Spring 4-22-2020

The Health Benefits of Visual Art Activities in the Geriatric Population

Melody Au-Yeung
University of St. Augustine for Health Sciences, m.auyeung@usa.edu

Abraham Avila
University of St. Augustine for Health Sciences, a.avila@usa.edu

Jason Bandong
University of St. Augustine for Health Sciences, j.bandong@usa.edu

Hy Ia
University of St. Augustine for Health Sciences, h.ia@usa.edu

Naureen Imam
University of St. Augustine for Health Sciences, n.imam@usa.edu

See next page for additional authors

Follow this and additional works at: https://soar.usa.edu/casmspring2020

Part of the Geriatrics Commons, and the Physical Therapy Commons

Recommended Citation
https://soar.usa.edu/casmspring2020/2

This Book is brought to you for free and open access by the Research Day, San Marcos Campus at SOAR @ USA. It has been accepted for inclusion in San Marcos, Spring 2020 by an authorized administrator of SOAR @ USA. For more information, please contact soar@usa.edu, erobinson@usa.edu.
Authors
Melody Au-Yeung, Abraham Avila, Jason Bandong, Hy Ia, Naureen Imam, and Kayla Wilcox

This book is available at SOAR @ USA: https://soar.usa.edu/casmspring2020/2
The Health Benefits of Visual Art Activities in the Geriatric Population
Melody Au-Yeung, SPT, Abraham Avila, SPT, Jason Bandong, SPT, Hy Ia, SPT, Naureen Imam, SPT, Kayla Wilcox, SPT
University of St. Augustine for Health Sciences, San Marcos, CA

PURPOSE

To assess the efficacy of visual art therapy on the physical and mental health of the geriatric population

METHODS

A literature review of five studies on visual art activities and health in the geriatric population was conducted
The following search terms were used: art therapy, visual art, mental health, health, cognition, geriatric, and older adults
5 peer-reviewed studies, published between 2016 and 2019, were selected: 2 systematic reviews, 2 experimental studies, and 1 narrative review
Two experimental studies assessed older adults age 65 and older
- Both used the Mini-Mental State Examination (MMSE) and a quality of life (QoL) assessment as outcome measures
Çetinkaya et al. conducted a randomized control study (RCT) that excluded individuals with a history of dementia
Kim assessed benefits of a combined program in 28 older adults from a welfare center in Korea

CASE DESCRIPTION

All five discussed the potential impact of art therapy on cognition and dementia as a premise for research
Çetinkaya et al. examined the efficacy of ceramic painting, while Kim assessed the benefits of a multimodal treatment program that incorporated a variety of activities
Studies by Roswiyani et al. and Kim examined the benefits of combined physical activity with an arts and crafts program on ADL function and quality of life in older adults
Studies showed improvements in life satisfaction, cognitive status, ADLs, mood and a reduction in depression

RESULTS

<table>
<thead>
<tr>
<th>Intervention</th>
<th>Reported Findings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ceramic Painting</td>
<td>MMSE score of the intervention group ↑ after art therapy (P&lt;.05); QoL score of the intervention group ↑ (but P&lt;.05)</td>
</tr>
<tr>
<td>Combined Physical, Recreational, and Arts Program</td>
<td>Improves cognitive function (MMSE), reports of depression, and ADL's</td>
</tr>
<tr>
<td>Systematic Reviews</td>
<td>Reports of ↑ “sustained attention” and improvements of mood, well-being, and QoL</td>
</tr>
<tr>
<td>Narrative Review</td>
<td>Improves communication, fine motor skills, and QoL</td>
</tr>
</tbody>
</table>

CONCLUSION

The current literature supports the inclusion of visual art therapy as treatment for older adults
Research shows that art therapy can decrease grief, mourning, negative emotions, and depression while promoting positive memories, socializing, language function and quality of life in older adults
Art therapy is also correlated with positive effects on emotional status and cognitive status in patients with dementia

CLINICAL RELEVANCE

Visual art activities are low-intensity interventions that work to improve both gross motor and fine motor skills in the geriatric population
Ceramic painting and collage making encourage fine motor skills through gripping of tools
Crafting can also help improve hand-eye coordination with specific directional cues for artistic techniques
Art activities can help address deficits of upper body strength, stability, proprioception, and tactile skills
In addition to physical benefits, participant engagement, mood, quality of life, and well-being are positively affected as well
Current research encourages physical therapists and other healthcare providers to supplement traditional exercise with visual art activities to increase compliance and interaction