

: , , ,

\*

\*\*

1. (Green, Wehling & Talsky, 1987) , (Moriarty, 1976) , , 2 (Lund, Ormerod & George, 1986). 가 Kane 가 (1987) , ( , 1998; Honig & Hanes, 1982; Lund , 1986; Green , 1987)

가 가 . , .

2. , 가 , 1) , 2) 가 . , ,

---

\* (1999. 8)  
\*\* (ckilsoo@chollian.net)

3. 가 Govi(1973)가 , , , (1978) (Symptom Checklist-90-Revision) 90 가 가 .
- 가 1) '8 가 ?
- 가 2) '8 .
- 1) 가 ?
4. , 1940 . 가 .
- 1) : 가 , , , (Verbalization) (art making) (Birtchnell, 1973). 가 - (supportive therapy) (painting), (drawing), (sculpting) . 가 : , (Honig, 1977), , 1 30 , (institutionalization) (Gerace & Rosenberg, 1979), 15 8 가 (Misner, 1979) .
- 2) : , (Halter, 가 1985), (Rosenberg, 1965). : Rosenberg(1965) (1976)가 가 .
- 3) 가 (Riley & Malchlo, 1994) : ' , , ( , 1994). , 1995). 2) : Derogatis, Lipman, &

27 .

23

12 8

11

( , 1998; , 10 , 8 . , 1998).

1

1 , 3 .

( , 1998),

1)

가 가 ( , 1998) (1) 2 (DSM- )

가 (2) 1 30 가

가 (3)

( , 1998; , 1998; Moriarty, 1976; Averch, 1982; Borchers, 1985; Marinich, 1993; Hopf, 1993).

(4) 가

가 (5) 20 50

(Borchers, 1985; Green , 1987),

3.

( , 1998; , 1998; Moriarty, 1976).

1998 6 8 1998 8 23

1.

(Quasi- Experimental Research) ,

- (Nonequivalent Control Group

Pretest- Posttest Design) , 1 2

2.

8

1998 6 8 1998 8 23 T

H



1965)					5.
1985),	가	(Halter,		1)	
	가				Chi-square test    Mann
		5			-Whitney U test
	5	10		2)	
4	Likert				
1	, ‘		2	, ‘	
‘		4			
	가	가		3)	Mann-Whitney
3)					U test
	(SCL-90-R : Symptom Checklist		4)	가	
-90-Revision)					Mann-Whitney U test
	Derogatis (1973)				
	(1978)				
(SCL-90-R)		9		1.	
(	, , , , , , ,				
	, , ) 90				
	5 Likert				< 2>
‘	, 0 , ‘		1	, ‘	
2	, ‘	3	, ‘	4	
90				가	2.
	가				
4		Derogatis			< 2>, < 3>
(1977)	-	9		가	
		.86,	.85,		
	.83,	.82,	.80,	.78,	
.90,	.86,	.84			3.
(1978)	9	Cronbach's			
Alpha	.72/ .83/ .84/ .89/ .86/ .68/ .81/ .69/ .67				가

2

(N=18)

	(n=18)	(n=10)	(n=8)	z	p
	±	±	±		
	36.2 ± 5.2	36.10 ± 5.70	36.38 ± 4.75	.000	1.000
	61.1 ± 21.8	64.20 ± 22.93	57.25 ± 21.06	-.981	.326
	8.6 ± 4.0	8.90 ± 3.60	8.25 ± 4.55	-.804	.421
	3.2 ± 1.2	3.30 ± 0.95	3.13 ± 1.46	-.625	.532
	(n=18)	(n=10)	(n=8)	z	p
	(%)	(%)	(%)		
	8(44.4%)	4(40.0%)	4(50.0%)	.180	.671
	10(55.6%)	6(60.0%)	4(50.0%)		
	7(38.9%)	4(40.0%)	3(37.5%)	.763	.683
	8(44.4%)	5(50.0%)	3(37.5%)		
	3(16.7%)	1(10.0%)	2(25.0%)		
	6(33.3%)	4(40.0%)	2(25.0%)	.450	.502
	12(66.7%)	6(60.0%)	6(75.0%)		
	10(55.6%)	4(40.0%)	6(75.0%)	2.340	.310
	5(27.8%)	4(40.0%)	1(12.5%)		
	3(16.7%)	2(20.0%)	1(12.5%)		

