

Randomisiert Kontrollierte Studien (RCT)  
sowie systematische Literaturübersichtsarbeiten (Reviews) und Metaanalysen in der  
Kunsttherapie

zusammengestellt von

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Erkrankung/ Adressatengruppe	Reviews oder Metanalyse	Quellenangaben der RCTs
<p><b>Schizophrenie, schizotype und wahnhafte Störungen</b></p>	<p><b>Reynolds, M.</b> Nabors, L. Quinlan, A. (2000) The Effectiveness of art therapy: Does it work? Art Therapy Journal of the American Art Therapy Association, 17:3, 207-213.</p> <p><b>Ruddy, R.</b> Milnes, D. Art therapy for schizophrenia or schizophrenia-like illnesses. Cochrane Database Syst Rev. 2005 Oct 19;(4):CD003728. Review.</p> <p><b>Attard, A.</b> Larkin, M. Art therapy for people with psychosis: a narrative review of the literature. Lancet Psychiatry. 2016 Nov;3(11):1067-1078. doi: 10.1016/S2215-0366(16)30146-8. Epub 2016 Aug 12. Review.</p>	<p><b>Green, B. L.,</b> Wehling, C. &amp; Taylsky, G. J. (1987). Group art therapy as an adjunct to treatment for chronic outpatients. Hospital and Community Psychiatry, 38, 988-991.</p> <p><b>Richardson, P.</b> Jones, K. Evans, Ch. Stevens, P. &amp; Rowe, A. (2007). Exploratory RCT of art therapy as an adjunctive treatment in schizophrenia, Journal of Mental Health, 16: 4,483-491.</p> <p><b>Meng, P.</b> Zheng, R. et al. (2005). Group Intervention for schizophrenia inpatient with art as medium. Acta Psychologica Sinica, 37 (3);403-412. (auf Chinesisch)</p> <p><b>Ruiz, M.I.</b> Aceituno, D. Rada, G. Art therapy for schizophrenia? Medwave. 2017 Jan 19;17(Suppl1)</p> <p><b>Crawford, M.J.</b> Killaspy, H. Kalaitzaki, E. &amp; Waller, D. The MATISSE study: a randomised trial of group art therapy for people with schizophrenia. BMC Psychiatry. 2010 Aug 27;10:65. doi: 10.1186/1471-244X-10-65.</p> <p><b>Crawford, M.J.</b> Killaspy, H. Barnes, TR. &amp; Waller, D. MATISSE project team. Group art therapy as an adjunctive treatment for people with schizophrenia: a randomised controlled trial (MATISSE). Health Technol Assess. 2012;16(8):iii-iv, 1-76. doi: 10.3310/hta16080.</p> <p><b>Montag, C.</b> Haase, L. Seidel, D. &amp; Dannecker, K. A pilot RCT of psychodynamic group art therapy for patients in acute psychotic episodes: feasibility, impact on symptoms and mentalising capacity. PLoS One. 2014 Nov 13;9(11):e112348. doi: 10.1371/journal.pone.0112348. eCollection 2014.</p> <p><b>Leurent, B.,</b> Killaspy, H., Osborn, D.P. et al. Moderating factors for the effectiveness of group art therapy for schizophrenia: secondary analysis of data from the MATISSE randomised controlled trial Soc Psychiatry Psychiatr Epidemiol (2014) 49: 1703. <a href="https://doi.org/10.1007/s00127-014-0876-2">https://doi.org/10.1007/s00127-014-0876-2</a></p>

