Effects of Art Therapy in individuals with Personality Disorders cluster B/C

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Summary

This research project focuses on Art Therapy (AT) in patients with personality disorders cluster B/C. AT is offered to this target group for many years. However, it is unclear what the effects of this therapy are. To verify this, the project is divided into two parts. The first part concerns the development of a specific AT feedback instrument for this target group. By means of the systematized use of patient feedback AT can be monitored and if necessary updated. The second part of this research concerns a Randomized Controlled Trial to determine the effectiveness of AT. The aim is to contribute to the evidence base of AT in this target group, to the professionalization of AT and to a better positioning in the field.

Meaning for AT education

AT students contribute in parts of this research project and in the execution of the AT intervention in the RCT. AT methods were included in curricula parts of the Master of Arts therapies. This research also provided good examples for the design and execution of qualitative and quantitative research within the AT field.

Meaning for practice

Multiple art therapists, psychologists and psychiatrists were involved in the course of executing the research. The feedback instrument will be available for art therapists and is also translated into English for any further research.

	Goals	Method	n	Result
Study 1 **Perceived effects of AT by clients with PD**	Qualitative effects of AT	<u>Qualitative</u> Interviews / Focus groups / Qualitative content analysis.	n=29 participants / patients	Theoretical model of perceived effects of AT.
Study 2 **Development of the Art Therapy questionnaire (BTV-PS b/c)**	1.Development of the instrument	<u>Phase 1</u>. development of items and <u>Phase 2:</u> Evaluation of item formulation.	7 content experts, 2 research professionals, 1 test designer, 6 patients	Questionnaire about progress in AT with patients with PD: BTV-PS B/C with good psychometric properties.
	2.Scale confirmation	Examination of the underlying structure of the core categories in the BTV. Factor analysis.	n=275 participants	
	3.Reliability	Cronbach's Alpha / Test-retest.	n=75 from group of 335 (see study 1)	
	4.Validity	Construct validity by comparing the outcomes with two different instruments.	n=64 from group of 275 (see study 1)	
	5.Sensitivity to change	Repeated Measures ANOVA.	n=34 participants	
Study 3 **Effect of Art Therapy in individuals with Personality Disorders cluster B/C: a randomised controlled trial***	Quantitative effects of AT	Randomized controlled design, conditions: 1.Art therapy (10 weeks 1 session 1,5 hours) 2.Waiting list (control condition). 3 Measures: baseline (T0; pre-intervention), post-intervention at 10 weeks (T1) and after another five weeks follow-up (T2; 15 weeks after baseline) with: AAQ-II (Acceptance and Action Questionnaire-II), SMI (Schema Mode Inventory), MHC-SF (Mental Health Continuum-Short Form), OQ45 (Outcome questionnaire), MAAS (Mindful Attention Awareness Scale).	n=57 (3 measures)	Hypothesis: AT results in less personality pathology, more acceptance, and less experiential avoidance of unpleasant inner experiences. Analysis in progress.
Study 4				

*Registered and approved by the Medical Ethical Committee of the Radboud University Nijmegen, The Netherlands (METC) (CCMO register: NL44394.091.13 and Dutch Trial Register: NTR3925