



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Qian and Kun of Zentangle®: The Outcome Evaluation of Six-session Mindfulness-based Zentangle® Arts Program for clients with Severe Mental Illness in Kwai Chung Hospital**

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**Introduction**

On top of conventional antidepressant drugs, many international and national studies evidenced that drawing Zentangle® has multiple clinical benefits to relieve depressive symptoms including calming an anxious mind, increasing self-confidence, and cultivating moment-to-moment awareness as mindfulness meditation. In addition, one research conducted by Chen et al. (2016), the outcome was shown that drawing Zentangle® could reduce the anxiety level for clients with schizophrenia.

**Objectives**

The aim is to study the severity of and change in depressive symptoms and level of hope before and after program.

**Methodology**

This project started from May 2017 and ended to June 2017 for six-sessions. Each session lasted for 2 hours once per week. The sessions, conducted by Pre-Certified Zentangle® Teacher (Psychiatric Nurses), case manager and Certified Zentangle® Teacher, covered the introductory session, eight core steps of drawing Zentangle® methods, mindfulness meditation, face to face interview and peer to peer appreciation. The Herth Hope Index (HHI) and Hamilton Depression Scale (HDRS), as pre/post comparison, were used to measure the level of hope and change in depressive symptoms.

**Result**

The 14 participants were successfully recruited (M: 9 F: 5; Mean age: 53, SD: 10.2). They completed all required assessment forms before and after program with written consent. The pre-HHI (Mean: 34.45, SD: 7.66) and post-HHI (Mean: 35.36, SD: 6.66) were found whereas the pre-HDRS (Mean: 19.45, SD: 9.35) and post-HDRS (Mean: 17.90, SD: 9.67) were revealed. Hence, the result was shown that the level of hope and depressive symptoms were improved after program. The six-session

Mindfulness-based Zentangle® Arts Program is clinically effective for the clients with Severe Mental Illness.