

Author, year, Country	Type of study/ Design	Adults/ Children	N,	Diagnosis/ Group	Duration of the treatment	Aims	Keywords
1. Alexandraki, K. 2019, UK	qualitative study: phenomenological	Young Adults	5	--	--	To explore young people's experiences of engaging in Individual AT sessions.	Art Therapy in early Adulthood, Learning process
2. Ashby, E. 2018, UK	qualitative study: phenomenological	Adults	15	Art Therapists	--	British AT study into the impact of working with people with learning disabilities on art therapists employed in the NHS.	Art Therapy, NHS, Burnout, Self-care, Work-life balance
3. Attard, A. 2015, UK	qualitative study: (a) systematic review (b) empirical paper	Adults	16 10	Articles Psychosis	--	(a)To examine the effectiveness of AT for people with psychosis. (b)To explore the meaning of adaptation to First Episode of Psychosis (FEP), through creating images.	Art Therapy and Psychosis, Phenomenological analysis
4. Averkiou, M. 2011, GR	qualitative study: action research	Children	3	Autism	--	To improve the visual creative skills of the children.	Autism, Visual performance Creativity, Applied behavioral analysis
5. Bell, S. N. 2008, UK	qualitative study: case studies	Adults	--	Palliative care	--	How art therapy can facilitate the expression and exploration of the experience of the terminally ill patient, as well as spiritual and religious areas of need.	Palliative care and hospice, Spirituality, Art therapy
6. Blomdahl, C. 2017, SE	mixed-methods design Four sub studies: 1. Systematic literature Review according to Realist review; 2. Expert survey according to the	Adults	--	Depression	--	To develop and evaluate a manual-based AT program for patients with depression, to clarify treatment effects, and to describe participants' experiences of the treatment.	Art therapy, Depression, Randomized controlled trial

Delphi technique;
3. A randomized controlled trial (RCT) with intention-to-treat design;
4. An interview study with Phenomenological approach, according to Reflective Lifeworld Research.

7. Bouri, M. 2017, GR	quantitative study: quasi-experimental NRCT	Adults	49 34	control group intervention group	8 mths (150-hour training)	To explore the impact of pediatric palliative care training program.	Pediatric palliative care, Training health professionals
8. Brown, L. 2006, UK	qualitative study: phenomenological	Adults	--	people with mental health difficulties & non-therapy artists	--	To explore the relationship between AT and non- therapy art.	Art therapy, Non-therapy art, Mental health
9. Brown, A. 2016, IE	qualitative study: phenomenological	Children & Youths	--	at risk children young people in schools	--	To explore reasons why 17 primary and secondary schools in Limerick city were accessing in-school. therapeutic interventions. from a non-statutory, arts therapy organization.	Art therapy in schools, primary and secondary schools, at-risk children
10. Byrne, P. 2002, UK	qualitative study: historical	--	--	--	--	Following a deconstruction of the prevailing taxonomies a reconstruction of central ideas and practices in terms of 'cultural paradigms' is presented.	Art Therapy, cultural paradigms, narratives traces, evolution
11. Campbell, C. 2019, UK.	qualitative study: case studies	Children	3	primary school	--	To investigate the effectiveness of school based AT for children with social, emotional and mental health difficulties.	Art Therapy in primary school, children with social, emotional and mental Health difficulties
12. Deboys, R. 2015, UK	qualitative study: grounded theory studies	Children	14	school	12 mths	To explore children's experiences of AT in order to create a theory of change processes within school-based	Art Therapy in schools