PTSD	<p><b>Schouten</b>, K.A. de Niet, G. Knipscheer, J.W. Kleber, R. J. Hutschemakers, G. J. M. (2015). The effectiveness of art therapy in the treatment of traumatized adults: a systematic review on art therapy and Trauma. <i>Traum Violence, &amp; Abuse</i>, Vol.16(2):220-228.</p> <p><b>Uttley, L. Scope</b>, A. &amp; Wood, C. Systematic review and economic modelling of the clinical effectiveness and cost-effectiveness of art therapy among people with non-psychotic mental health disorders. <i>Health Technol Assess.</i> 2015 Mar;19(18):1-120.</p> <p><b>Baker</b>, F. Metcalf, O. Varker, T. o’Donnell M. (2017) A systematic review of the efficacy of creative arts therapies in the treatment of adults with PTSD. <i>American Psychological Association.</i></p>	<p><b>Volker</b>, C.A. (1999). Treatment of sexual assault survivors utilizing cognitive therapy and art therapy (Unpublished dissertation). <i>Dissertations abstracts International. Section B: 60(5B),2374.</i></p> <p><b>Henderson</b>, P. Rosen, D Mascaró, N. (2007). Empirical study on the healing nature of mandalas. <i>Psychology of Aesthetics, Creativity, and the Arts</i>, 1, 148-154.</p> <p><b>Lyshak-Stelzer</b>, F. Singer, P. St. John, P. Chemtob, CM. Art therapy for adolescents with posttraumatic stress disorder symptoms: a pilot study. <i>Art Therapy: Journal of the American Art Therapy Association</i> 2007;24: 163–9. <a href="http://dx.doi.org/10.1080/07421656.2007.10129474">http://dx.doi.org/10.1080/07421656.2007.10129474</a> auch bei RCT’s Kinder aufgelistet.</p> <p><b>Chapman</b>, L. Morabito, D. Ladakakos, C. Schreier, H. Knudson, M. The effectiveness of art therapy interventions in reducing post traumatic stress disorder (PTSD) symptoms in pediatric trauma patients. <i>Art Therapy: Journal of the American Art Therapy Association</i> 2001;18:100–4. <a href="http://dx.doi.org/10.1080/07421656.2001.10129750">http://dx.doi.org/10.1080/07421656.2001.10129750</a> auch bei RCT’s Kinder aufgelistet.</p> <p><b>Brillantes- Evangelista</b>, G. (2013) An evaluation of visual arts and poetry as therapeutic interventions with abused adolescents. <i>The Arts in psychotherapy</i> 40,71:71-84. auch bei RCT’s Kinder aufgelistet.</p> <p><b>Campbell</b>, M. Decker, KP. Kruk, K. Deaver, SP. Art Therapy and Cognitive Processing Therapy for Combat-Related PTSD: A Randomized Controlled Trial. <i>Art Therapy: Journal of the American Art Therapy Association</i>, v33 n4 p169-177 2016</p> <p><b>Wang</b>, X. Lan, C. Chen, J. &amp; Li, L. (2015). Creative arts program as an intervention for PTSD: A randomized clinical trial with motor vehicle accident survivors. <i>International Journal of Clinical and Experimental Medicine</i>, 8 13585-13591.</p> <p><b>Zimmermann</b>, P Kowalski, J. &amp; Ströhle, A. (2015). Evaluation of an inpatient preventive treatment program for soldiers returning from deployment. <i>Work</i>, 50, 103-110.</p> <p><b>Pizarro</b>, J. (2004). The efficacy of art and writing therapy: increasing positive mental health outcomes and participant retention after exposure to</p>
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		traumatic experience. <i>Art Therapy: Journal of the American Art Therapy Association</i> , 21 (1): 5-12.
