

Benefits of Art and Nature for Cancer Patients

A Hospital Intervention Study

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ICAP
28th International Congress
of Applied Psychology

IAAP

Art in Dutch hospitals

1970-2009: Government subsidized art in Dutch hospitals → educating people



Hans Hovy, LUMC



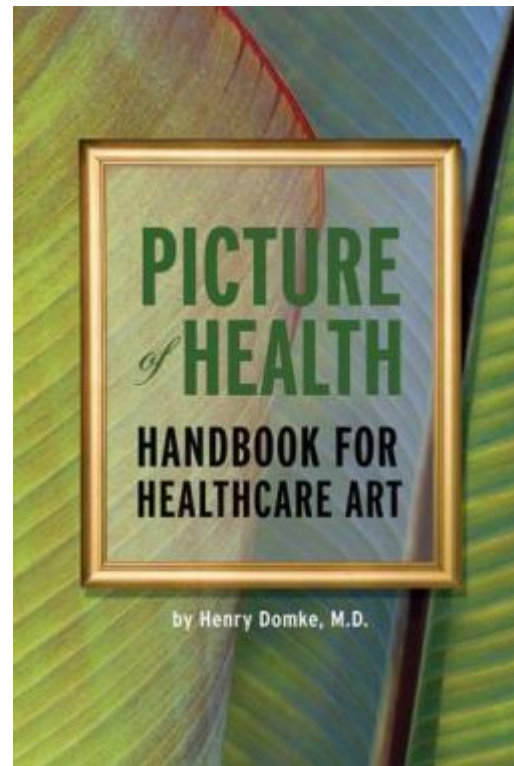
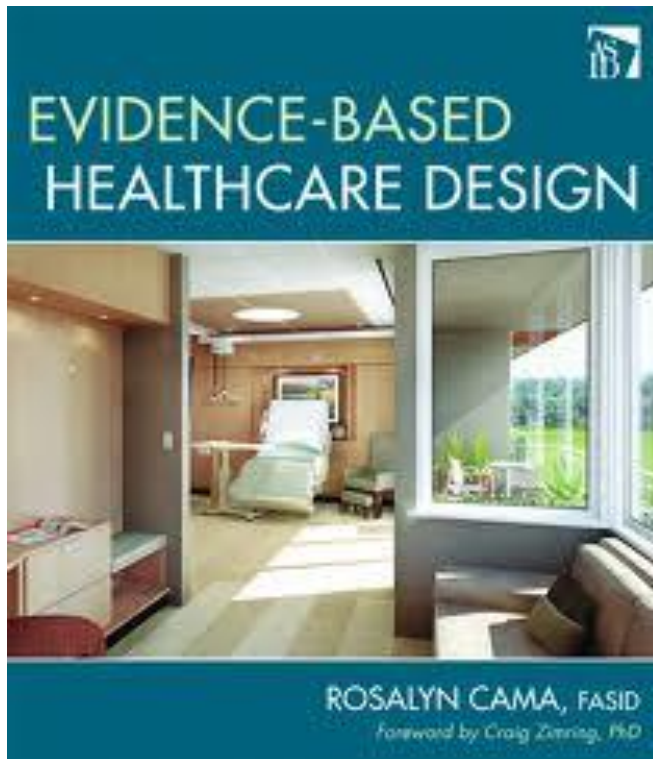
*Juan Muñoz,
psychiatric clinic
Reinier van Arkel*



*Rob Birza,
geriatric care
centre Zomerpark*

New focus

Use art to create healing environment



Guidelines

Do's

- Positive content, nature, representational, calming

Don'ts

- Negative content, abstract, stylized, ambiguous, arousing



PAIR 1:

Ar-Kiss



R-Garden



PAIR 2: *S-Solitude*



R-Orchard

Present research

Intervention study in radiotherapy
department of general hospital in the
Hague, the Netherlands



“Real nature”



***Stylized nature
painting***

Artist





Design/participants

- duration intervention:
3 months
- similar rooms
- duration radiotherapy:
15 minutes (30 times)
- only 1 survey per room
- 53 participants
- breast/neck/colon cancer
- 53% male
- mean age 60 yrs
- 55% first treatment