						Art therapy.	
13. Dokter, D. 2007, UK	qualitative study: ethnographic	Adults	--	therapy groups in psychiatry	--	How cultural differences between client and therapist affect client – therapist consonance in group treatment.	Intercultural psychotherapy, Art therapy, Cultural difference
14. Egberg-Thyme, K. 2008, SE.	mixed-methods design three studies: 1. group	Adults	43	Depression	short-term	To examine the outcome of time limited psychodynamic AT compared to time-limited psychodynamic verbal therapy for patients with depressive symptoms.	Art psychotherapy, Women, time-limited psychodynamic art therapy, Depression, Vulva vestibulitis, Breast cancer
	2. group		6	Vulva vestibulitis	15 sessions	To investigate pain at vestibulum mental health, and self-image after art psychotherapy.	
	3. group		41	Breast cancer	5 weeks	To investigate the outcome of AT, to quantify and compare the participant copings, self-image, and the symptoms with the participants in the control group.	
15. Ganter-Argast, C., 2015, DE	quantitative study: experimental research	Adults	133	Eating Disorders	6 sessions	To develop and validate an instrument for the systemic detection of general change factors of art therapy.	Quantitative and qualitative research, Eating Disorder, Art therapy
16. Gradin Montero, C., 2006, ES	mixed-methods design	--	--	--	--	To develop an interface based in open source code who makes maps of relations between different subjects.	Maps, Multimedia database
17. Haeyen, S. 2018, NL	mixed-methods design Six sub-studies: 1. Qualitative, grounded Theory; 2. Measurement instru-	Adults	29	B/C personality disorders		To provide insight into the perceived effects of AT in the case of B/C personality disorders.	Art therapy, Personality disorders, Grounded Theory Approach

				ment development and examination of validity, reliability and sensitivity to change; 3. Intervention mapping study; 4. RCT; 5. Factor analysis; 6. Convergent validity and sensitivity to change.			
18. Hanney, L. 2009, UK	qualitative study: action research	Children 8-11 Y.	--	with complex psychiatric difficulties or with family relationship problems	--	To develop an integrative model of the family assessment to children with complex needs.	Family assessment, Art therapy with children
19. Hautala, P-M. 2008, FI	qualitative study: phenomenological	Adults	15	art therapists in schools and teachers	--	To explore the possibilities of AT as a new learning environment in Finnish schools.	Special education, Art education, Art therapy, Art therapeutic education, Learning teachership
20. Havsteen-Franklin D., 2016, UK	qualitative study: phenomenological	Adults	--	patients with different diagnoses	--	This thesis aims to develop a definition of a form of metaphor that is helpful in clinical practice and understand the clinical formation of this metaphor in art psychotherapy, called the 'creative relationship metaphor' (CRM).	Art psychotherapy, Creative relationship Metaphor
21. Herrmann, U. K. 2012, UK	qualitative study: case studies	Adults	4	blind clients	long term	To investigate the psychodynamics of the gaze in the triangular relationship between congenitally blind clients, their artwork, and their sighted art psychotherapist.	Art psychotherapy, Art therapy, Congenital Blindness, Sighted art therapist, Long-term, case study
22. Hills, M. 2006, UK	qualitative study: historical	--	--	--	14 mths	To explore the relationship between the visual arts and psychotherapy in post	Cuban Art Therapy, Mental Health, Cuban Art and Art Education

						Revolutionary Cuba.	
23. Hogan, S. J. 1997, UK	qualitative study: historical	--	--	--	--	To focus on the intellectual precursors of art therapy in Britain on the period c. 1790 to 1966.	Cultural history in Britain, Art, Art Therapy
24. Holmqvist, G. 2018, SE	mixed-methods design four sub-studies: 1.review; 2. interviews with women about their experiences of inner change; 3.questions to the Art Therapists; 4. secondary analysis of the interviews (2.).	Adults	--	Women	--	To investigate the ability of AT to contribute to inner change and improved health in the individual.	Art therapy, Inner change, Women
25. Honig, O. 2014, UK	qualitative study: action research	Adults	40 15 3	lectures art therapists directors	--	To explore and expose the nature of topic-led dynamic experiential artwork-based courses in Israel and their particular contribution to Israeli art therapy training.	Art therapy training in Israel
26. Hopf, A. M. 2014, DE	mixed-methods design four sub-studies: practice-based & qualitative study	Adults	5	cancer patients	--	An application of AT-intervention in psycho-oncology, based on the artistic technique of collage (KSKT®).	Collage, Art therapy, Psychooncology
27. Hueneke, A. 2008, UK	qualitative study: phenomenological	--	--	--	--	To explore the psychodynamic body and its mythos.	Psychodynamic body, Archaic cultural material, Myths
28. Kortum, R. 2013, DE	mixed-methods design	Children (5–15 Y.)	--	Chronic heart disease	--	To develop and evaluate an AT treatment model which helps children with chronic heart disease to strengthen inner resources and cope	Child cardiology, Art therapy with children, Resource-oriented intervention, Multi-dimensional

