

Background



Each year, an estimated 400 000 children and adolescents of 0-19 years old develop cancer



They have suffered from lots of psychosomatic symptoms (e.g. anxiety, depression, pain, fatigue et al.) which lead to low health-related quality of life.



Art therapy, classified within the realm of CAM interventions and psychotherapy, is defined as the therapeutic use of visual art forms such as painting and art-making (e.g., sculpture, clay work), and other visual arts techniques.



Art therapy demonstrates promising potential benefits for children and adolescents.



However, its effects on patients with pediatric cancer remain unclear.

Objective

To determine the effects of art therapy on improving physical and psychological outcomes and health-related quality of life among patients with pediatric cancer.



EFFECTS OF ART THERAPY ON HEALTH-RELATED OUTCOMES AMONG CHILDREN AND ADOLESCENTS WITH CANCER: A SYSTEMATIC REVIEW AND META-ANALYSIS

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➤ For the application of art therapy, please scan the code

Selected Reference

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Results

- Three randomized controlled trials (RCTs) and five quasi-experimental studies with **acceptable quality** involving 452 participants from **five countries** were included.
- The effectiveness of art therapy

Analysis method	Outcome variable	Outcomes
Meta-analysis	Anxiety (6 studies)	Statistically significant reductions (p < 0.001, standardized mean difference [SMD] = - 1.06, 95% CI = -1.67 to - 0.46)
	Depression (2 studies)	Statistically significant reductions (p < 0.001, SMD = - 0.44, 95% CI = - 0.78 to - 0.10)
	Health-Related quality of life (2 studies)	Statistically significant improvement (p < 0.00, SMD = 1.12, 95% CI = 0.04 to 2.19)
Narrative description	Overall psychological symptoms (1 RCT)	Improvement with statistically significant
	Stress (1 quasi-experimental study)	
	Anger (1 quasi-experimental study)	
	Physical symptom (1 RCT)	

Method

- This review was registered in PROSPERO with register ID CRD42023477700 on November 11, 2023.
- Ten English language databases, two Chinese databases, and grey literature were searched. Two researchers independently conducted study selection and data extraction.
- The quality of studies was assessed using Cochrane's risk-of-bias assessment tools.
- The Generic inverse variance method with random-effects models was applied to do meta-analysis.



Conclusions

- Art therapy can positively improve psychological outcomes, particularly anxiety and depression, and health-related quality of life. It may benefit physical outcomes among patients with pediatric cancer.
- However, the evidence is weakened by limited studies and methodological heterogeneity.
- Additional high-quality RCTs with large samples are warranted to confirm and supplement the existing evidence.