Questionnaire

Pre measures

- mood (14 items/5 dimensions POMS, 3-point scale)
- physical complaints (9 items, checklist)

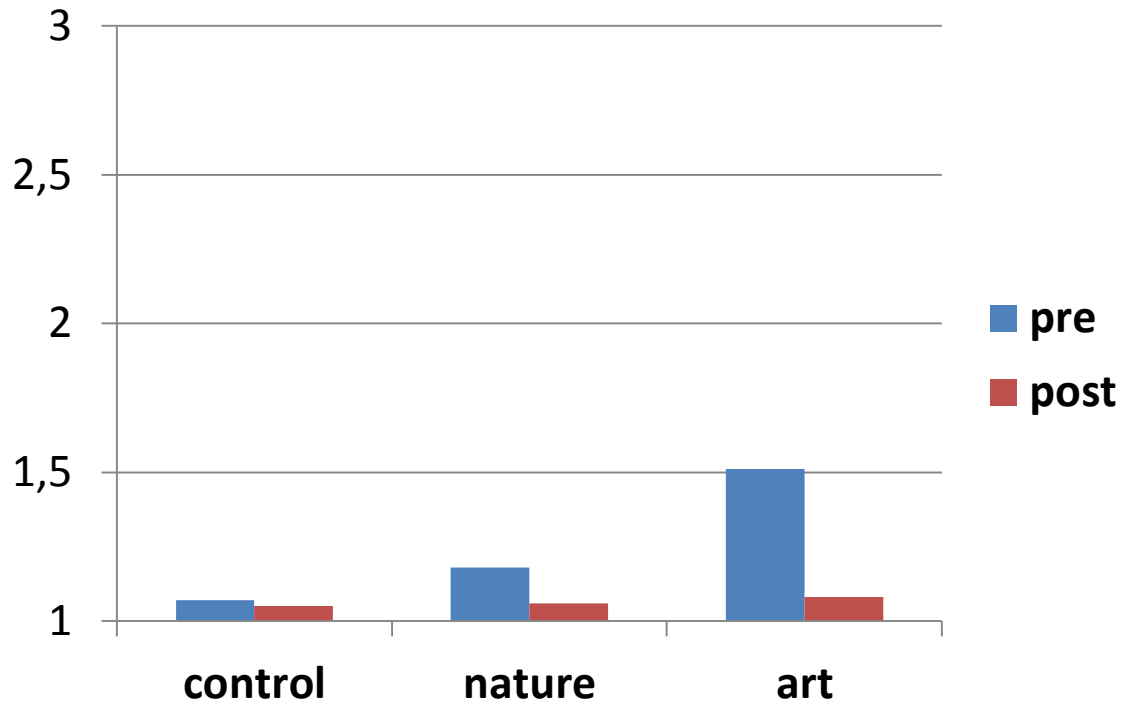
STOP!

De vragen op de volgende pagina's mag u
pas na de bestraling beantwoorden.

Post measures

- mood & physical complaints
- evaluation room & artwork
- preferred images and sounds