3

(N=18)

	(n=10)	(n=8)	z	p
	±	±		
	26.30 ± 6.40	27.50 ± 5.53	-.402	.688
	55.70 ± 11.01	50.88 ± 10.16	-.891	.373
	62.60 ± 13.52	52.75 ± 11.81	-1.381	.167
	65.30 ± 8.88	54.88 ± 16.33	-1.603	.109
	61.10 ± 10.68	54.63 ± 14.10	-1.379	.168
	59.60 ± 14.45	53.00 ± 15.72	-.801	.423
	54.90 ± 10.56	51.38 ± 16.11	-1.165	.244
	65.60 ± 20.76	58.00 ± 17.42	-.803	.422
	62.50 ± 14.45	57.38 ± 21.44	-.891	.373
	64.90 ± 12.01	61.75 ± 19.21	-.809	.373
	62.60 ± 11.71	54.63 ± 16.74	-1.425	.154

4

(N=18)

4&gt;

Mann-Whitney U test

&lt;

	(n=10)	(n=8)	z	p
	±	±		
	0.70 ± 4.42	-1.25 ± 4.40	-.937	.349

-.937, p = .349).

&lt;가 2&gt; '8

가 (z =

&lt;가 1&gt;

&lt;가 1&gt; '8

가 .

가

Mann-Whitney U test

< 5>

5

가

(N=18)

	(n=10)	(n=8)	z	p
	±	±		
	0.00 ± 5.03	6.75 ± 18.40	- .846	.397
	-7.60 ± 11.12	5.88 ± 13.61	-2.005	.045
	-12.0 ± 8.73	7.00 ± 18.10	-2.622	.009
	-5.20 ± 7.35	1.38 ± 19.59	-.934	.350
	-4.40 ± 9.90	4.88 ± 19.66	-1.556	.120
	-5.20 ± 11.88	2.75 ± 13.34	-1.027	.304
	-3.60 ± 15.50	3.88 ± 22.77	-.980	.327
	-0.60 ± 11.92	3.00 ± 21.58	-.312	.755
	-4.90 ± 11.82	-0.25 ± 15.93	-.536	.592
가	-0.90 ± 3.21	3.00 ± 4.47	-1.566	.117
	-5.90 ± 8.36	5.13 ± 19.73	-1.885	.059

가

2.

가

9

9

(z = -2.005, p = .045)

(z =

-2.622, p = .009)

가

가

, <가

3>

가

1.

8

가

(Moriarty, 1976; Nassar, 1981; Borchers, 1985; Green et al., 1987; Hopf, 1993; Marinich, 1993; Sherman, 1996).

T H

8

10

8

가

15

8

90  
H  
1998 6 8 8 23

SPSSWIN 8.0  
Mann-Whitney U test

7

가  
(staff efficiency),  
가  
가

- 1) 8 10
- 2) 6-8
- 3)
- 4) 가  
(therapeutic factor)

1998).

, 5(2), 93-124.

(1978).  
(SCL-90-R)  
17, 449-458.  
(1993).  
(1995). ( 3 ).  
(1998). 가

- King

(1978). (SCL-90-R)  
12, 457- 74.  
(1976). Self-Esteem : A Test of its  
Measurability. 11, 107- 129.  
(1998).  
, 5(2), 163- 190.  
(1994).

Averch, S. A. (1982). An Art Therapy Curriculum and Teaching Strategy for Schizophrenic Adults in a Day Treatment Setting. Thesis (ED.D.)-Harvard University, 294p. Dissertation Abstracts International, 43(05), B, 1604.

Birtchnell, J. (1973). An Analysis of the Art Productions of a Psychiatric Patient who was Pre-Occupied with his nose. American Journal of Art Therapy, 12, 211- 224.

Borchers, K. K. (1985). Do gains Made In Group Art Therapy Persist? : A Study with Aftercare Patients. American Journal of Art Therapy, 23, 89-91.

Derogatis, L. R., Lipman, R. S., & Govi, L. (1973). The SCL-90 ; An Outpatient Psychiatric Rating Scale Preliminary Report. Psychopharmacology Bulletin, 9, 13-27.

