

Colors of Healing: The Therapeutic Effects of Watercolor Sessions in Chemotherapy

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1 INTRODUCTION

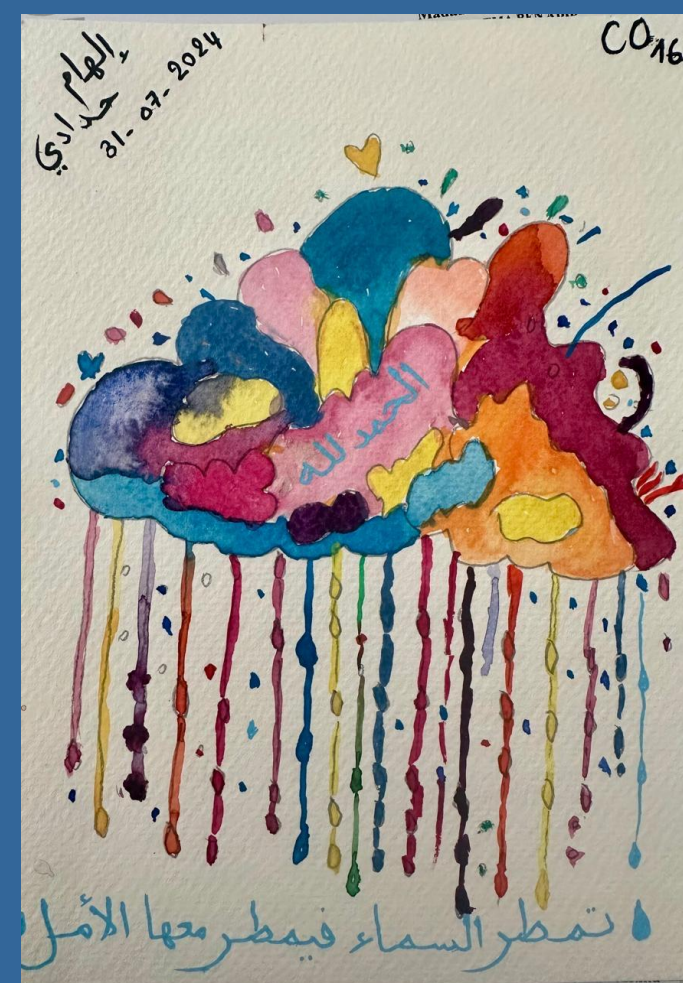
Chemotherapy is often associated with significant side effects that negatively impact patients' quality of life. This pilot study explores **the potential of watercolor painting sessions as a form of art therapy to improve the experience of patients undergoing chemotherapy** at the Oncologic Clinic "16 November," Rabat, Morocco.



Patient 1: painting during the infusion
Day care unit



Patient 13: painting during the infusion



2 METHODS

Prospective pilot one arm study (4 months)

Day Care Unit Clinique d'Oncologie 16 Novembre

206 patients

Female rate 80% Age 18 to 70 years

Adjuvant Treatment: 41%

Metastatic setting: 51%

Guided watercolor painting sessions facilitated by three volunteer art students.

ESAS (focusing on nausea, fatigue, and pain) before and after each infusion.

Visual smiley anxiety score questionnaires before and after each infusion.

3 RESULTS

Significant reduction observed in perceived anxiety, pain, nausea, and fatigue following the sessions ($p < 0.05$).

29% of patients reported reduced reliance on prescription medications for nausea and vomiting.

Beyond these quantitative outcomes, patients expressed high satisfaction, with many showcasing their artwork to family members, highlighting a sense of pride and accomplishment.