Results mood - anger



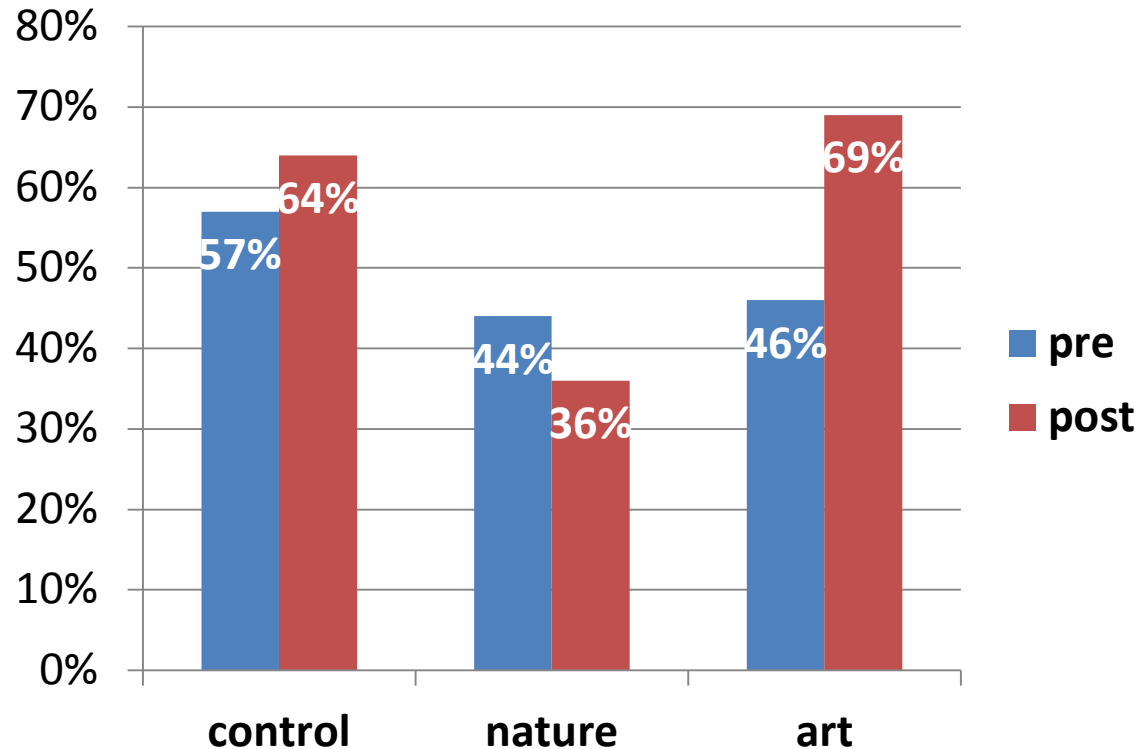
Time x Condition: $F(2,50)= 4.59, p <.05$

