

**Article: 1324**

**Topic: EPV08 - e-Poster 08: Depression**

---

## **Art-therapy in Complex Treatment of Major Depressive Disorder**

**V. Korostiy<sup>1</sup>, S. Hmain<sup>1</sup>**

<sup>1</sup>Psychiatry narcology and medical psychology, KHARKIV NATIONAL MEDICAL UNIVERSITY, Kharkov, Ukraine

---

**Introduction.** Art therapy is one of the least studied methods of psychotherapy.

**Aims.** Studied the effectiveness of art therapy in the complex treatment of patients with major depressive disorder (DDR).

**Objectives.** The study involved 150 patients of both sexes (87 women, 63 men) aged 18 to 55 years, with major depressive disorder of varying degrees of severity.

**Methods.** Clinical examination, HDRS, HARS.

**Results.** The study revealed that (70%) reduced the level of anxiety; y (75%) patients showed improvement in mood between sessions; 77% of patients improved self-esteem, 80% of patients had sustained remission; 68% - there was a positive outlook for the future; 65% reduced the level of anhedonia and 80% of patients with marked regression of depressive symptoms. Patients with DDR with the current episode mild effectiveness of AT was high. Patients with DDR with the current episode of moderate severity was average efficiency. In patients with recurrent episodes of DDR-severe AT efficiency was minimal. Patients with melancholic clinical variants AT had enough positive effect already from the 4th session; with a disturbing one - art therapeutic effect was observed after the first session, briefly, then resumed anxiety; with hypochondriacal option - AT had no effect and apathetic one effect was also absent due to reduced motivation of patients.

**Conclusions.** Art therapy is an effective method of psychotherapy in an integrated treatment of recurrent depressive disorder, preferably at a dreary and alarming clinicopathological variants of recurrent depressive disorder and less effective in hypochondriacal.