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ADD and ADHD


**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

**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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<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>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>

AGING, EDERLY, AND 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 and 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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<th>Significance</th>
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</thead>
<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>Quasi-experimental, control group attended one art therapy group and experimental group attended 2 or more group art therapy sessions. Twenty-four completed pretests and posttests.</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>


**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.
## Art Therapy Intervention

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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, quasi-experimental; Self-esteem, depression, and anxiety were measured pre- and post in both groups.</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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<th>Significance</th>
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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 design; Individuals were pretested, given directives for manipulating modeling clay, interviewed about their experience, and then post tested. Interviews provided info re-integration of clay object made, emotional responses to clay experience, color preferences.</td>
<td>X</td>
<td>Peer review</td>
</tr>
</tbody>
</table>

**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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<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>Single subject, pre-/post test on a smaller sample size to determine the effect of group interventions</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</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 and 25 control)  
**doi:** https://doi.org/10.1016/j.aip.2012.11.002  
**Comments:** Psychocytbernetics art therapy approach, STAI, PANAS, Rosenberg Self Esteem Scale

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</thead>
<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>True experimental, with 25 Ss in each group; inclusion criteria included ≥ 25 on MMSE. Experimental (AG) Ss had 12 sessions of group art therapy over 4 weeks. Controls engaged in treatment as usual. Groups were statistically the same at pretest.</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**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
Qualitative interview study, with 5 art therapy participants and their caregivers (5). Participants received an average of 5 60-80-minute non-directive art therapy sessions. Data consisted of clinical notes and post intervention 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

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 preart activities using three media. Teacher ratings assessed classroom behavior for improvement. Each of the varied media sessions was compared to control sessions where a nonart 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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</thead>
<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N/A</td>
<td>ABAB single subject design that measured classroom performance over 10 weeks of individual art therapy.</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>

**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

do: 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.

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<tbody>
<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Included depth description of the subject</td>
<td>ABA Single subject research design with 4 measures: Tennessee Self Concept Scale, Human Figure Drawings, somatic complaints daily count, daily log. 10 individual sessions over 5 weeks involving archetypal images of values and ideals.</td>
<td></td>
<td>Peer review</td>
</tr>
</tbody>
</table>


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

do: 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 scales was interpreted as improvement in mood and socialization. Logic and problem solving scales did not reach significance.

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<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. Groups met 8 times. Researcher-designed survey of behaviors and the PPAT was administered to all Ss pre and post</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.

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<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. 16 in experimental group (8 sessions) and 13 in control group (treatment as usual) completed both outcome measures. PPAT/FEATS was used to determine change in depression and problem solving ability and BDI-II measured changes in depression pre- to post.</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. The Arts in Psychotherapy, 33, 188-198]. 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.

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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.
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  
**doi:** https://doi.org/10.1016/j.aip.2008.10.002  
**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).

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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-/post design, case study, control/experimental with randomization, control/experimental without randomization)</th>
<th>Significance</th>
<th>Dissertation or Peer-reviewed</th>
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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Randomized experimental, pretest-posttest control group design. Experimental Ss engaged in art therapy groups 1 hour per week for 15 weeks and control Ss engaged in treatment as usual. Art therapy treatment moved from individually orient to group oriented. Pre/post measures were Adult Nowicki-Strickland Locus of Control Scale, BDI-II, and Modified FEATS.</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 postintervention, 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>

**GRIEF AND BEREAVEMENT**


**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.

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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<tbody>
<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>

INTELLECTUALLY DISABLED

Trzaska, J. D. (2012). The use of a group mural project to increase self-esteem in high-functioning, cognitively disabled adults. The Arts in
Psychotherapy, 39(5), 436-442.

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: 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

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<td>X</td>
<td>X</td>
<td>Single subject pre-/post</td>
<td>X</td>
<td>Peer-review</td>
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</table>

MEDICAL


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 nonepileptic 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 nonepileptic 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; Pseudoseizure; Nonepileptic 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

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<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-review</td>
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</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 own 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

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**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.

