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ART-BASED PSYCHOTHERAPY IN CHILDREN AND ADOLESCENTS DURING COVID

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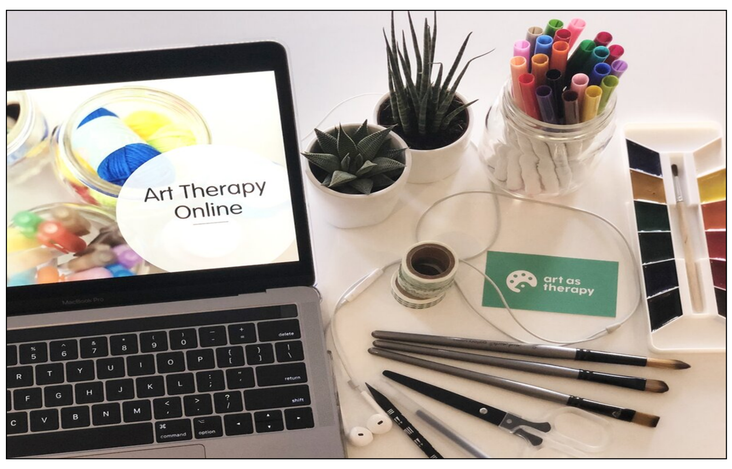
Introduction

In 2020, the COVID-19 pandemic changed everything. The world has been grappling with not only a raging virus, but also, a mental health crisis. This has especially been challenging for our educators and students, who have adjusted to virtual classrooms.

Aim

This study aims to determine the effect of online art-based interventions on the mental health of children and adolescents in the context of COVID-19.



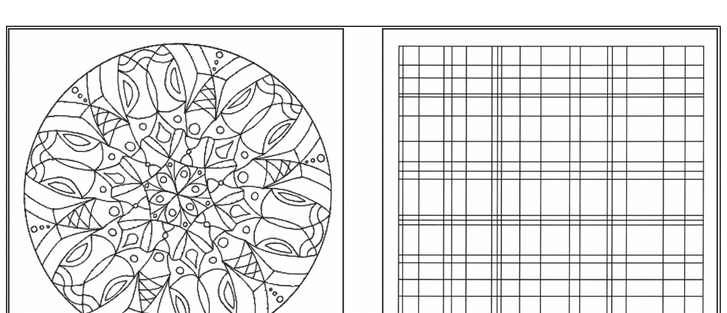
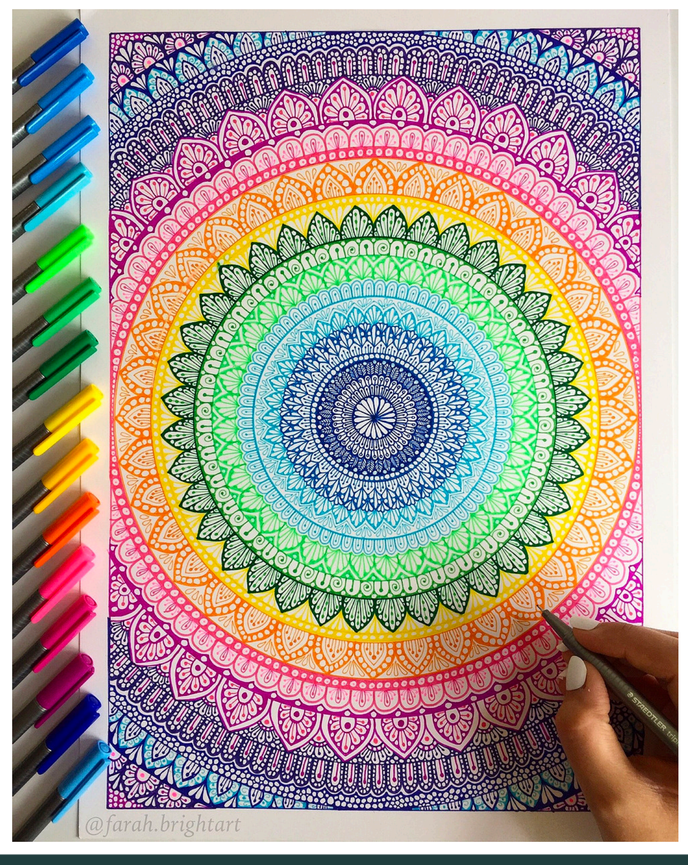


Figure 1 Mandala Design

Figure 2 Plaid Design

Nancy A. Curry BA & Tim Kasser PhD (2005) Can Coloring Mandalas Reduce Anxiety?, Art Therapy, 22:2, 81-85, DOI: 10.1080/07421656.2005.10129441. https://www.tandfonline.com/doi/pdf/10.1080/07421656.2005.10129441?needAccess=true



Methods

Five articles were considered for this literature review. Common conditions of the participants included depression, anxiety, ADHD, and post-traumatic stress disorder. The following instruments were used across individual studies: The state-trait anxiety inventory, state mindfulness scale, spirituality scale, behavior assessment scale for children, and self-structured questionnaires.

