

V. Korostiy, H. Kozhyna, S. Hmain, O. Sukhoivanova Influence of art therapy in complex treatment on the quality of remission in patients with anxiety in recurrent depressive disorder/ XVI Reunión Internacional de Ciencias Médicas 27 – 29 de abril de 2016, Leon, Mexico

Introduction. According to studies done in recent years regarding the treatment of patients with anxiety in recurrent depressive disorder, a shift of interest from studies evaluating the effectiveness of therapy to the study of remission is seen. According to the literature, complete remission occurs in only 40-50% of patients, in other cases there is residual symptoms.

Aims. Evaluating the effectiveness of art therapy in treatment in patients with anxiety in recurrent depressive disorder on the quality of remission.

Methods: The study involved 135 patients – 60 –male and 75 female patients aged from 18 to 30 years old. The main group of patients apart the combined treatment also participated in group art therapy with the use of drawing techniques, while the control group – statutory standard therapy.

We used clinical, psychopathological, psychodiagnostic and statistical methods.

Results. The results of the effectiveness of art therapy in complex treatment in patients with recurrent depressive disorder is detected primarily in reducing of the level of anxiety at the early stages of treatment (77% of patients have noticed decreasing of anxiety during sessions), as well as improving the quality of life in remission period.

Conclusion. These results support the use of art therapy in treatment in patients with recurrent depressive disorder during period of active treatment, and after achieving clinical remission contributes to achieving and maintaining high-quality and stable remission with full restoration of quality of life and social functioning.