

Efficacy of Art Therapy for children with Cancer

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Abstract

The present study aimed to find the effectiveness of art therapy in reducing the severity of pain and anxiety in children with cancer. Case study method was used. The participants were three boys and two girls diagnosed with cancer at Paediatric Medical Day Care at Sarawak General Hospital, Kuching, Malaysia. Instruments used were Edmonton Symptom Assessment System (ESAS) and The Spence Children's Anxiety Scale - parent version (SCAS-p). Art therapy was conducted for two weeks with daily sessions lasted for 45 minutes. Data was analyzed using Statistical Package for Social Science Version 17.0 (SPSS 17.0). Result found that art therapy was effective in reducing pain and anxiety among children with cancer.

Key Words: *Art therapy, cancer, anxiety, pain, children*

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