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<td>X</td>
<td>X</td>
<td>X</td>
<td>Single subject, pre-/post</td>
<td>X</td>
<td>Peer-review</td>
</tr>
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</table>

Field, W., & Kruger, C. (2008). The effect of an art psychotherapy intervention on levels of depression and health locus of control orientations

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 and 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

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Pre-/post experimental and control groups, use of measurable scales to determine changes between the experimental (art therapy) and control group (video)</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


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 semistructured 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 fulfill 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

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Randomized questionnaire group, use of semi-structured questionnaire to determine the impact of art therapy</td>
<td>X</td>
<td>Peer-review</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
Comments: Psychologist and psychologist/art therapist lead groups, significant results with positive outcomes in art therapy.

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Comparison groups, pre-/post measures with the Maslach Burnout Inventory, examined three separate dimensions within the scale: emotional exhaustion, distancing, and reduced personal achievement. Researchers found significant results in support of art therapy</td>
<td>X</td>
<td>Peer-review</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
doi: http://dx.doi.org/10.1080/07421656.2008.10129593

Comments: Case study with the use of measurable scales (such as the Mini Mental Status Examination (K-MMSE), The Korean Wechsler Adult Intelligence Scale (K-WAIS), The Functional Independence Measure (FIM)).

**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 and 18 control)

**doi:** 10.1002/pon.988

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

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<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>
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**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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<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Quasi-experimental pre-/post</td>
<td></td>
<td>Peer-review</td>
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**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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</table>

**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

<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>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:** No permission to reprint from Elsevier.

**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:** 10.1016/j.yebeh.2012.03.030

<table>
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<th>Art Therapy Intervention</th>
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<th>Significance</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Groups</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>Pre/Post Design, one group. n = 16. Four 1½ hour art therapy focus groups (3 – 5 participants) over 1 month. Testing for developmental level.</td>
<td></td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**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 carers. 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 carers and relatives, and the insights gained from the whole process including the post-therapy interviews. Images ae 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:** 10.1080/1745-4840

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

<table>
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<th>Significance</th>
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</tr>
</thead>
</table>

**Abstract:** No permission to reprint from Wiley-Blackwell.

**Keywords:** Breast cancer, quality of life (QoL), art therapy, gender

**Subcategory:** Women with breast cancer

**Topic:** Simultaneous art therapy and radiotherapy treatments

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

**doi:** 10.1111/j.1365-2354.00952.x

**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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</thead>
<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>
</tbody>
</table>


**Abstract:** No permission to reprint from Cambridge.

**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 control)

**doi:** 10.1017/S1478951509000011

**Comments:** Study conducted in the United Kingdom and Sweden; Mixed Methods, Structural Analysis of Behavior (self-rating scale), Symptom Checklist-90

**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 exclusively 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

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</thead>
<tbody>
<tr>
<td>Individual &amp; Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>n/a</td>
<td>One group pretest, test at 1/3 and 2/3 thru program, and posttest; retrospective study. n = 14. Four months, 5x weekly @ 90 minutes.</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
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 infants 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: 10.1080/17454832.2013.844183
Comments: Use of the Edinburgh Post Natal Depression Scale, Self-Esteem Evaluation, and Relationship with Child measures

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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. Twenty weeks of open-ended, non-directive painting groups for parents</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


Abstract: No permission to reprint from Elsevier.
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 control)
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.

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</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; 16 two-hour sessions twice weekly, Measurement pre, post, and 1 month after tx completed</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**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

**doi**: 10.1080/07421656.2008.10129544

**Comments**: Large number of participants whose data was collected over 14 years

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Qualitative one-diagnostic group, data collected from 1992 – 2006; post-workshop evaluations only. Adults &amp; children in art therapy workshop: 10 weeks, 1 ½ hour group sessions, non-directive, variety of art materials</td>
<td>Content analysis</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>

**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: 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>
<th>Dissertation or Peer-reviewed</th>
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</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>X</td>
<td>Peer-review</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:** 10.1080/09687590500498143

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

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Qualitative, one group without randomization, ten weekly sessions.</td>
<td>N/A</td>
<td>Peer-reviewed</td>
</tr>
</tbody>
</table>

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**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:** N/A