Similar pattern for depression

No significant effects for fatigue, tension, vigor

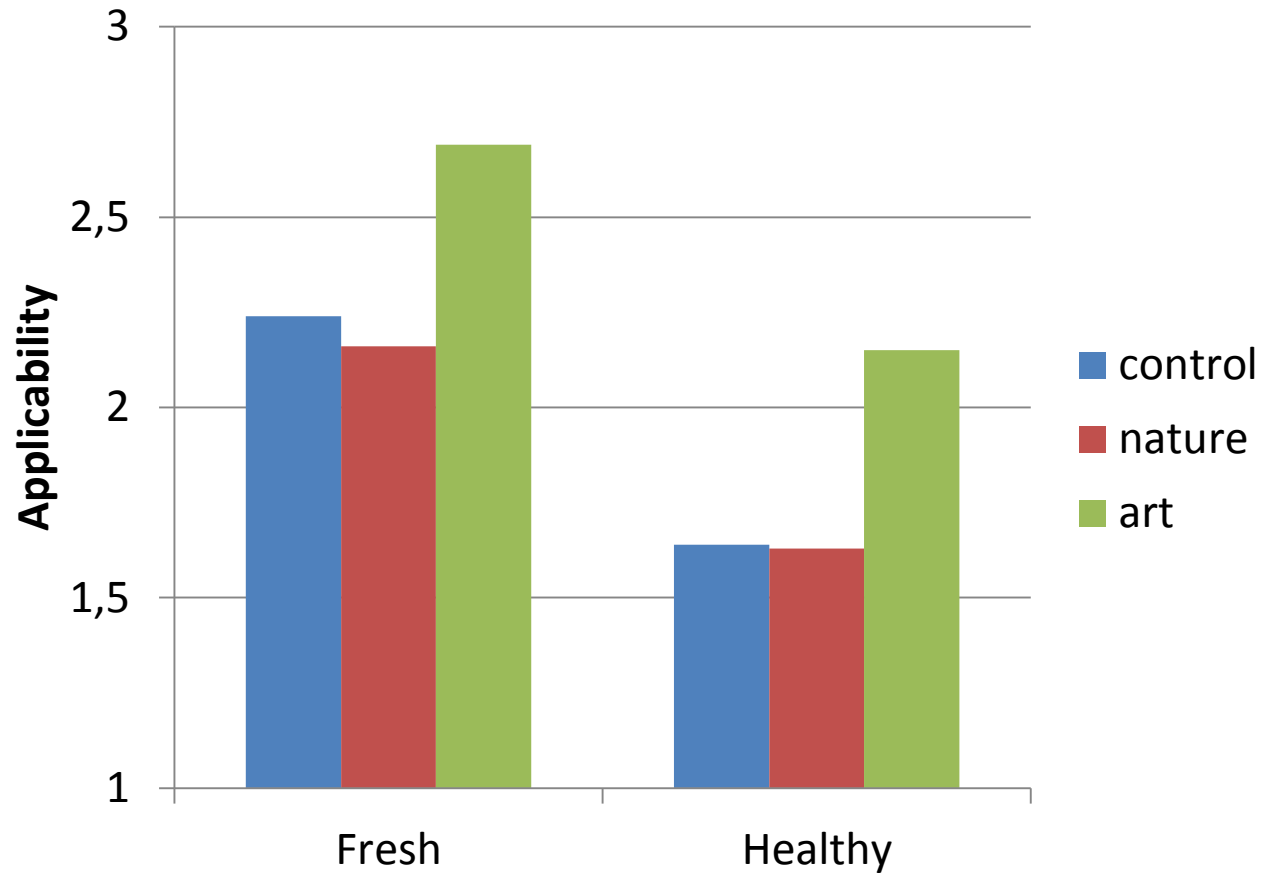
Complaints

Clammy hands/ **dizziness**/ nausea/ shaking/ weakness/
heart throbbing in throat/ **unable to think clearly**/ pain/
fatigue