Gerace, L. & Rosenberg, L. (1979). The Use of Art Prints, in Group Therapy with Aftercane Patients. Perspectives in Psychiatric Art, 17, 83-86.

Green, B. L., Wehling, C., & Talsky, G. J. (1987). Group Art Therapy as an Adjunct to Treatment for chronic Outpatients. Hospital & Community Psychiatry, 38(9), 988-991.



- Honig, S. (1977). Art Therapy used in Treatment in Schizophrenia. *Art Psychotherapy*, 4, 99-104.
- Honig, S. & Hanes, K. M. (1982). Structured Art Therapy with the Chronic Patient in Long-term Residential Treatment. *The Arts in Psychotherapy*, 9, 269-289.
- Hopf, G. I. (1993). Group Art Therapy with Schizophrenics in a Drop-In Center. Masters Thesis (M.A.)- Concordia University (Canada), 148p. *Masters Abstracts International*, 32(03), 1066.
- Kane, J. M. (1987). Treatment of Schizophrenia. *Schizophrenia Bulletin*, 13, 147-170.
- Liebmann, M. (1986). *Art Therapy for Groups : A Handbook of Themes, Games and Exercises*. Cambridge, Massachusetts : Brookline Books.
- Lund, C., Ormerod, E., & George, K. (1986). Art Group Psychotherapy. *British Journal of Psychiatry*, 149, 512-515.
- Marinich, J. (1993). Art Therapy : Its use in Hospital Treatment of Patients with Schizophrenia. Masters Thesis (M.A.)- Ursuline College. 99p. *Masters Abstracts International*, 31(04), 1937.
- Misner, S. J. (1979). Using Art Therapy Techniques in Staff & Patient Education. *Nursing Outlook*, 27, 536-539.
- Moriarty, J. (1976). Combining Activities and Group Psychotherapy in the Treatment of Chronic Schizophrenia. *Hospital & Community Psychiatry*, 27(8), 574-576.
- Nassar, P., Kremberg, M. R., & Corso, V. (1981). Inpatient Art Therapy : Implications and Applications for Training. *Schizophrenia Bulletin*, 7(2), 308-315.
- Riley, S. & Malchlo, C. (1994). *Integrative Approaches to Family Art Therapy*. Chicago : Magnolia Street Publishers.
- Rosenberg, M. (1965). *Society and the Adolescent Self-Image*. Princeton, NJ : Princeton University Press.

Sherman, J. E. (1996). Group Art Therapy Interventions with Adults in Psychiatric Setting. Masters Thesis (M.A.)- Ursuline College, 267p. *Masters Abstracts International*, 34(04), 1684.

-Abstract-

Key concept : Group Art Therapy, Chronic schizophrenic inpatients, Self-esteem, Mental health status

## Effects of Group Art Therapy Program on Self-Esteem and Mental Health Status in Chronic Schizophrenic Inpatients

Chung, Kil Soo<sup>\*</sup>

The purpose of the study was to determine the effects of the 8-week, 15-session group art therapy program on self-esteem and mental health status in chronic schizophrenic inpatients.

The sample consisted of two groups of chronic schizophrenic inpatients: 10 patients with an average of total disease duration of 8.90 years who participated in a 8-week group art therapy program, and 8 comparison subjects with an average of total disease duration of 8.25 years who did not participate in the program.

A pretest-posttest quasiexperimental design was used to assess self-esteem and mental health status at the beginning and at the end of the 8-week, 15-session group art therapy program. The time points for obtaining data were matched for both groups.

The effectiveness of the 8-week group art therapy program was assessed by Rosenberg's Self-esteem Scale (Rosenberg, 1965) and SCL-90-R (Derogatis et al., 1973). SPSSWIN 8.0 was utilized for data entry and analysis employing Mann-Whitney U test.

---

<sup>\*</sup> Part-time lecturer, Department of Nursing, College of Medicine, Konyang University

The findings of the study indicated the followings : (a) No significant differences were found between two groups in self-esteem and (b) The experimental group showed significantly lower scores in obsessive-compulsive symptom dimension and interpersonal sensitivity symptom dimension on the SCL-90-R than the comparison group after participating in the group art therapy program.

In conclusion, the findings showed the possibility of applying group art therapy as an effective nursing intervention for patients with lack of verbal communication skills and social interaction to improve their interpersonal relationship.