

Art as a Means for Emotional Therapy among Mothers with Post-Partum Depression in Arabic Society at Israel

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This study compared the therapeutic process and treatment outcomes of two groups of mothers who face postnatal depression: the first deals with a therapy via conversation only, and the other deals with arts therapy in combination with conversational therapy.

The purpose of the study is to examine the impact of art therapy on the emotional state of mothers suffering from postnatal depression.

The study is a quantitative one, in which 141 Arab women being treated in a welfare office and infant welfare center in Wadi Ara have been investigated. Two therapeutic groups have been dealt with, one combined verbal and art methods, and the other included verbal conversation only. Data for the study has been collected by conducting questionnaires filled out by mothers of both sample treatment groups. The study tools included background variables questionnaires, process variables questionnaires and questionnaires for checking therapy results.

Results of the study provide support for the effectiveness of arts therapy in the study population. There is a significant emotional improvement in the treatment group using arts compared to the other one using only verbal treatment. The results collected from the study for higher improvement in emotional state conversation and arts combined therapy versus verbal treatment, and the high percentage of recovery level in arts and conversation combined treatment group compared with the verbal treatment support the first two hypotheses of the study. All scores of process variables were higher from the beginning of the process until the end in the intervention group, compared with those of the control group that goes along with the third hypothesis.

Keywords: Verbal therapy, art therapy, postnatal depression, process variables.

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