

# DGPPN KONGRESS 2015

25.–28. November 2015 | CityCube Berlin

Der Mensch im Mittelpunkt: Versorgung neu denken



## DGPPN Kongress 2015

Deutsche Gesellschaft für Psychiatrie und  
Psychotherapie, Psychosomatik und Nervenheilkunde  
25.-28. November 2015

Wissenschaftliches Programm/Abstracts

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**P-12-004:**

## **Effectiveness of art therapy in complex treatment of patients with depressive recurrent disorder**

**Sitzung**

[Affektive Erkrankungen: Therapie](#)

Freitag, 27. November 2015, 13:30 - 15:00 Uhr, Helsinki 1/2

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***Einleitung***

The study involved 150 patients of both genders (87 women, 63 men) aged from 18 to 55 years old RDD with current mild depressive episode (90 patients); recurrent episodes of moderate severity (45 patients) and current severe episode without psychotic symptoms (15 patients). Patients were randomized into 2 groups: group study №1 (GR 1) and study group 2 (GR 2). Research Group №1 received standard therapy (100 patients), while the study group №2 (50 patients) received art therapy in a complex standard treatment.

***Methode***

clinical; MMPI; HARS, HDRS, SHARPS.

***Diskussion/Ergebnisse***

The study revealed that 70% of patients had reduced level of anxiety; 75% of patients showed improvement in mood between sessions; 77% of patients improved self-esteem, 80% of patients had stable remission; 68% - had a positive outlook for the future; 65% - decreased levels of anhedonia and 80% of them marked regression of depressive symptoms.

- [Zurück](#)