



THE EFFECTIVENESS OF ART THERAPY IN THE TREATMENT OF MENTAL HEALTH OF HEALTHCARE WORKERS DURING THE COVID-19 PANDEMIC : A SYSTEMATIC REVIEW

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INTRODUCTION

- ◆ COVID-19 has imposed immense pressure on healthcare workers, increasing their infection risk and causing heightened levels of stress, anxiety, depression, and insomnia.
- ◆ Art therapy, like Zentangle, shows promise in improving mental health.
- This study aims to evaluate its effectiveness in reducing the mental health burden among healthcare workers during the pandemic, providing evidence-based interventions and recommendations for future care.

METHOD

- ◆ Keywords were identified for each step of the PICO model.
- ① Medical Subject Headings were used to conduct database searches for Chinese and English studies published before January 2023.
- ② Duplicate studies were removed and screening was performed according to the inclusion and exclusion criteria.
- ③ Finally, two randomized controlled trials (RCTs) were obtained, which were further evaluated using the Critical Appraisal Skills Program RCT checklist and the Oxford Center for Evidence-Based Medicine levels of evidence.
- ④ Clinical problems: The following keywords and Mesh term were used to search for articles on

P (participants)	nursing 、 healthcare workers
I (intervention)	Art therapy 、 silk painting 、 Zentangle
O (outcome)	Psychological distress 、 mental health
- ⑤ **Figure 1.** shows the plan of the Search strategy and database: Mesh term and text free words were used to search for articles. Articles were retrieved from electronic databases including PubMed, CINAHL, Cochrane Library, Embase, ProQuest, CEPS.

PRISMA 2020 flow diagram for new systematic reviews which included searches of databases and registers only

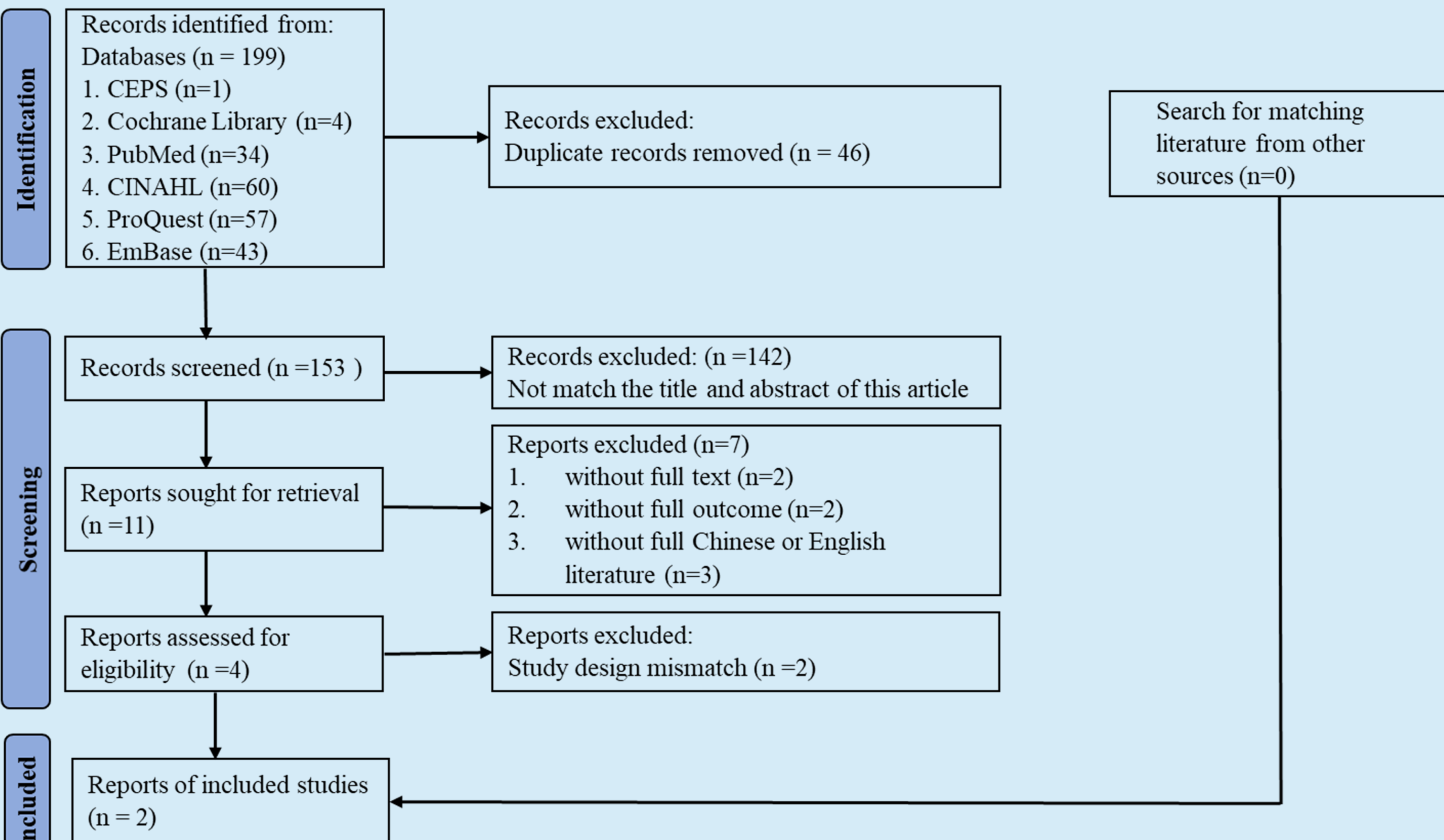


Figure 1

RESULTS

- Results from one literature study the treatment group experienced a decrease in physical fatigue and motivation (SF-36, MFI-20) after engaging in art activities. Participants reported feeling more energetic at work (p=0.03), better focused (p=0.02), able to relax after work (p=0.01), and experiencing a sense of being loved (p=0.01).
- Another literature study demonstrated that after attending a 4-hour Zentangle painting workshop, the General Self-Efficacy Scale (GSES) score (p=0.010) and the Work Stress Scale (WSS) score (p=0.005) were higher after the workshop, indicating improved stress management and self-efficacy sensations.

CASP-Cohort checklist and Oxford CEBM results

	Hsu et al.,2021	Karpavičiūtė et al.,2016
Validity	4/6	4/6
Importance	1/2	1/2
Practicability	3/3	3/3
Total	8/11	8/11
Results	included	included
Oxford CEBM	Level II	Level II

CONCLUSIONS

- ◆ Our findings demonstrate the beneficial effects of implementing art therapy in relieving psychological stress and improving the physical and mental health of medical staff, without any observed side effects.
- To further support the clinical application of art therapy, future research should include randomized controlled trials with larger sample sizes and rigorous methodologies, providing an empirical basis for its effectiveness.
- Moreover, it is crucial to prioritize the ongoing monitoring of the mental health of medical personnel, even beyond the current pandemic, in order to promptly identify and diagnose any potential long-term conditions. Timely diagnosis can facilitate the provision of appropriate and adequate treatment interventions for their well-being.

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