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# **THE ROLE OF ART THERAPY IN REHABILITATION PATIENTS WITH MENTAL DISORDERS**

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Introduction:Treatment of patients with mental disorderscannot be limited use of only drug therapy. Along with the biological treatment are widely used various methods of psychosocial rehabilitation to restore the disturbed mental functions, improve the quality of life and social functioning in patients with mental disorders.

Aim of our study is to evaluate the effectiveness of art therapy in rehabilitation of patients with mental disorders.

Material and methods: In this study the following methods were used: clinical-anamnestic, clinical-psychopathological, psychodiagnosticaland methods of statistical analysis. 46 female patients were inspected with a diagnosis of schizophrenia, paranoid type at the stage of development of remission with the duration of disease at least 5 years at the time of the research. Middle age was 32,0 ± 8,06 years. The frequency of treatment in the hospital during the disease was 5 ± 3,8 times. Diagnosis of all patients was established according to the criteria of ICD-10. The first group consisted of 24 patients, who received complex treatment with a combination of psychopharmatherapyaccording to clinical protocols of health care of Ukraine and art therapy, second group - patients who treated only standard therapy (22 people). The study used a group art therapy with a thematic approach. Art-therapy sessions were conducted in groups of 10-14 peoplelasting 60 minutes with a frequency of 2 times per week for 3 months. Art-therapy using the methods of drawing, sculpting, making collages with elements of music therapy.

Results:In patients of the group receiving complex treatment in the form of a combination drug therapy and art therapy, compared with the control group, noted a significant decrease in anxiety and emotional tension (75,0 and 54,4%), improvement in cognition (66,6 and 45,5%), improving communication skills and social functioning (87,5 and 40,9%), the formation of adequate self-esteem and self-confidence (79,1 and 59,5%). Art therapy classes contributed to the development of adequate patient attitude to his disease and formation of willingness to continue treatment on an outpatient conditions. The study identified significantly larger increases in general perception of quality of life in patients of the main group than the control (p <0.01), the most positive changes were observed in areas: socio-emotional support, physical well-being and performance, interpersonal interaction.

Conclusion: Art therapy of patients with paranoid schizophrenia is an important means in psychosocial rehabilitation that promotes formation of willingness for further treatment and better quality of remission, normalization emotional state, reducing cognitive deficits, improving communication possibilities, personal experience of effective social interaction, achieves a higher level of quality of life and social functioning.