$Ch^2(2) = 7.03, p < .05$

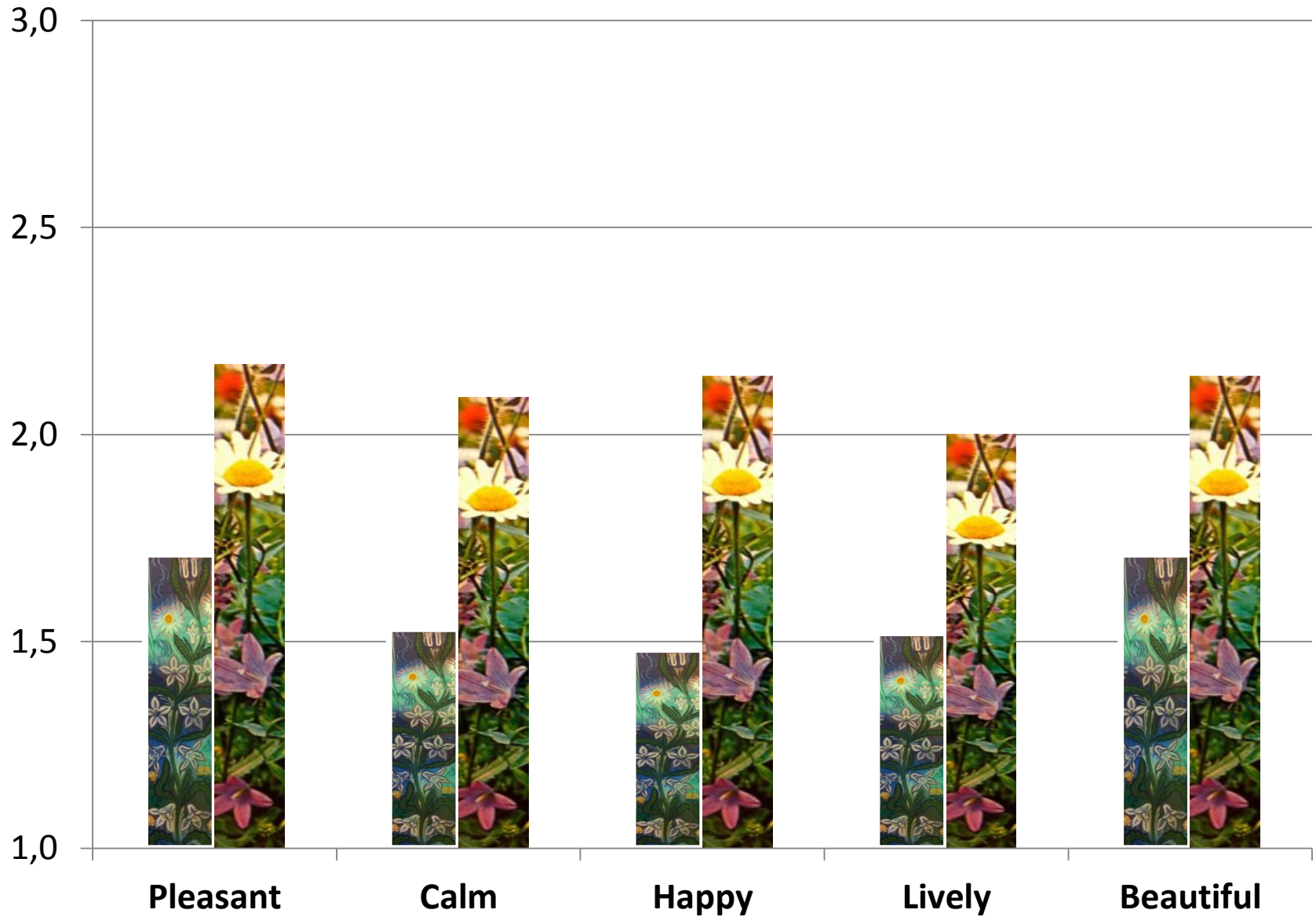
Room evaluation



Fresh: $F(2,49) = 2.35$, $p = .10$