						better with the illness.	evaluation
29. Kováčová, M. 2017, SVK	mixed-methods design	Children	--	Trauma	--	To point out the key role of early identification of children with syndrome CAN, in connection with not just manifestations of child and its surroundings, but also with specific signs, which occur in child's drawing.	Art therapy with children, Trauma
30. Krčmáriková, Z. 2010, SVK	qualitative study: phenomenological	Adults	--	mental affection (institutional environment)	--	To describe functioning of particular Home of Social Services, state transfer from art to art therapy, deal with theoretical basis of holistic AT, impact of AT, AT as an alternative source of communication and using AT in work with mentally affected people.	Art therapy, Social service, Mental affection
31. Krnáčová, Z. 2016, SVK.	qualitative study: phenomenological	Children	--	risk behavior in elementary school	--	To explore the possibility of including AT in the support system in primary schools and to examine the role of art therapist in this field.	Art therapy in school, Inclusion of children
32. Kuková, K. 2015, SVK	qualitative study: case studies	Children	3	special education needs and problematic behavior	--	To study the possibilities of using the art therapy within the art education at the primary school.	Art therapy in school, Special education needs
33. Linnell, S. 2006, UK	qualitative study: phenomenological	--	--	--	--	The study aims the questions 'what we are' and 'what we might become', in the context of a poststructural enquiry into practices of art psychotherapy and narrative therapy.	Art psychotherapy, Narrative therapy
34. Lynch, S.	qualitative study:	Adults	8	Psychosis	--	To explore how service users	Art therapy, Psychosis

2017, UK	grounded theory studies					experience AT following their first diagnosis of a psychotic disorder, and the possible mechanisms through which AT might be helpful.	
35. Mahony, J. E. 2010, UK	qualitative study: case studies	Adults	--	mental health difficulties	--	To explore the relationship between the therapist's personal art practice and the creative art experience of an art psychotherapy group for people with severe and complex mental health difficulties.	Art therapist's art, Mental health
36. Males, J.M. 1986, UK	quantitative study: experimental	Adults	--	severe mental handicaps	--	To examine the outcome of two methods of treatment (skill-based approach & AT) with institutionalized adults with severe mental handicap.	Art therapy and Occupational Therapy
37. Markland, F. 2011, UK	qualitative study: case studies	Children	3	Trauma	--	To investigate the efficacy of school based art therapy as an intervention for children who have experienced psychological trauma.	Art therapy in school, Trauma
38. Masuch, J. 2022, DE	quantitative study: experimental	Adults	--	acute geriatric & geriatric day clinic	--	To quantitatively assess the possible effects of AT on geriatric patients in an acute unit (PAINT I) and a geriatric day clinic (PAINT II).	Delirium, multimobility, non-pharmacological therapy, well-being
39. Mazehóová, Y., 2007, CR	qualitative study: case studies	Children	4	counseling centers	--	To deal with art therapy applied in educational and psychological counseling.	Art therapy, Educational and Psychological Counseling, Psychotherapy
40. McKervill, C. S. 2013, UK	unclear	--	--	--	--	To interrogate the plastic, material basis of the AT relationship. The argues for materials to be recognized as agents in the making process and as protagonists in the therapeutical process.	Art media in Art Therapy therapeutical relationship communication