Affektive Störungen		<p><b>Seiffert</b>, K. (2015). Studie zur Anwendung eines fototherapeutischen Behandlungsmodells für Patienten mit unipolaren Depressionen in der klinischen Versorgung. <i>Musik-Tanz- und Kunsttherapie</i>, 26 (2), 88-102.</p> <p><b>Thyme</b>, K. Sundin, EC. Stahlberg, G. Lindstrom, B. Eklof, H. Wiberg, B. The outcome of short-term psychodynamic art therapy compared to short-term psychodynamic verbal therapy for depressed women. <i>Psychoanal Psychother</i> 2007;3:250–64. <a href="http://dx.doi.org/10.1080/02668730701535610">http://dx.doi.org/10.1080/02668730701535610</a> 48.</p> <p><b>Kimport</b>, E R. Robbins, St J. Efficacy of Creative Clay Work for Reducing Negative Mood: A Randomized Controlled Trial. <i>Art Therapy: Journal of the American Art Therapy Association</i>, v29 n2 p74-79 2012</p> <p><b>Blomdahl</b>, C. Guregård, S. Rusner, M. &amp; Wijk, H. (2018). A manual-based phenomenological art therapy for individuals diagnosed with moderate to severe depression (PATd): A randomized controlled study. <i>Psychiatric Rehabilitation Journal</i>, 41(3), 169-182.</p> <p><b>Nan</b>, JKM. Ho, RTH. Effects of clay art therapy on adults outpatients with major depressive disorder: A randomized controlled trial. <i>J Affect Disord</i>. 2017 Aug 1;217: 237-245. doi: 10.1016/j.jad.2017.04.013. Epub 2017 Apr 11.</p> <p><b>McCaffrey</b>, R. Liehr, P. Gregersen, T. Nishioka, R. Garden walking and art therapy for depression in older adults: a pilot study. <i>Res Gerontol Nurs</i>. 2011 Oct;4(4):237-42. doi: 10.3928/19404921-20110201-01. Epub 2011 Feb 16. (auch bei Älteren aufgelistet)</p> <p><b>Ciasca</b>, EC. Ferreira, R. Santana, C. Dos Santos, G. Brum, P. Nunes P. Art therapy as an adjuvant treatment for depression in elderly women: a randomized controlled trial. <i>Braz J Psychiatry</i>. 2018 Jul-Sep;40(3):256-263. doi: 10.1590/1516-4446-2017-2250. Epub 2018 Feb 1.</p>
Angst/ Angststörungen	<b>Abbing</b> , A. Ponstein, A. van Hooren, S. de Sonnevile, L. Swaab, H. et al. (2018) The effectiveness of art therapy for anxiety in adults: A systematic review of randomised and non-randomised controlled trials. <i>PLOS ONE</i>	<p><b>Sandmire</b>, DA. Gorham, SR. Rankin, NE. Grimm, DR. The Influence of Art Making on Anxiety: A Pilot Study. <i>Art Therapy: Journal of the American Art Therapy Association</i> 2012; 29(2):68–73.</p> <p><b>Yu</b>, YZ. Ming, C. Yue, M. Hai, Li J. Ling, L. House–Tree–Person drawing therapy as an intervention for prisoners’ prerelease anxiety. <i>Social Behavior and Personality: an international journal</i>. 2016; 44 (6):987–1004.</p>

	13(12): e0208716. <a href="https://doi.org/10.1371/journal.pone.0208716">https://doi.org/10.1371/journal.pone.0208716</a>	<b>Henderson</b> , P. Rosen, D. Mascaro, N. Empirical study on the healing nature of mandalas. <i>Psychology of Aesthetics, Creativity, and the Arts</i> . 2007; 1(3):148–54. auch bei PTSD aufgelistet <b>Bell</b> , CE. Robbins, SJ. Effect of Art Production on Negative Mood: A Randomized, Controlled Trial. <i>Art Therapy</i> . 2007; 24(2):71–5.
Substanzabhängigkeit		<b>Dennstedt</b> , J. (2018) Auswirkung kunsttherapeutischer Intervention auf die Ressourcen bei stationären alkoholabhängigen PatientInnen. Dr. Kovac Verlag: Hamburg.
