The Effectiveness of Art Therapy in Reducing Internalizing and Externalizing Problems of Female Adolescents

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Abstract

OBJECTIVE: The internalizing and externalizing problems relating to childhood and adolescent have always been significant. Because there is special considerations in establishing communication with them and hence, the therapeutic methods for these problems must take into account these considerations. As establishing a therapeutic relationship is an important component of effective counseling, it seems that art therapy may help alleviate these problems. The purpose of this study is to determine the effectiveness of art therapy in reducing internalizing and externalizing problems of adolescent girls (14 – 18 years old).

METHOD: This is a semi-experimental study carried out in the form of a pre-test/post-test design with control group. The population of this study includes female students of Gole Laleh School of Art in district 3 of Tehran, Iran, out of which 30 students with internalizing problems and 30 individuals with externalizing problems were selected through targeted sampling. Students were randomly assigned to control and experimental groups. Experimental groups participated in 6 painting sessions designed based on Art therapy theories and previous studies. The material used for diagnosis of the problems in posttest and pretest was an Achenbach self-assessment form.

RESULTS: Data were analyzed using a mixed analysis of variance (ANOVA). Our results showed that Art therapy significantly reduced internalizing problems (F = 17.61, P < 0.001); however, its effect in reducing externalizing problems was not significant (F = 3.93, P = 0.06).

CONCLUSION: Art therapy as a practical therapeutic method can be used to improve internalizing problems. To reduce externalizing problems, more sessions may be needed. Thus, future studies are required to insure these findings.
Regardless of participants’ gender, adolescents exhibited fewer internalizing and externalizing problems after the treatment. Parents reported higher family cohesion, higher satisfaction and perceived efficacy as a parent, and healthier parental practices (less authoritarian and permissive practices, as well as more authoritative ones). An interaction effect between parenting alliance and gender was found, with more favorable results for the mothers. Effectiveness of Structural–Strategic Family Therapy in the Treatment of Adolescents with Mental Health Problems and Their Families. by Lucía Jiménez 1, Victoria Hidalgo 1,*, Sofia Baena 1, Antonio León 2,† and Bárbara Lorence 1. 1. Faculty of Psychology, University of Seville, Camilo José Cela s/n, 41018 Seville, Spain. 2. METHOD The effectiveness of MDFT in reducing adolescents’ substance abuse, delinquency, externalizing and internalizing psychopathology, and family malfunctioning was examined by means of a (three-level) meta-analysis, summarizing 61 effect sizes from 19 manuscripts (N = 1,488 participants). @article{Pol2017ResearchRT, title={Research Review: The effectiveness of multidimensional family therapy in treating adolescents with multiple behavior problems – a meta‐analysis}, author={T. M. van der Pol and M. Hoeve and M. Noom and G. Stams and T. Doreleijers and L. van Domburgh and R. Vermeiren}, journal={Journal of Child Psychology and Psychiatry}, year={2017. Severe externalizing behavior among adolescents is a significant societal problem, in terms of both emotional and financial costs. Much research has focused on factors that increase or decrease the risk of adolescents developing such behavior. In addition, various treatment methods have been developed to address this problem, with promising results under some circumstances. The present study examined archival data from one multifamily therapy program to examine potential predictors of the effectiveness of treatment. These predictors were communication style and relationship quality between par Art therapy as a practical therapeutic method can be used to improve internalizing problems. To reduce externalizing problems, more sessions may be needed. Thus, future studies are required to insure these findings. The purpose of this study is to determine the effectiveness of art therapy in reducing internalizing and externalizing problems of adolescent girls (14 - 18 years old). Method: This is a semi-experimental study carried out in the form of a pre-test/post-test design with control group. The population of this study includes female students of Gole Laleh School of Art in district 3 of Tehran, Iran, out of which 30 students with internalizing problems and 30 individuals with externalizing problems were selected through targeted sampling. MomJunction explains the major problems of adolescence and how you can help your children avoid or come out of them. How To Deal With Common Problems Of Adolescence. Adolescence is not an easy time for kids or parents. The only way to deal with needs and problems at this age is to know about them and be ready to face them. Here is our list of the most common problems, and their solutions that adolescents have to deal with. 1. Physical changes. Image: Shutterstock. Physical changes happen due to change in the teenager’s hormone levels. Development of full breasts in girls can be awkward in the