41. Mihali, D. 2016, GR	qualitative study: phenomenological	Adults	--	clinical context	--	Study on Fear of Loss through visual arts and art psychotherapy.	Loss, Mourning, Creativity Group, Art psychotherapy, Important Other
42. Mosná, D. 2015, SVK	qualitative study: case studies	Children	2	Asperger Syndrome in primary schools	--	To decrease symptoms of the inadequate behavior as well as to analyze work of art of children with the Asperger syndrome.	Art therapy in school Autism
43. Oepen, R., Gruber, H., & Heusser, P., 2014, DE	mixed-methods design	Adults	--	Waldorf teachers.	--	To explore AT interventions as a prevention for Waldorf teachers.	Art therapy, Prevention & health promotion, Well-being, Stress
44. Orosová, A. 2009, SVK	qualitative study: phenomenological	Adults	--	Borderline Personality Disorder	--	To describe the AT practice with the patients with individual psychiatric disorders.	Art therapy, Borderline Personality Disorder
45. Öster I. 2007, SE.	mixed-methods design four studies	Adults 37–69Y	42 20 22	Women with breast cancer 1. intervention group 2. control group	6 mths	To describe women's experiences of breast cancer from a gender perspective, describe women's experiences of an AT intervention and the effects of an AT intervention on self-rated coping resources and quality of life.	Art therapy, Oncology, Women, Breast cancer
46. Park, T. J. 2016, UK.	qualitative study: ethnographical	Adults women	--	Korean migrant	--	To describe an art therapy intervention in a Korean community in the UK.	Art therapy, migration and mental health, cultural identity,
47. Rankanen, M. 2016, FI	mixed-methods design four sub-studies: 1. case study; 2. systematic qualitative content analysis; 3. systematic content	Adults	36	--	--	This study focuses on analyzing clients' descriptions of AT processes and on defining which ingredients are influencing on the qualities of these experiences.	Art therapy, Processes, Experience

	analysis & survey; 4. case study.		68 51				
48. Rehavia-Hanauer, D. 2011, UK	qualitative study: field research	Adults	--	Anorexia Nervosa	--	To explore the constructed nature of the concept of Anorexia Nervosa in the disciplines of art therapy and psychiatry and to consider the ramifications of this on the way women are constructed.	Art therapy, Anorexia Nervosa
49. Robinson, D.R. 2020, UK	qualitative study: phenomenological	Children 8-10Y	--	primary school	--	To learn what the children thought about AT intervention in the school setting and to obtain their perspectives about any skills they learned and continue to use after attending AT.	Art therapy in primary school
50. Salla – Dokoumetzidi, A. 1994, GR	qualitative study: phenomenological	Children	--	--	--	To explore the relation between the creative imagination and experience regarding the pictorial representation in childhood.	Imaging representation Creativity, Art therapy Experiences, Mental development, Children's art, Imagination
51. Saltuari, P. 2009, DE	qualitative study: case studies	Adults	2	pregnant women/ pregnancy with complications	--	The study focuses on 3 areas: 1. which AT methods can be considered useful and helpful within this setting? 2. what is the effect of AT on two individual cases of pregnant women? 3. which qualitative-empirical research methods are adequate for such an investigation?	Art therapy, pregnancy, qualitative-empirical research
52. Schnitzer, G. 2018, UK	qualitative study: grounded theory	Adults	9	veterans with PTSD	--	To establish participants' perceptions of any impact of group AT for veterans and mechanisms of change.	Art therapy with veterans, PTSD, grounded theory
53. Schoch, K.	quantitative study:	Adults	1,577	art experts	--	To develop a Rating instrument	Quantitative research,

2022, DE	experimental research					or two-dimensional pictorial works (RizbA) and to bridge art theory and psychometrics.	Measuring instrument for pictorial expression
54. Schofield, S. 2018, UK	qualitative study: phenomenological	Adults	6 3	Parkinson's Disease family caregivers	--	To explore the effects of art-making in group AT sessions for people affected by Parkinson's.	Art therapy, group therapy, Parkinson's Disease
55. Schweizer, C. 2020, NL	mixed-methods study: experimental research	Children	--	Autism	--	To develop and evaluate AT programme 'Images of Self' for children diagnosed with Autism Spectrum Disorders.	Art therapy with children, Autism
56. Seifert, K. 2013, DE	mixed-methods design	Adults	--	Depression	--	The author developed a phototherapeutic treatment model on an artistic basis for depressive patients in the clinical area.	Art therapy, Depression, Phototherapeutic treatment
57. Sibbett, C. H. 2006, UK	qualitative study: autoethnographical	Adults	--	Cancer	--	To investigate the concept of liminality and its relevance to personal, professional and theoretical experiences of cancer and art therapy.	Art therapy and cancer, Autobiographical expression
58. Šicková-Fabrics, J. 2005, SK	qualitative study: case studies	Adults	--	special education	--	To find the overlapping areas of special education principles and art therapy approaches involved in the new paradigm of education in the inclusion.	Art therapy, Spiritually-ecological concept, Holistic approach
59. Sigouros, I. 2015, GR	qualitative study: action research	Children Adults	--	primary school students tertiary education students	--	To investigate the use of information and communication technology, as well as electronic educational tools to facilitate learning processes in school.	Optical Literacy, Creative Thought, Mythology, Information and Communication, Technology
60. Skaife, S. E. 2010, UK	qualitative study: phenomenological	--	--	--	--	To explore a duality in art therapy: is AT about using art to help clients make therapeutic relationships	Tension between art and talk, Heuristic approach