Essstörungen	<b>Ganter- Argast</b> , Ch. Enck, P. Zipfel, St. Sammet, I. Kunsttherapie in Gruppen bei Essstörungen- eine Literaturübersicht. <i>Gruppenpsychother. Gruppendynamik</i> 45: 20 – 31 (2008) <b>Lauschke</b> , M. Ostermann, T. Schulze, C. Kunsttherapie bei Essstörungen Ein vergleichender Literaturüberblick. <i>Musik-, Tanz- und Kunsttherapie</i> (2014), 25, pp. 191-200. (2014) <b>Lauschke</b> , M. Untersuchung aktueller und historischer Entwicklungen der klinischen Kunsttherapie in der stationären/teilstationären Behandlung essgestörter Patienten. Ein systematischer Literaturüberblick. Dissertation Witten Herdecke University. 2014.	<b>Lock</b> , J. Kara, K. Fitzpatrick, W. Agras, St. Weinbach, N. Jo, B. Feasibility Study Combining Art Therapy or Cognitive Remediation Therapy with Family Based Treatment for Adolescent Anorexia Nervosa <i>Eur Eat Disord Rev</i> . Author manuscript; available in PMC 2019 Jan 1. <i>Eur Eat Disord Rev</i> . 2018 Jan; 26(1): 62–68. Published online 2017 Nov 20. doi: 10.1002/erv.2571 PMCID: PMC5732028
Somatoforme Störungen	<b>Crawford</b> , C. Lee, C. Bingham, J. Active Self-Care Therapies for Pain (PACT) Working Group. Sensory art therapies for the self-management of chronic pain symptoms. <i>Pain Med</i> . 2014 Apr;15 Suppl 1:S66-75. doi: 10.1111/pme.12409. (→ nur Musik und story telling) <b>Angheluta</b> , A.M. (2011) Art therapy for chronic pain: Applications and future directions.	Keine RCT Studien Kunsttherapie

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Alzheimer Krankheit Demenz Parkinson- Syndrom	<b>Deshmukh</b> , S.R. Holmes J, Cardno A. Art therapy for people with dementia. Cochrane Database Syst Rev. 2018 Sep 13;9:CD011073. doi: 10.1002/14651858.CD011073.pub2.	<b>Hattori</b> ,H. Hattori, C. Hokao, C. Mizushima, K. Mase, T. Controlled study on the cognitive and psychological effect of coloring and drawing in mild Alzheimer’s disease patients. Geriatr Gerontol Int 2011;11:431–7. (ausgedruckt) <a href="http://dx.doi.org/10.1111/j.1447-0594.2011.00698.x">http://dx.doi.org/10.1111/j.1447-0594.2011.00698.x</a> <b>Rusted, J.</b> Sheppard, L. Waller, D. A multi-centre randomized control group trial on the use of art therapy for older people with dementia. Group Analysis 2006;4:517–36. <a href="http://dx.doi.org/10.1177/0533316406071447">http://dx.doi.org/10.1177/0533316406071447</a> <b>Pongan, E.</b> Tillmann, B. Leveque, Y. & Rouch I; LACMé Group. Can Musical or Painting Interventions Improve Chronic Pain, Mood, Quality of Life, and Cognition in Patients with Mild Alzheimer's Disease? Evidence from a Randomized Controlled Trial. J Alzheimers Dis. 2017;60(2):663-677. doi: 10.3233/JAD-170410. <b>Schall</b> , A. Tesky, V. et al. Art museum-based intervention to promote emotional well-being and improve quality of life in people with dementia: The ARTEMIS project Dementia (London). 2018 Aug;17(6):728-743. doi: 10.1177/1471301217730451. Epub 2017 Sep 15. <b>Mahendran</b> , R. Gandhi M. Moorakonda, R.B. Wong, J. Kanchi, MM Fam,J. Rawtaer, I. Kumar, AP. Feng, I. Kua, EH. Art therapy ist associated with sustained improvement in cognitive function in the elderly with mild neurocognitive disorder: findings from a pilot randomized controlled trial for art therapy and music reminiscence activity versus usual care. Trials (2018) 19::615.
HIV- Krankheit	<b>Uttley</b> , L. Scope, A. Stevenson, M. & Wood C. Systematic review and economic modelling of the clinical effectiveness and cost-effectiveness of art therapy among people with non-psychotic mental health disorders. Health Technol Assess. 2015 Mar;19(18):1-120.	<b>Rao</b> , D. Nainis, N. Williams, L. Langner, D. Eisin, A. Paice , J. Art therapy for relief of symptoms associated with HIV/AIDS. AIDS Care. 2009 Jan;21(1):64-9. doi: 10.1080/09540120802068795.

