

# Benefits of Art Therapy in People Diagnosed With Personality Disorders: A Quantitative Survey

## Art therapy from a patient perspective

Dr. S. Haeyen, Dr. F. Chakhssi, & Prof. Dr. S. Van Hooren (2020)

### INTRODUCTION

Art therapy is widely used and effective in the treatment of patients diagnosed with **Personality Disorders (PDs)**.

How much benefit do they actually experience and what does this relate to?

### METHOD

**528** people diagnosed with PDs completed a quantitative survey focused on the question: "Have you **benefited** from art therapy?"

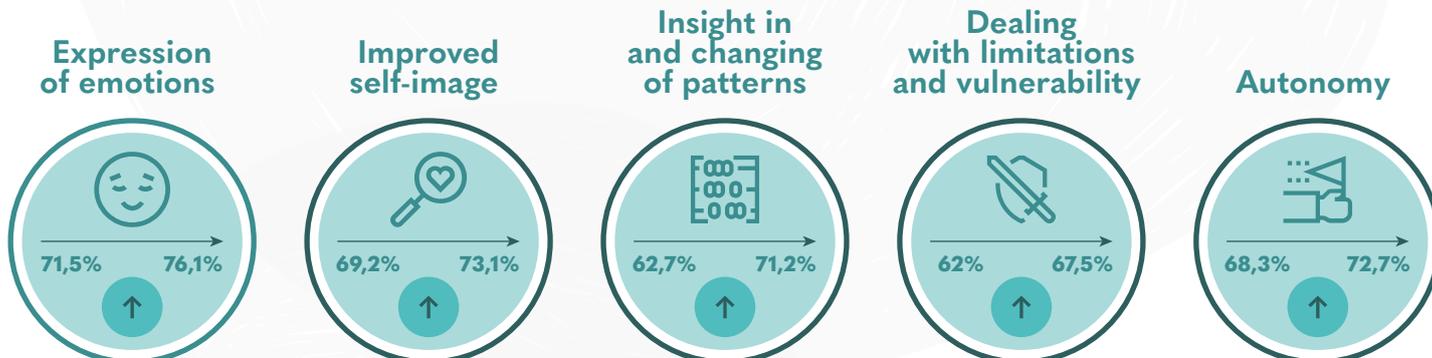
Two assessments covering a period of 3 months of art therapy

### RESULTS

Result showed that the **majority** of the patients reported quite **a lot of benefit** from art therapy (mean 3.70 on a 5-point Likert scale), primarily in **emotional and social functioning**.



The five highest scoring goals affected by art therapy and with a higher score after 3 months were:



The extent of **perceived benefits** is highly **dependent** on factors such as a non-judgmental attitude on the part of the therapist, feeling that they are taken seriously, being given sufficient freedom of expression but at the same time being offered sufficient structure and an adequate basis.

**Age, gender, and diagnosis** cluster **did not predict** the magnitude of perceived benefits.

### CONCLUSION

Patients clearly experience benefits of art therapy and it can be **broadly indicated**.

Benefits were primarily associated with the degree to which patients perceive that they can give **meaningful expression** to feelings in their artwork.

Read and/or download the research via this link

Haeyen, S., Chakhssi, F. & Van Hooren, S. (2020). Benefits of art therapy in people diagnosed with personality disorders: a quantitative survey. *Front. Psychol.* 11:686. doi: 10.3389/fpsyg.2020.00686 <https://www.frontiersin.org/articles/10.3389/fpsyg.2020.00686/full> (open access)



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