Figure 1: Anxiety Levels Before and After Chemotherapy

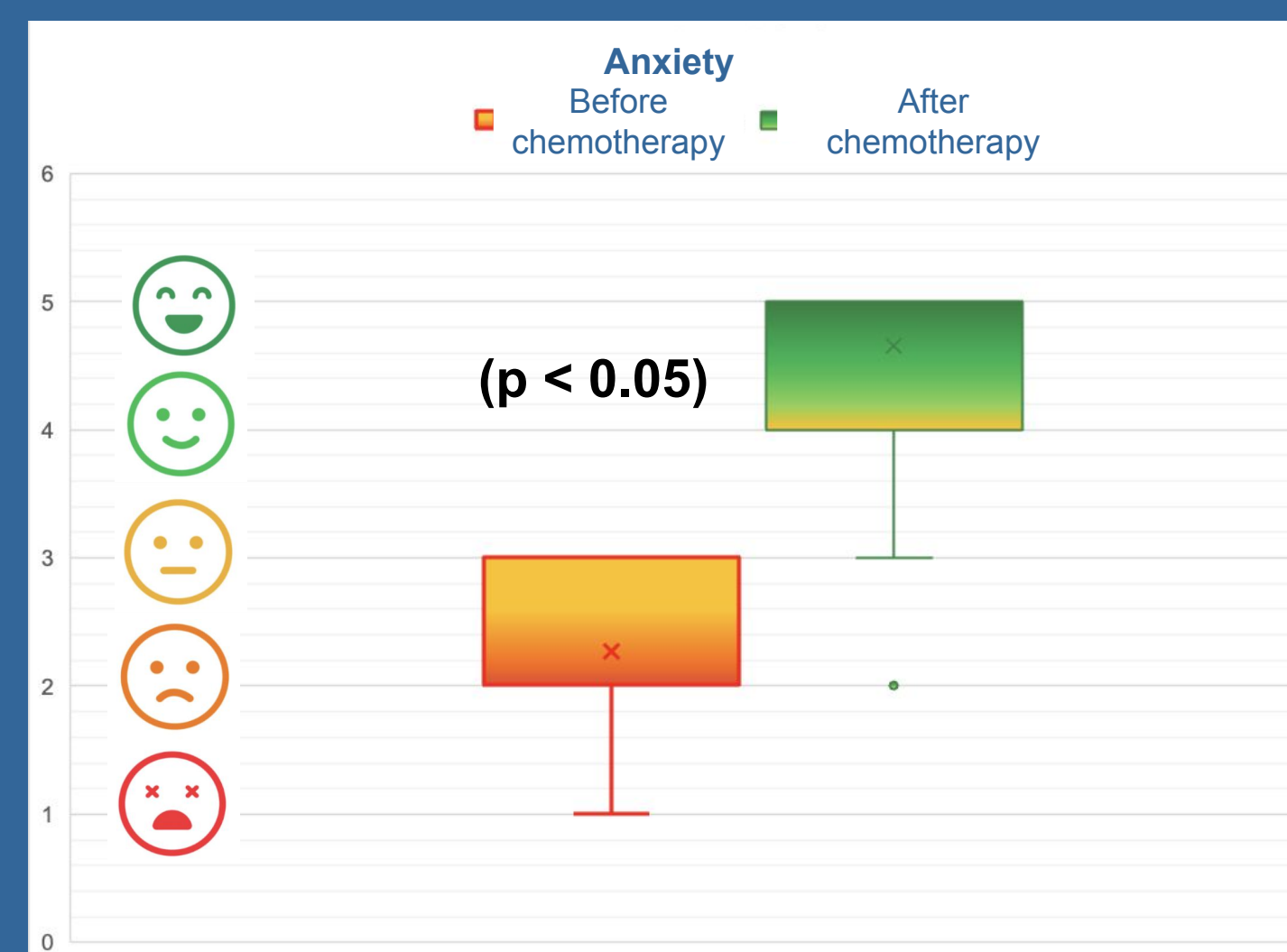
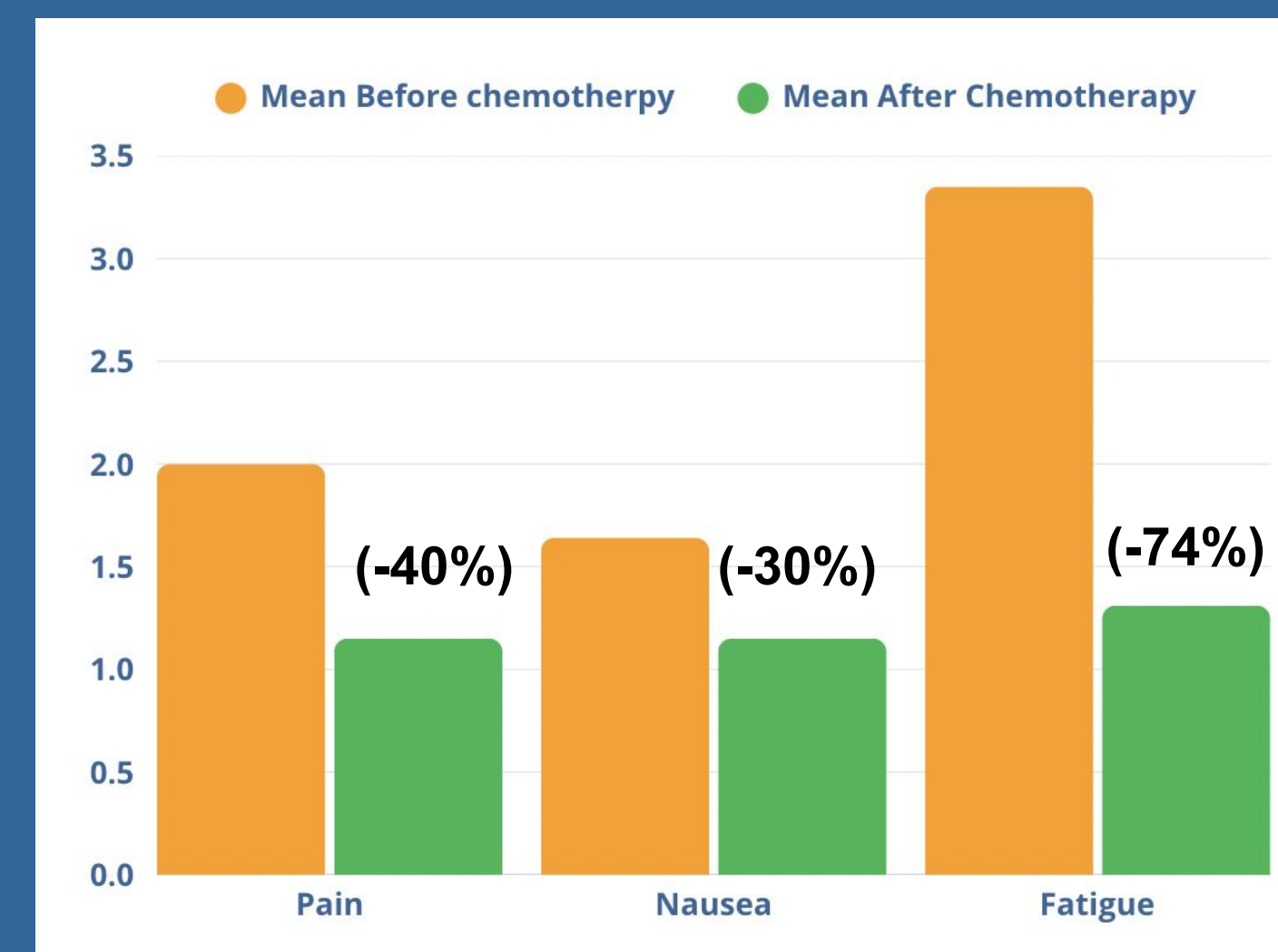


Figure 2: Mean ESAS Symptom Levels Before and After Chemotherapy



4 CONCLUSION AND PERSPECTIVES

Watercolor painting sessions during chemotherapy was correlated to redirecting patients' focus, alleviating physical symptoms, and reducing anxiety.

Integrating Art Therapy during treatment infusions may potentially

- improve immediate tolerance,
- reduce anxiety,
- enhance quality of live and
- encourage patient to continue with subsequent treatment with less apprehension.

A double-arm comparative study is currently ongoing to assess the impact on antimemetic and anxiolytic use.