

# Efficacy of visual art therapy on anxiety symptoms in adult women

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON27381

### Source

Nationaal Trial Register

### Health condition

anxiety disorders:

- generalised anxiety disorder (GAD)
- social phobia
- panic disorder (with or without agoraphobia)

Angststoornissen (ICPC P74.01/02)

- gegeneraliseerde angststoornis
- sociale fobie
- paniekstoornis (met of zonder agorafobie)

## Sponsors and support

**Primary sponsor:** University of Applied Sciences Leiden  
Leiden University

**Source(s) of monetary or material Support:** NVKT

## Intervention

## Outcome measures

### Primary outcome

1 - Efficacy of visual art therapy on anxiety symptoms in adult women 6-06-2025

anxiety symptoms

### **Secondary outcome**

- quality of life
- emotion regulation
- executive functioning

## **Study description**

### **Background summary**

Background:

For anxiety disorders as GAD, social phobia and panic disorder, treatment results of standard care are less successful than for other anxiety disorders. Investigating the effectiveness of other types of therapies is needed. RCTs are important for establishing efficacy of interventions. For anthroposophic art therapy, no RCT has been executed. Treatment of anxiety in adults is one of the best practices of AAT, according to therapists. An important reason for organizing/conducting an efficacy study.

Method: a single-blind randomized controlled trial (RCT) with repeated measures will be performed for this intervention research.

### **Study Population**

Participants are recruited by social media and posters/flyers in the practices of general practitioners.

Women with a moderate to severe anxiety symptoms (scoring >7 for anxiety and >10 for distress on the 4DKL(2)), aged between 18-65 years, ability to fill in questionnaires on a computer and a written informed consent belong to the inclusion criteria. Patients are excluded if they are aged less than 18 years or older than 65 years, have psychosis or hallucinations, drug dependence, pacemaker, or receive eurythmic or rhythmical massage therapy during study period.

The following diagnoses will be included: generalized anxiety disorder, social phobia and panic disorder (with or without agoraphobia), established by a diagnostic interview (MINI-plus).

Patients without one of these diagnoses are excluded.

### Prestratification and Randomisation

Enrolled participants are divided into four strata: whether or not using psychotropic drugs, and whether or not having moderate or severe depression symptoms (4DKL: depression >6), and subsequently assigned to treatment (AT) or control group (WL) by means of block randomization.

We aim at a treatment group (art therapy: AT) and a control group of 30 participants each. The control group is a waiting list group (WL) that will not be treated with AAT for three months. After three months, the control group receives the therapy, making the total treatment group size 60.

### Intervention

After randomization 30 AT patients will receive ten to twelve individual art therapy sessions of 45 to 60 minutes per session during three months. Treatment is provided by qualified and registered art therapists.

### Study parameters

Primary outcome measure is anxiety level (LWASQ) and stressresponsivity (psycho-physiological protocol: ECG and skin conductance).

Secondary outcome measures are: quality of life (MANSA), emotion regulation (DERS) and executive functioning (BRIEF-A, ANT).

Measurements will be executed:

Month 0: T0, before the start of the therapy (AT), or before start of waiting list (WL)

Month 3: T1, after three months of therapy (AT), or after three months waiting time (WL)

Month 6: T2, three months after ending of the therapy (AT), or after three months of therapy (WL)

### **Study design**

T0: before start therapy / start waiting time

T1: after therapy / after waiting time (3 months)

T2: follow up after three months

## **Intervention**

visual art therapy; anthroposophic art therapy

## **Contacts**

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## **Eligibility criteria**

### **Inclusion criteria**

- Leeftijd: 18-65 jaar
- Angstsymptomen: score op 4DKL: verhoogd op angst ( $>7$ ) en/of verhoogd op distress ( $=10/>10$ )
- Diagnose: vast te stellen mbv MINI-plus diagnostisch interview (P074.02, P074.01)

### **Exclusion criteria**

- alcoholmisbruik, drugsverslaving (vast te stellen mbv MINI-plus diagnostisch interview)
- pacemaker (ivm vertekening fysiologische metingen) (vast te stellen dmv telefonische screening)
- scores 4DKL: angst  $=7/<7$  en/of distress  $<10$

- Diagnose: OCD, PTSS of alleen een specifieke fobie

## Study design

### Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Non controlled trial
Masking:	Single blinded (masking used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	03-04-2017
Enrollment:	62
Type:	Anticipated

## Ethics review

Not applicable	
Application type:	Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
NTR-new	NL6661
NTR-old	NTR6838
Other	NL61366.058.17 : CME LUMC

## Study results