



Effectiveness of Art Therapy on Social and Communication Skills of Patients at Assiut University Hospital

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Abstract:

Art therapy is a form of psychotherapy. Art therapy uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of patients. Art therapy program may be help to stimulate patient's interaction and communicate with others and help them be socially interaction and independent. The aim of this study was to assess, plan, implement, and evaluate the effect of art therapy on social and communication skills among psychiatric patient at Assiut university hospital. Research design: quasi-experimental design (pre- and post test) was used. The setting: this study was carried out at inpatient psychiatric unit for males and females, at Assiut University Hospital. Subject & Method: the subjects include in the study & control group comprised of 100 schizophrenic and mood disorder(depressive) patients who were attending to psychiatric unit within a Period of 4 months. Study tools, Three tools; were used to collect the study data (I) Sociodemographic data (2) Social Skills Assessment Scale (SSAS),& (3) Communication skills assessment scale (CSAS). SSAS and CSAS Scales were used before and after implement of art therapy sessions .Results: revealed significant improvement in social and communication skills after application of the sessions of art therapy program especially social interaction and expression of feelings among studied group while control group no significant before and after program . Conclusion: It can be concluded that art therapy sessions are effective in improving communication and social interaction as well as social interest and cooperation. The study recommended: nurses must be implement and apply art therapy as a treatment and part of nursing care plan.

Keywords:

Art Therapy, Social Skills & Communication Skills

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