**Subcategory:** Adolescent Female

**Topic:** Body Image

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

**doi:** 10.1080/08322473.2004.11432256

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Pre-/post-test design</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>

**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:** N/A

**Subcategory:** Adults

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

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

**doi:** 10.1080/07421656.2012.680048

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**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 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:** N/A

**Subcategory:** Adult Twin

**Topic:** Inner circle collage

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

**doi:** 10.1080/07421656.1993.10758973

**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:** 10.1016/j.aip.2009.12.003


**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:** 10.1037/cpp0000026

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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</td>
<td></td>
<td>Peer-review</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:** N/A

**Subcategory:** Adults

**Topic:** Visual Journaling

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

**doi:** 10.1080/07421656.2004.10129327

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
<td>Randomized Controlled Trial</td>
<td></td>
<td>Peer-review</td>
</tr>
</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:** 10.1080/07421656.2012.680047

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

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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>
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<td>Randomized Controlled Trial</td>
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**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 life style transition, especially through the use of a visual journal that functioned as a continuous outlet for guiding self expression and self-identity.

**Keywords:** N/A

**Subcategory:** Art Therapist

**Topic:** Response Art
Sample size (n): 1 participant
Comments: Results supported the benefit of, and need for, art therapy despite not having significant results

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**POST-TRAUMATIC STRESS DISORDER**


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: 10.1080/07421656.2001.10129750

**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:** 10.1016/j.aip.2006.09.007

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<td>X</td>
<td>Pre-/post-test design</td>
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**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:** 10.1080/17454832.2011.570274

**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:** N/A

**Subcategory:** Children

**Topic:** Trauma Informed art therapy

**Sample size (n):** 29 participants

**doi:** 10.1080/07421656.2007.10129474

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: N/A

Subcategory: Adult

Topic: Free Expression

Sample size (n): 417 participants
doi: 10.1186/1471-244X-10-65

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<td>X</td>
<td>Randomized Controlled Trial</td>
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<td>Peer-review</td>
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Abstract: Design: Three arm, rater blinded, pragmatic, randomized controlled trial. Setting: Secondary care services across 15 sites in the United Kingdom. Participants: 417 people aged 18 or over, who had a diagnosis of schizophrenia and provided written informed consent to take part in the study. Interventions: Participants, stratified by site, were randomized to 12 months of weekly group art therapy plus standard care, 12 months of weekly activity groups plus standard care, or standard care alone. Art therapy and activity groups had up to eight members and lasted for 90 minutes. In art therapy, members were given access to a range of art materials and encouraged to use these to express themselves freely. Members of activity groups were offered various activities that did not
involve use of art or craft materials and were encouraged to collectively select those they wanted to pursue. **Main outcome measures:** The primary outcomes were global functioning, measured using the global assessment of functioning scale, and mental health symptoms, measured using the positive and negative syndrome scale, 24 months after randomization. Main secondary outcomes were levels of group attendance, social functioning, and satisfaction with care at 12 and 24 months. **Results:** 417 participants were assigned to either art therapy (n=140), activity groups (n=140), or standard care alone (n=137). Primary outcomes between the three study arms did not differ. The adjusted mean difference between art therapy and standard care at 24 months on the global assessment of functioning scale was −0.9 (95% confidence interval −3.8 to 2.1), and on the positive and negative syndrome scale was 0.7 (−3.1 to 4.6). Secondary outcomes did not differ between those referred to art therapy or those referred to standard care at 12 or 24 months. **Conclusions:** Referring people with established schizophrenia to group art therapy as delivered in this trial did not improve global functioning, mental health, or other health related outcomes.

