ISRCTN66410347 https://doi.org/10.1186/ISRCTN66410347

The effects of art therapy using the Zentangle method for older adults with depressive symptoms

Submission date
05/04/2021

Recruitment status
No longer recruiting

Registration date
14/04/2021

Overall study status
Completed

Last Edited
27/06/2023

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol

Background and study aims
Approximately 10% of older adults in Hong Kong have depression. Antidepressant medications and psychotherapy have always been recommended for treating older adults with depression. Medication may have side effects. Hence, the high level of involvement of well-trained experts or professionals is necessary to provide timely and intensive psychotherapy intervention. The original Zentangle method is an art form that promotes calmness and increases awareness by drawing structured patterns. It may also enhance one's self-compassion. A growing interest has been observed in applying Zentangle in mental health or elderly services in Hong Kong. However, no empirical study has been conducted on the effects of this method.

Who can participate?
Community-dwelling older adults (aged 60 years or above) with depression.

What does the study involve?
A six-session protocol of intervention was developed on the basis of the original Zentangle method. Participants were randomly assigned to the intervention group and the waitlist control group. The effects were examined by comparing the participants who received a six-week Zentangle intervention with those in the waitlist control group.

What are the possible benefits and risks of participating?
None

Where is the study run from?
NAAC Shumshuipo District Elderly Community Centre (Hong Kong, China)

When is the study starting and how long is it expected to run for?
August 2019 to September 2020

Who is funding the study?
Investigator initiated and funded

Who is the main contact?
Dr Henri Chun-yiu Chan, henrichan@vtc.edu.hk

Contact information

Type(s)
Public

Contact name
Dr Henri Chun-yiu Chan

ORCID ID
https://orcid.org/0000-0001-6275-2636

Contact details
Hong Kong Institute of Vocational Education (Sha Tin)
21 Yuen Wo Road, Sha Tin, New Territories
Hong Kong
Hong Kong
-
+852 92880458
henrichan@vtc.edu.hk

Additional identifiers

Study information

Scientific Title
The effects of the original Zentangle method for older adults with depressive symptoms: a randomised waitlist controlled trial

Study objectives
1. Older adults randomised to the Zentangle programme have more improvements in the symptoms of depression than those in the waitlist control group
2. Older adults randomised to the Zentangle programme have more improvements in the level of self-compassion than those in the waitlist control group

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 20/08/2019, Human Subjects Ethics Sub-committee, The Hong Kong Polytechnic University (Hung Hom, Hong Kong, China; +852 2766 6378; cherrie.mok@polyu.edu.hk), ref: HSEARS20190806001

Primary study design
Interventional

Study design

Randomized waitlist controlled trial

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Community-dwelling older adults with depressive symptoms

Interventions
Participants were randomly assigned to the intervention group and the waitlist control group. The effects were examined by comparing the participants who received a six-week Zentangle intervention with those in the waitlist control group. Baseline (T0), post-intervention (T1, six weeks after T0) and six-week follow-up (T2, twelve weeks after T0) measures were completed in this study. Forty-six community-dwelling older adults with scores of five or above in the Patient Health Questionnaire-9 (PHQ-9) were recruited. Outcomes including depressive symptoms, self-compassion, self-soothing tendency, self-defeating tendency, positive affect, negative affect, participation in pleasant activities and perceived health were assessed. Same treatment is provided to the waitlist-control group after the data-collection period.

Intervention Type
Behavioural

Primary outcome(s)
Measured at baseline, 6 and 12 weeks:
1. Depression is measured using PHQ-9
2. Self-compassion is measured using Self-Compassion Scale- Short Form (SCS-SF)

Key secondary outcome(s)
There are no secondary outcome measures

Completion date
30/09/2020

Eligibility

Key inclusion criteria
1. The older adult is living in the community
2. The older adult is aged 60 or above
3. The older adult scored over 5 or above in the Patient Health Questionnaire-9 (PHQ-9)
4. The older adult should have no formal diagnosis of other mental health illness other than depression based on their self-report in the pre-test interview
5. The older adult should be able to understand Cantonese
6. The older adult should have no visual impairment
7. The older adult should be able to hold a pen and have no severe medical conditions with physical mobility based on their self-report in the pre-test interview
8. The older adult should be able to attend 80% of the programme sessions

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Total final enrolment
46

Key exclusion criteria
1. The older adult has formal diagnosis of other mental health illness other than depression based on their self-report in the pre-test interview
2. The older adult is not able to understand Cantonese
3. The older adult has no visual impairment
4. The older adult is not able to hold a pen and has severe medical conditions with physical mobility based on their self-report in the pre-test interview
5. The older adult is not able to attend 80% of the programme sessions

Date of first enrolment
01/09/2019

Date of final enrolment
30/06/2020

Locations

Countries of recruitment
Hong Kong

Study participating centre
NAAC Shumshuipo District Elderly Community Centre
1/F, Ancillary Facilities Block
Shek Kip Mei Estate
100 Woh Chai Street
Sham Shui Po
Kowloon
Hong Kong
Hong Kong
-

Sponsor information

Organisation
Hong Kong Polytechnic University

ROR
https://ror.org/0030zas98

Funder(s)

Funder type
Other

Funder Name
investigator initiated and funded

Results and Publications

Individual participant data (IPD) sharing plan
Dr. Henri Chan, henrichan@vtc.edu.hk, Individual participant data that underlie the results reported in this article, after deidentification the datasets used and/or analysed during the study are available upon reasonable request. Data requestors will need to sign a data access agreement.

IPD sharing plan summary
Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		05/05/2023	27/06/2023	Yes	No
Participant information sheet			04/05/2021	No	Yes
Thesis results		01/01/2021	04/10/2022	No	No