



# The Outcome of Creative Art Interventions for Adults with Cancer

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## Introduction

- According to the American Occupational Therapy Association (2020), the term occupations are events from the client's daily life, both general and specific, that are important or meaningful to them.
- Using art as a meaningful occupation can be a useful intervention for adults with cancer by allowing for a sense of control, socially engaging, physically participating, and expressing themselves. Adults with cancer are at higher risk for decreased quality of life and the activities that pertain to improving satisfaction of life and mental health (Pergolotti et al., 2016).
- The arts can adhere to individuals who sustain their active lifestyle as well as individuals who chose to take more breaks because art can be completed anywhere, anytime.

## Methods

- Pre and post questionnaire
  - McGill Quality of Life Questionnaire (Part A-C only)
- Post-test survey
  - Four questions using a 5-point Likert Scale
- Demographics
  - Gender: 2 females
  - Race: 2 White/Caucasian
  - Cancer Diagnosis: 2 breast cancer
- Three one-on-one sessions consisting of the participants choice of a variety of creative arts
- Creative art interventions
  - Painting, poetry, collage, music, drawing, dance and movement
    - Supplies funded by The UAB Department of Occupational Therapy

## Results

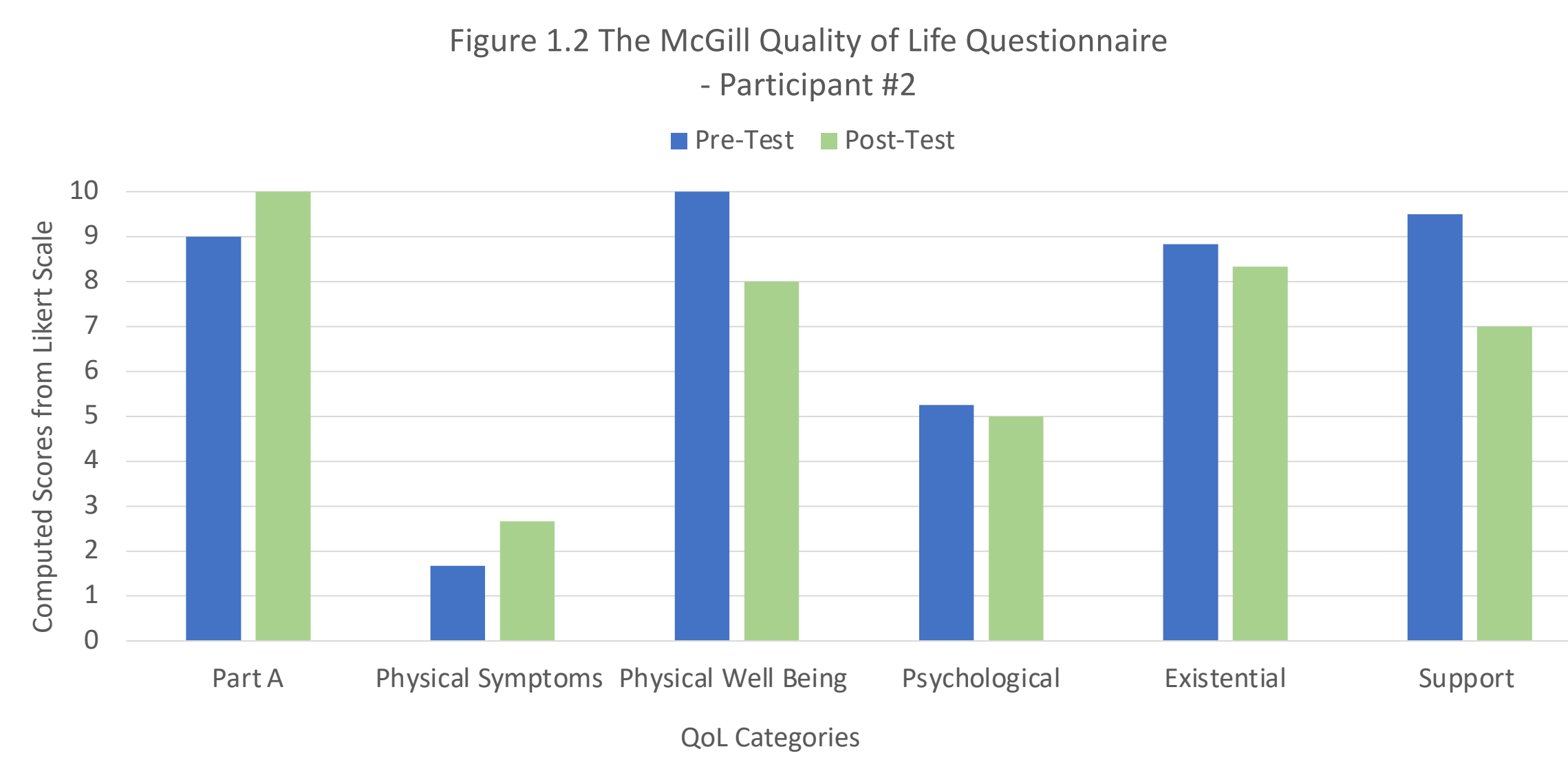
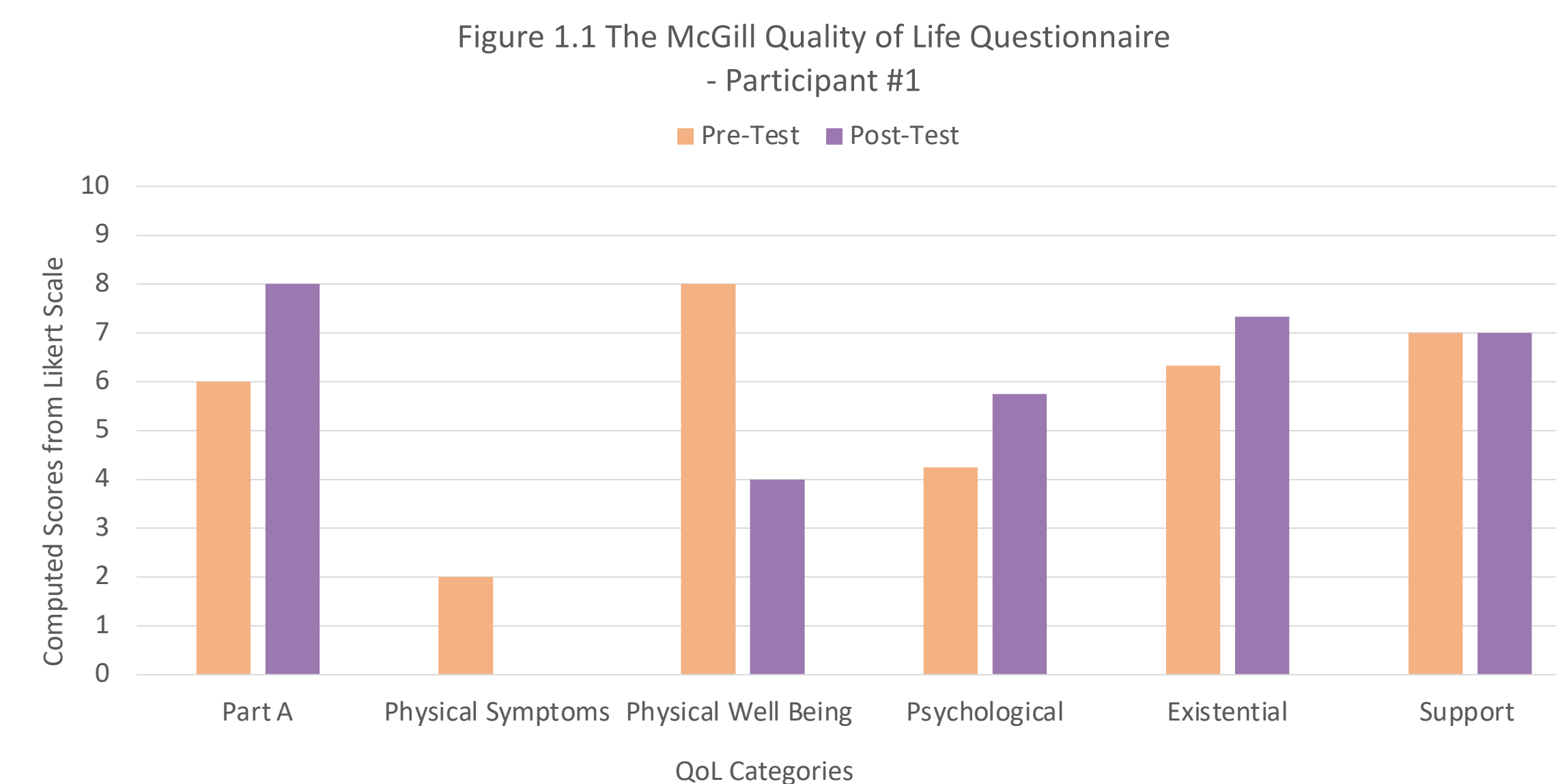