**Keywords:** N/A

**Subcategory:** Adults

**Topic:** Free Expression

**Sample size (n):** 417 participants

**doi:** 10.1136/bmj.e846

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</table>


**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:** 10.1590/S0120-53072014000100015

**Number of Participants:** 16

**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:** N/A

**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


**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, 1983). 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**: N/A

**Subcategory**: Adult

**Topic**: Group art therapy outcome

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


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**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**: N/A

**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

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

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<td>Context study related to a large RCT</td>
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</table>
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: 10.1080/17454832.2011.604038 To link to this article: http://dx.doi.org/10.1080/17454832.2011.604038

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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 fuelled 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

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**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

**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

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<tr>
<td>Group</td>
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<td>X</td>
<td>X</td>
<td>Mixed methods: One group pretest posttest design (pre-experimental), with various quantitative and qualitative measures including self-reports, interviews, and a videotaped play session.</td>
<td>Improvement in mothers’ MSI-SF and MQ scores, suggesting increase in self-confidence.</td>
<td>Peer review</td>
</tr>
</tbody>
</table>

**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

**Topic:** Group art therapy outcome

**Sample size (n):** 92 participants (43 experimental and 49 control)

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

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<td>X</td>
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**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:** N/A

**Subcategory:** Adult

**Topic:** Group art therapy outcome

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

**doi:** 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

<table>
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<tr>
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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-/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>Individual Interview</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Case study</td>
<td>Case study</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**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:** N/A

**Subcategory:** Adult

**Topic:** Group art therapy outcome

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

**doi:** 10.1080/02668730701535610

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<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</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


**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:** 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>X</td>
<td>Mixed Methods Thorough and detailed qualitative</td>
<td></td>
<td>Peer-review</td>
</tr>
</tbody>
</table>

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**SCHOOL/ACADEMIC**


**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 control)

**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

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Control/experimental without randomization</td>
<td>X</td>
<td>Peer-review</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

**Topic:** Group art therapy outcome

**Sample size (n):** 16 participants (8 experimental and 8 control)

**doi:** https://doi.org/10.1016/j.aip.2012.04.001

**Comments:** Measured ego-resilience though a scale, compared the quantitative results to the qualitative experience reported by participants and observed by the researchers

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Context study related to a large RCT</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</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 analysed 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 post tests, in support of the art therapy intervention

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<td>Individual Interview</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Experimental with randomization</td>
<td>X</td>
<td>Peer-review</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 (LOG) 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:** N/A

**Subcategory:** Child

**Topic:** Group art therapy outcome
Sample size \((n)\): 36 participants
doi: https://doi.org/10.1016/0197-4556(93)90018-W

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Experimental with randomization</td>
<td>X</td>
<td>Peer-review</td>
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</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:** N/A

**Subcategory:** Adolescent

**Topic:** Group art therapy outcome

Sample size \((n)\): 50 participants
doi: http://dx.doi.org/10.1080/07421656.1997.10759251

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<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Control/experimental without randomization</td>
<td>X</td>
<td>Peer-review</td>
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</tbody>
</table>


**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.
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: N/A
Subcategory: Child
Topic: Group art therapy outcome
Sample size (n): 30 participants
doi: N/A
SEXUAL ABUSE


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: N/A
Subcategory: Adult
Topic: Group art therapy outcome
Sample size (n): 6 participants
doi: https://doi.org/10.1016/0197-4556(95)00036-4

<table>
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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</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>


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: N/A
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

<table>
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<tr>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Case Study</td>
<td>X</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:** N/A
**Subcategory:** Child and Adolescent
**Topic:** Group art therapy outcome
**Sample size (n):** 13 participants
**doi:** http://dx.doi.org/10.1080/07421656.2002.10129724

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<tr>
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<td>X</td>
<td>X</td>
<td>X</td>
<td>Pre-/post-test design</td>
<td>X</td>
<td>Peer-reviewed</td>
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**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:** N/A
**Subcategory:** Child
**Topic:** Group art therapy outcome

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

**doi:** [http://dx.doi.org/10.1080/07421656.2006.10129337](http://dx.doi.org/10.1080/07421656.2006.10129337)

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<tr>
<td>Individual</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Control/experimental without randomization</td>
<td>X</td>
<td>Peer-review</td>
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**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-centred 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](http://dx.doi.org/10.1080/07421656.2006.10129337)

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<tbody>
<tr>
<td>Group</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>Solomon Four-Group Design (non-random)</td>
<td>X</td>
<td>Peer-review</td>
</tr>
</tbody>
</table>

**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:** N/A

**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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<td>X</td>
<td>X</td>
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<td>Control/experimental without randomization</td>
<td>X</td>
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