						or is it about therapeutic relationships facilitating a transformative process in art-making?	
61. Skov, V., 2013, DK	mixed-methods design.	Adults	7	Depression	6 mths	AT as a method to explore the inner life as prevention against the development of depression. AT as an early intervention tool related to depression.	Art therapy, Prevention, Mixed-methods design, Jungian psychotherapy
62. Springham, N. 2014, UK	qualitative study: grounded theory survey	Adults	--	Borderline Personality Disorder	--	To build a description of practice of how art therapists interacted with service users and their artworks in a mentalization-based AT group for people diagnosed with borderline personality disorder.	Art therapy in groups, Borderline Personality Disorder, Mentalization
63. Sprotte, Y. 2022, DE	quantitative study: correlational	Adults	7	Schizophrenia	6 mths	To clarify whether group AT followed by a therapist-guided picture review could influence the patients' communication behavior.	Quantitative study, Text & language analysis, Art therapy, Schizophrenia
64. Stubbe Teglbjaerg, H. 2009, DK	qualitative study: action research	Adults	5 5	Schizophrenia Non-psychotic disorders	one year	To determine whether AT Art therapy, has beneficial effects in the treatment of psychiatric illness with a main focus on schizophrenia, and how effects can be understood.	Schizophrenia, Depression, Personality Disorders
65. Taylor Buck, E. 2015, UK	qualitative study: phenomenological	Adults	85 8 6 4	British art therapists. experts dyadic art therapists service users	--	To explore the development of a treatment manual focused on a dyadic approach to AT that involves both children and their caregivers.	Treatment manual, dyadic art therapy approach, web-based
66. Tipple, R. A. 2011, UK	qualitative study: case studies	Children (4-11 Y.)	4	Autism	--	The study represents a reflection on the practice of AT assessment in a	Art therapy assessment, Art therapy with children, Autism

						service which provides a diagnosis of children with Autistic Spectrum Disorders.	
67. Vodičková, B. 2008, SVK	qualitative study: case studies	Children	2	learning and behavioral disabilities	long-term	To characterize the cases of two children of early school age who have learning and behavioral disabilities in the context of long-term AT intervention.	Art Therapy with children, Long-term intervention
68. Westwood, J. 2010, UK	qualitative study: historical	--	--	--	--	First organized view of AT education in Australia with the aim to find out what theories and practices were taught; and where the theoretical influences were coming from, in order to develop understanding of this emerging field.	Art therapy education, Australia, Qualitative study, Bricolage, hybrid creatures
69. Whitaker, P. 2007, IE	art-based research	--	--	--	--	To showcase the philosophical and psychoanalytic collaboration of Gilles Deleuze and Fex Guattari in regards to art therapy.	Performance art, Improvisation, Movement Assemblage
70. Winter-Martin, S. 2010, UK	quantitative study: experimental	Adults	--	women with PTSD intimate partner violence	--	To measure the effects of AT in comparison with Person-Centred Therapy and routine intervention without additional therapy.	Art Therapy and PTSD violence against women
71. Wohler, D. 2013, DE	unclear	Children	11	ADHD	--	To survey the change of symptoms under the AT Sessions.	Art therapy, Children and adolescents, Social Behavior Disorder, Attention Deficit Disorder/ADHD
72. Zubala, A. 2013, UK	mixed-methods design	Adults	395	Depression	9 sessions follow-up	To explore the nature of AT practice and its value in the treatment of depression.	Art therapy, Depression Mixed methodologies, Pilot clinical study