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?

528 people diagnosed with PDs completed a quantitative survey focused on the question: “Have you benefitted from art therapy?”

Two assessments covering a period of 3 months of art therapy

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.

Patients scored a mean of 3.7 on overall benefit

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

- Expression of emotions
- Improved self-image
- Insight in and changing of patterns
- Dealing with limitations and vulnerability
- Autonomy

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.

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.

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

Read and/or download the research via this link