

Application and research of calligraphy and painting therapy in the rehabilitation of patients with chronic schizophrenia

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Abstract: To explore and analyze the application of calligraphy and painting in the rehabilitation of patients with chronic schizophrenia. Method: 80 patients with chronic schizophrenia who were treated in a hospital from July 2018 to July 2019 were selected and randomly divided into two groups of observation and control, with 40 cases in each group. The observation group used calligraphy and painting art therapy in addition to basic treatment. The control group only used basic treatments. The IPROS score, PANSS score and treatment effect of the two groups of patients before and after treatment were compared. Results: The IPROS score of the observation group after treatment was significantly stronger than that of the control group. In the PANSS score, there was no significant difference between the observation and control groups. The treatment effect of the observation group is as high as 95%, which is more significant than that of the control group.

1. Introduction

In long-term psychiatric clinical treatment, patients with chronic psychiatric disorders can be found. As the length of hospital stay increases, some of the remaining psychiatric symptoms are more difficult to eliminate, leading to a decline in the patients, cognitive ability and obvious mental decline. . For this disease, medication alone cannot achieve the desired therapeutic effect. In the practice of mental rehabilitation, the use of various art therapy modes such as music, calligraphy, and painting can promote the psychological recovery of patients.

2. Materials and methods

2.1 General information

Select 80 patients with chronic schizophrenia treated in a hospital, and randomly divide the patients into two groups of observation and control, with 40 cases in each group. There were 23 males and 17 females in the observation group, aged 20-50 years old, with an average age of (31.71 ± 2.18) years old. There were 21 and 19 males and 19 females in the observation group, aged 21-49 years old, with an average age of (31.62 ± 2.14) years old. The data of the two groups of patients in terms of age and gender were not statistically significant and comparable.

2.2 Method

The patients in the control group used basic treatment methods and conventional medications to carry out basic psychological treatment and rehabilitation training for the patients. The patients can move freely in the activity room. Patients in the observation group need to use calligraphy and painting art therapy on the basis of medication, psychotherapy and rehabilitation training. In the implementation of art psychotherapy, it is necessary to organize patients to carry out intensive learning of painting and calligraphy according to a certain period of time. This is done twice a week, and the learning time is 1.5 hours each time. The calligraphy and painting works of patients need to be scored reasonably^[1]. This form can effectively strengthen the patient's enthusiasm for art learning, is conducive to the patient's recovery, and can produce a good therapeutic effect on chronic schizophrenia.

2.3 Observation indicators

Compare the IPROS scores and PANSS scores of the two groups of patients before and after treatment, and compare the total effective rates of treatment effects. the lower the IPROS score, the stronger the life and social abilities of the patient.

2.4 Statistical methods

Data analysis was carried out using SPSS19.0 software, measurement data was tested by t, count data was tested by χ^2 , and the difference was $P < 0.05$, which was statistically significant.

3. Results

3.1 Comparison of IPROS scores before and after treatment in the two groups

Before treatment, there were no significant differences in the life and social skills of the two groups. But after treatment, the observation group's living conditions and social ability scores were lower than those of the control group. See Table 1 for details.

Table 1 Comparison of IPROS scores before and after treatment in the two groups

| Group | Number of cases | Survival skills | | Social skills | |
|-------------------|-----------------|------------------|-----------------|------------------|-----------------|
| | | Before treatment | After treatment | Before treatment | After treatment |
| Observation group | 40 | 18.24±6.75 | 13.25±6.45 | 20.21±4.83 | 16.12±4.78 |
| Control group | 40 | 19.51±5.61 | 15.94±4.92 | 19.02±5.08 | 18.68±6.04 |
| t | | 0.91 | 2.09 | 1.07 | 2.10 |
| P | | >0.05 | <0.05 | >0.05 | <0.05 |

3.2 Comparison of PANSS scores before and after treatment in the two groups

After treatment, the total scores of positive symptoms and negative symptoms in the observation group were higher than those in the control group. But the difference is not obvious. Table 2.

Table 2. Comparison of PANSS scores before and after treatment in the two groups

| Group | Number of cases | Total score for positive symptoms | | Total score for negative symptoms | |
|-------------------|-----------------|-----------------------------------|-----------------|-----------------------------------|-----------------|
| | | Before treatment | After treatment | Before treatment | After treatment |
| Observation group | 40 | 12.46±3.93 | 11.18±3.57 | 13.12±4.02 | 11.84±2.32 |
| Control group | 40 | 12.12±3.56 | 12.63±5.05 | 13.62±5.23 | 12.26±2.27 |

| | | | | |
|---|-------|-------|-------|-------|
| t | 0.40 | 1.48 | 0.22 | 0.81 |
| P | >0.05 | >0.05 | >0.05 | >0.05 |

3.3 Comparison of treatment effects between 2 groups

Through the investigation of the effectiveness of the treatment effects of the two groups, it is found that the total effective rate of the observation group is 95%, far exceeding 67.5% of the control group, which is a significant difference. See Table 3 for details.

Table 3 .Comparison of treatment effects between 2 groups

| Group | Number of cases | Markedly effective | effective | invalid | Total effective rate |
|-------------------|-----------------|--------------------|-----------|-----------|----------------------|
| Observation group | 40 | 28 (70.0) | 10 (25.0) | 2 (5.0) | 38 (95.0) |
| Control group | 40 | 15 (37.5) | 12 (30.0) | 13 (32.5) | 27 (67.5) |
| X ² | | | | | 9.92 |
| P | | | | | <0.05 |

4. Discussion

Through the related research found that the use of painting and calligraphy and other artistic means of treatment, can enable patients to further communication and interaction with others, effectively stabilize the patient's psychological state^[2].

In this study, it was found that the IPROS score and PANSS score of the observation group after treatment with calligraphy and painting were stronger than those of the control group. Especially in the scoring of life and social abilities, the advantages of using art therapy are more prominent, and the differences are obvious. Although the PANSS score of the observation group is not significantly different from that of the control group, it still has certain advantages, and the treatment effect is stronger than that of the control group.

5. Conclusion

In short, the two art therapy modes of calligraphy and painting have a good therapeutic effect in the treatment and rehabilitation of patients with chronic schizophrenia. They can strengthen the patients' social and cognitive functions, and also have a positive effect on the patients' mentality during treatment. Recession and other situations have a certain mitigation effect and are worthy of promotion.

References

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