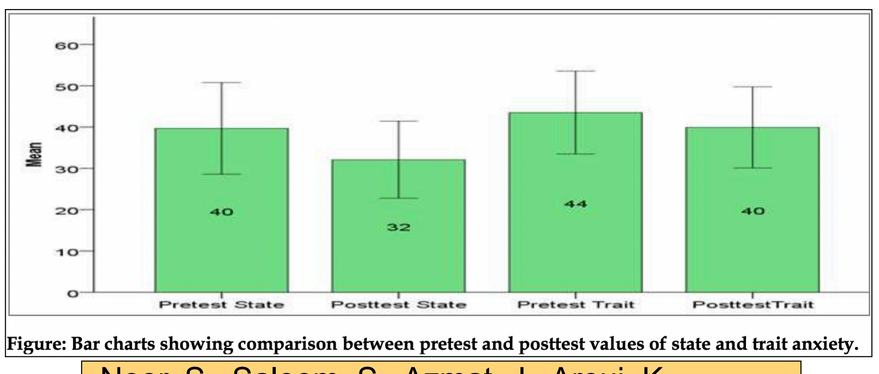
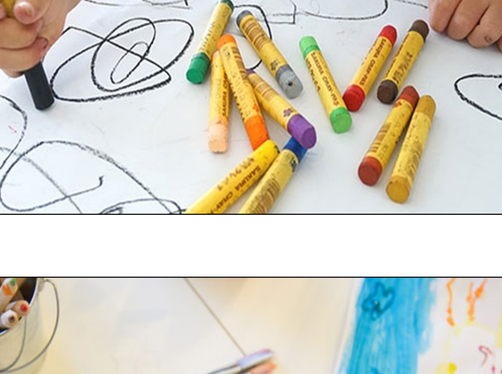


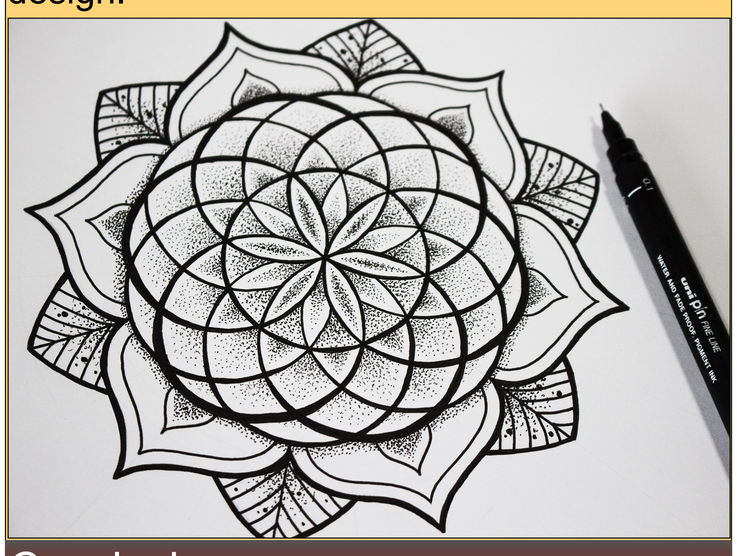
Figure: Bar charts showing comparison between pretest and posttest values of state and trait anxiety.

Noor, S., Saleem, S., Azmat, J., Arouj, K. MANDALA--COLORING AS A THERAPEUTIC INTERVENTION FOR ANXIETY REDUCTION IN UNIVERSITY STUDENTS. Pak ArmedForcesMed J 2017; 67 (6): 904-07. https://mail.pafmj.org/index.php/PAFMJ/article/view/1040/873



Results

Based on a review of the literature of various online modalities, the Mandala design was emphasized and compared with other art-based interventions. Results indicate a decrease in trauma and anxiety (as reflected by the significant difference in the pre and post state anxiety scores) symptoms after completing a Mandala design.



Conclusion

Further evaluation is needed in patients experiencing depression and other psychiatric conditions. There is more research to be done on remote art-based interventions as our world navigates this new reality and technology advances. However, overall, the implementation of the Mandala design has proven to be an effective art-based modality in young people.

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