Table 2. Post Creative Arts Survey Questions

Survey Question	Likert scale	Response rate
Did you enjoy the creative arts that you chose to participate in?	Definitely yes	100%
	Kind of	0%
	Neutral	0%
	Not really	0%
	Definitely not	0%
If you had the opportunity, would you participate in this again?	Definitely yes	100%
	Kind of	0%
	Neutral	0%
	Not really	0%
	Definitely not	0%
Would you recommend creative arts to someone else you know?	Definitely yes	100%
	Kind of	0%
	Neutral	0%
	Not really	0%
	Definitely not	0%
In one word or a short phrase, describe the feeling you had while participating in this experience.	"Happy and ready to do more creative projects"	
	"Empowered, creative, engaged and openness"	

## Discussion

- When considering all parts of life (Part A), overall quality of life was increased.
- A participant stated that she was not feeling well and contemplated cancelling. After that session, she expressed that her body felt much better after moving around, socially engaging, and distracting herself with something enjoyable. This is consistent with Boehm et al. (2014) findings that throughout creative processes, participants can unwind from physically taxing treatments.
- An increase in physical symptoms and physical well-being may be a direct result of both participants receiving powerful medications for their cancer diagnosis.
- Participants expressed that they planned to continue their creative art projects at home and include their kids.
- "Happy", "empowered", and "engaged" were frequently used adjectives.

## Conclusion

- This study provides evidence that when considering all parts of life into one category, quality of life is generally improved.
- When quality of life was separated into specific categories such as physical symptoms and support, the result showed a decrease in between sessions.
- Participants recommend other adults with cancer take part in creative arts to enhance overall QoL.
- We hope that further research will focus on overall quality of life and contribute to complementary alternative treatments for adults with cancer.

## References

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