<p><b>Onkologie</b> <b>Palliativ Bereich</b></p>	<p><b>Wood, M.</b> Molassiotis, A. Payne, S. What research evidence is there for the use of art therapy in the management of symptoms in adults with cancer? A systematic review. <i>Psycho-Oncology</i>. 2011;20 (2):135-145.</p> <p><b>Kortum, R.</b> Koch, S. Gruber, H. (2017) Kunsttherapie in der Palliativversorgung. Ein narratives Review. Teil 1. Forschungsstand. <i>Zkm</i>2017;6:2-10</p> <p><b>Boehm, K.</b> Cramer, H. Staroszynski, Th. Ostermann, Th. (2014) Arts Therapies for Anxiety, Depression and Quality of life in breast cancer patients: a systematic review and meta analysis. <i>Evid Based Complement Alternat Med</i>. 2014. (open access)</p> <p><b>Derman, YE.</b> Deatrck, JA. Promotion of Well-being During Treatment for Childhood Cancer: A Literature Review of Art Interventions as a Coping Strategy. <i>Cancer Nurs</i>. 2016 Nov/Dec;39(6):E1-E16.</p> <p><b>Puetz, TW.</b> Morley, CA. Herring, MP. Effects of Creative Arts Therapies on Psychological Symptoms and Quality of Life in Patients With Cancer. <i>JAMA Intern Med</i>. 2013;173(11):960–969. doi:10.1001/jamainternmed.2013.836</p> <p><b>Kim, KS.</b> Loring, S. Kwekkeboom, K. Use of Art-Making Intervention for Pain and Quality of Life Among Cancer Patients: A Systematic</p>	<p><b>Monti, DA.</b> Peterson, C. Kunkel, EJ. Hauck, W. Pequignot, E. Rhodes, L. Brainard, GC. A randomized, controlled trial of mindfulness-based art therapy (MBAT) for women with cancer. <i>Psychooncology</i>. 2006 May;15(5):363-73.</p> <p><b>Monti, DA et al.</b> (2012) Changes in Cerebral Blood Flow and Anxiety Associated with an 8-week Mindfulness Programme in Women with Breast Cancer. <i>Stress and Health</i> 28: 397–407 (2012)</p> <p><b>Puig, A.</b> Lee, SM. Goodwin, L. et al. The efficacy of creative arts therapies to enhance emotional expression, spirituality, and psychological well-being of newly diagnosed Stage I and Stage II breast cancer patients: A preliminary study. <i>The Arts in Psychotherapy</i> 2006;33 (3):218-228.</p> <p><b>Thyme, KE.</b> Sundin, EC, Wiberg, B. et al. Individual brief art therapy can be helpful for women with breast cancer: a randomized controlled clinical study. <i>Palliat Support Care</i> 2009;7(1):87-95.</p> <p><b>Svensk, AC.</b> Oster, I. Thyme, KE. Magnusson, E. Sjödin, M. Eisemann, M. Aström, S. Lindh, J. Art therapy improves experienced quality of life among women undergoing treatment for breast cancer: a randomized controlled study. <i>Eur J Cancer Care (Engl)</i>. 2009 Jan;18(1):69-77. doi: 10.1111/j.1365-2354.2008.00952.x. PMID: 19473224</p> <p><b>Oster, I.</b> Svensk, AC. Magnusson, E. Thyme, KE. Sjödin, M. Aström, S. Lindh, J. Art therapy improves coping resources: a randomized, controlled study among women with breast cancer. <i>Palliat Support Care</i>. 2006 Mar;4(1):57-64.</p> <p><b>Radl, D.</b> Vita M, Gerber N, Gracely EJ, Bradt J. The effects of Self-Book© art therapy on cancer-related distress in female cancer patients during active treatment: A randomized controlled trial. <i>Psychooncology</i>. 2018 Sep;27(9):2087-2095. doi: 10.1002/pon.4758. Epub 2018 Jun 10.</p> <p><b>Jang, SH.</b> Kang, SY. Lee, HJ. Lee, SY. Beneficial Effect of Mindfulness-Based Art Therapy in Patients with Breast Cancer-A Randomized Controlled Trial. <i>Explore (NY)</i>. 2016 Sep-Oct;12(5):333-40. doi: 10.1016/j.explore.2016.06.003. Epub 2016 Jun 21.</p> <p><b>Abdulah, DM.</b> Abdulla, BM. Effectiveness of group art therapy on quality of life in paediatric patients with cancer: A randomized controlled trial.</p>
