

## عنوان مقاله:

Visual Art Therapy Improved Psychological Distress among Patients with Cancer: A Quasi-experimental Study

## محل انتشار:

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## خلاصه مقاله:

Introduction: Cancer patients suffered from physical and mental consequences of its treatment. Despite regular treatment, a non-pharmacological intervention is uncommonly delivered to facilitate patients' psychological distress in the hospital in Indonesia. Aims: to investigate the effectiveness of visual art therapy to decrease anxiety and depressive symptoms among cancer patients. Methods: This quasi-experimental study recruited ۱۲۱ cancer patients from Dharmais Cancer Hospital Indonesia. The participants were divided into an intervention group (۴۳ participants) and the usual care group (۷۸ participants). The visual art therapy consisted of ۳ sessions such as drawing pictures based on their feeling, drawing pictures inside the circle, and showing and presenting pictures. This intervention was delivered during hospital stays or guided by telephones if they went home in two weeks between April to August ۲۰۱۹ by researchers. Hospital Anxiety Depression Scale (HADS) was completed to collect Anxiety and depressive symptoms. Independent t-test and Chi-Square were used to determine the homogeneity of variables. The outcomes of post-test and pre-test analysis between groups were carried out by analysis of covariance (ANCOVA). Findings: According to the baselines, participants' characteristics were homogenous, except for anxiety and depression levels. The intervention group had higher anxiety and depression levels ( $p < ۰.۰۰۱$ ) compared to usual care group in the baselines. The post-test scores of anxiety levels ( $p < ۰.۰۰۱$ ) and depressive symptoms ( $p < ۰.۰۰۱$ ) of the intervention group significantly decreased compared to the usual care group. Conclusion: Visual art therapy improved anxiety and depressive symptoms among cancer patients.

## کلمات کلیدی:

Anxiety, Art Therapy, Cancer, Depressive symptom

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