

**Abstract:** A one-session social-action art therapy was tested for reduction of “symptoms of stress and compassion fatigue in counsellors working in domestic violence (DV) and sexual assault (SA) survivors” (Ifach & Miller, 2016, p. 34). Two measures were used for pre- and post-tests: the Compassion Fatigue Self-Test and the Psychological Stress Measure 9. Stress was significantly reduced.

**Keywords:** Social action, art therapy, domestic violence, sexual assault, peace poles, stress, compassion fatigue, burnout

**Subcategory:** Adults

**Topic:** Social action art therapy as an intervention for compassion fatigue

**Sample size** (*n* =) 30

**doi:** http://dx.doi.org/10.1016/j.aip.2016.05.009

**Comments:** The 30 participants formed three groups, each at their respective sites. A threat to this study was the novelty effect occurring as a result of the one-session intervention.

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Abstract: Examines the effectiveness of art therapy and personal construct approach in the treatment of a 40-year-old woman suffering from Post Sexual Abuse Trauma (PSAT). Treatment strategies for PSAT; G.A. Kelly's personal construct theory as a basis for art therapy; Results indicating positive change in areas of anxiety and low self-esteem, except depression.

Keywords: Anxiety, art therapy, depression, G.A. Kelly, personal construct, post sexual abuse trauma, PSAT, self-esteem

Subcategory: Adult
Topic: Individual art therapy
Sample size (n): 1 participant
doi: 9610313518??
Comments: Support of art therapy intervention using an in-depth case study

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Case Study</td>
<td>n/a</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


Abstract: This article outlines an approach that integrates art therapy and group process to target areas of need when working with child and adolescent victims of sexual abuse. The paper discusses which art therapy interventions were chosen to address the long- and short-term effects of sexual abuse, and provides theoretical and psychological documentation for such choices. All group participants were evaluated using the Trauma Symptom Child Checklist (Briere, 1995), a common instrument used in trauma centers, before and after their participation in the 10-week group cycle. The results of this exploratory study document a reduction in the symptoms commonly associated with childhood sexual abuse following the art therapy intervention.

Keywords: Art therapy, sexual abuse, trauma, Trauma Symptom Child Checklist
Subcategory: Child and Adolescent
Topic: Group art therapy outcome
Sample size (n): 13 participants
doi: [http://dx.doi.org/10.1080/07421656.2002.10129724](http://dx.doi.org/10.1080/07421656.2002.10129724)
Comments: no comments

**Abstract:** This article reports the outcome of a four-year follow-up of a pilot study using a combination of art therapy, cognitive behavioral therapy, and group process to address the therapeutic issues related to childhood sexual abuse. All group participants were evaluated using the Trauma Symptom Checklist for Children (Briere, 1995), commonly used in trauma centers, before and after their participation in an 8-week group cycle. The results of this extended study support the combined use of art therapy (AT) and cognitive behavioral therapy (CBT) as an effective intervention to reduce symptoms most often associated with childhood sexual abuse.

**Keywords:** Art therapy, Cognitive Behavioral Therapy (CBT), sexual abuse, trauma

**Subcategory:** Child

**Topic:** Group art therapy outcome

**Sample size (n):** 41 participants

**doi:** http://dx.doi.org/10.1080/07421656.2006.10129337

**Comments:** no comments

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Control/experimental without randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
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</table>


**Abstract:** The psychological impact of child sexual abuse has been widely researched. The purpose of this study was to evaluate a group art therapy intervention designed by the authors aimed at reducing depression, anxiety, sexual trauma and low self-esteem among 25 sexually abused girls aged 8-11 years. The programme was based on existential-humanistic, Gestalt, client-centered and abuse-focused principles. The Solomon four-group design was used to investigate the efficacy of the intervention, and the Trauma Symptom Checklist for Children and Human Figure Drawing were used as measures for assessing symptom change.
The results indicated that the experimental groups improved significantly compared to the control groups with regard to anxiety and depression. The study adds to the literature on therapeutic approaches that can be applied to sexually abused children and on the use of group art therapy as an intervention technique.

**Keywords:** Anxiety, art therapy, depression, group therapy, group art therapy, sexual abuse, South Africa

**Subcategory:** Child

**Topic:** Group art therapy outcome

**Sample size (n):** 25 participants

**doi:** http://dx.doi.org/10.1080/07421656.2006.10129337

**Comments:** no comments

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Solomon-Four Group – without randomization</td>
<td>X</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>


**Abstract:** The purpose of this study was to test the effectiveness of group art therapy “for the management of FOC” (Sezen & Ünsalver, 2019, p. 9). Clinical FOC could increase the use of C-section. Two groups were randomly formed for this pre- posttest study: the art therapy group who participated in six group art therapy sessions and the control group who attended group psychoeducation focused on FOC. Measurement tools were Wijma Delivery Expectancy/Experience Questionnaire Version A (W-DEQ) – scores below 37, the Beck Depression Inventory (BDI) with scores below 14, and the Beck Anxiety Inventory (BAI) with scores below 10 “at the end of the 6th session for the art therapy group” (p. 9). When scores on all measures were calculated for the art therapy group, there was a significant different from pre- to post-test (p = 0.001) compared to the psychoeducation group. “FOC was considerably decreased in the art therapy group in relation to the control group at the end of treatment” (p. 9). The art therapy group opted for natural deliveries (n = 12); a greater number of the control group (n = 10) chose to have C-sections.

**Keywords:** Group art therapy, fear of childbirth, depression, art therapy, tocophobia

**Subcategory:** adults

**Topic:** Group art therapy for the management of fear of childbirth

**Sample size (n):** 30

**doi:** https://doi.org/10.1016/j.aip.2018.11.007

**Comments:** This study was categorized under Sexual Abuse as a key word. However, participants are described as women diagnosed with clinical fear of childbirth (FOC). The random assignment to groups increases the validity of this study.
Abstract: Very little systematic research has compared different types of treatment for adult victims of sexual assault” (Resick & Schnicke, 1990, p. 488). Art therapy research in the treatment of sexual abuse has mainly been concerned with the content of art expressions produced by clients (Spring, 1984; Ticen, 1990). Therefore, comparative studies of art therapy and group verbal therapy have the potential of aiding therapists in treating this population. Fifteen adult female incest survivors participated in this study which employed a control group and two experimental groups. Participants rated the significance of the curative factors of catharsis, cohesion, and insight in their treatment. The results of this study indicate that group art therapy, using a series of structured tasks, increased the value assigned to each of these curative factors.

Keywords: Adult female incest survivors, art therapy, catharsis, cohesion, insight

Subcategory: Child and Adolescent

Topic: Group art therapy outcome

Sample size (n): 15 participants

doi: http://dx.doi.org/10.1080/07421656.1992.10758950

Comments: The control group consisted of three women who participated in eight weekly individual psychotherapy sessions during the study. Two experimental groups of incest survivors met for eight weeks in 90-minute sessions; a group of seven women using only verbal techniques and an art therapy group of five women that used the process of drawing, painting and verbal processing.

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>Control/experimental without randomization</td>
<td>X</td>
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