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Trauer/ Hinterbliebene		<p><b>Weiskittle, RE.</b> Gramling, SE. The therapeutic effectiveness of using visual art modalities with the bereaved: a systematic review. Psychol Res Behav Manag. 2018 Feb 1;11:9-24. doi: 10.2147/PRBM.S131993. eCollection 2018.</p>
Inhaftierte	<p><b>Meekums, J. D.</b> Arts With offenders: A Literature synthesis. The Arts In Psychotherapy 38 (2011) 229–238</p>	<p><b>Qiu, HZ,</b> Ye, ZJ. Liang, MZ.Huang, YQ. Liu, W. Lu, ZD. Effect of an art brut therapy program called go beyond the schizophrenia (GBTS) on prison inmates with schizophrenia in mainland China-A</p>



	<p><b>Meekums, J. D. (2016)</b>          “Arts-Based Programs and Arts Therapies for At-Risk, Justice-Involved, and Traumatized Youths.” Literature review. Washington, D.C.: Office of Juvenile Justice and Delinquency Prevention.  <a href="https://www.ojjdp.gov/mpg/litreviews/Arts-Based-Programs-for-Youth.pdf">https://www.ojjdp.gov/mpg/litreviews/Arts-Based-Programs-for-Youth.pdf</a></p>	<p>randomized, longitudinal, and controlled trial. Clin Psychol Psychother. 2017 Sep;24(5):1069-1078. doi: 10.1002/cpp.2069. Epub 2017 Jan 12.</p> <p><b>Gussak, D.</b> The effectiveness of art therapy in reducing depression in prison populations. Int J Offender Ther Comp Criminol 2007;51:444–60.  <a href="http://dx.doi.org/10.1177/0306624X06294137">http://dx.doi.org/10.1177/0306624X06294137</a></p> <p><b>Yu, YZ. Ming, C. Yue, M. Hai Li , J. Ling, L. (2016)</b> House- Tree- Person drawing therapy as an interention for prisoners’ prerelease anxiety. Social Behavior and Personality: an international journal, 2016;444 (6):987-1004.</p>
Kriegsveteranen	<p><b>Smith, A. (2016)</b> A literature review of the therapeutic mechanism of art therapy for veterans with post-traumatic stress disorder. International Journal of Art Therapy 21:2, pages 66-74.</p>	<p><b>Decker, K. Deaver, S. Abbey, V. Campbell, M. Turpin, Ch. (2018)</b> Quantitatively Improved Treatment Outcomes for Combat-Associated PTSD With Adjunctive Art Therapy: Randomized Controlled Trial. Art Therapy 35:4, pages 184-194.</p> <p><b>Kopytin, A. &amp; Lebedev, A. (2013)</b> Humor, Self-Attitude, Emotions, and Cognitions in Group Art Therapy With War Veterans, Art Therapy, 30:1, 20-29, DOI: 10.1080/07421656.2013.757758</p>
Kinder-Jugendliche	<p><b>Eaton, L. Doherty, K. Rebekah, B. Widrick, B.A.</b> A review of research and methods used to establish art therapy as an effective treatment method for traumatized children. The Arts in Psychotherapy 34(2007) 256-262.</p>	<p><b>White, K., &amp; Allen, R. (1971).</b> Art counsseling in an educational setting: Self-concept change among pre-adolescent boys. Journal of School Psychology, 9, 218-224.</p> <p><b>Kymissis, P. Christenson, E. Swanson, A.J. &amp; Orłowski, B. (1996).</b> Group treatment of adolescent inpatients: Apilot study using a structured therapy approach. Journal of Child and Adolescent Group Therapy 6, 45-52.</p> <p><b>Omizo, M. M., &amp; Omizo, S.S. (1989).</b> Art activities to improve self esteem among native Hawaiian children. Journal od Humanistic Education and Development, 27, 167-176.</p> <p><b>Rosal, M.L. (1993).</b> Comparative group art therapy research to evaluate changes in locus of control in behavior disorderd children. The Arts in Psychotherapy, 20, 231-241.</p> <p><b>Chapman, L. Morabito, D. Ladakakos, C. Schreier, H. Knudson, M.</b> The effectiveness of art therapy interventions in reducing post traumatic stress disorder (PTSD) symptoms in pediatric trauma patients. Art Ther 2001;18:100–4. <a href="http://dx.doi.org/10.1080/07421656.2001.10129750">http://dx.doi.org/10.1080/07421656.2001.10129750</a> auch in PTSD Kategorie aufgelistet</p>

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