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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Keywords:
Zentangle®
Mental Illness
Mindfulness
Mental Health Recovery

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 mediation, 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.