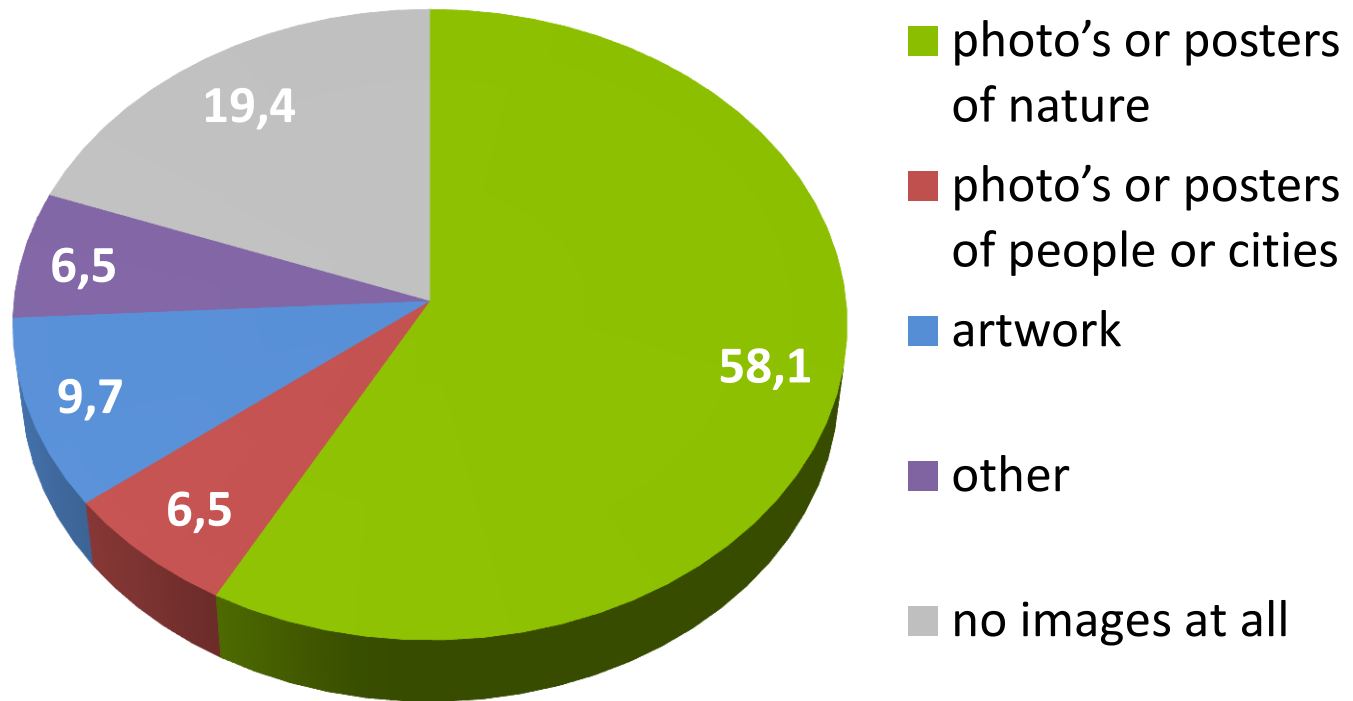
Healthy: $F(2,49) = 2.62$, $p = .11$

Art evaluation (n = 39)



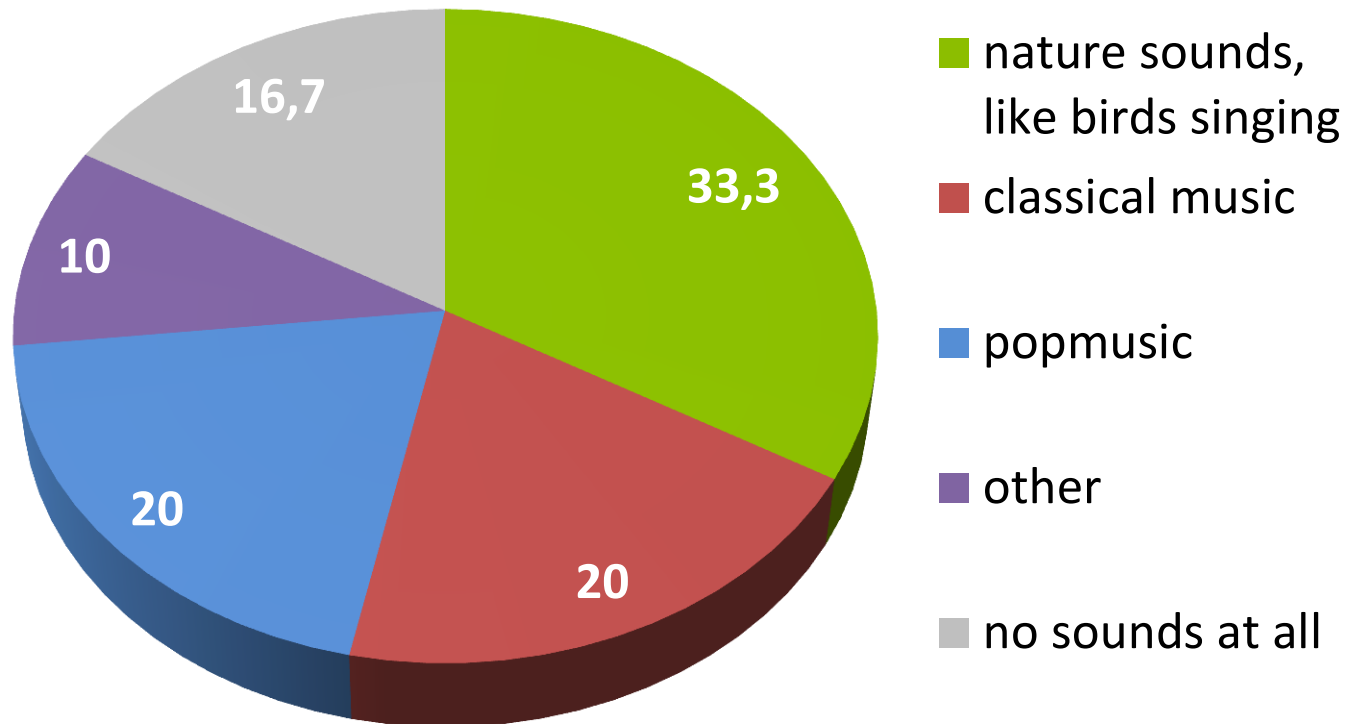
Preferred images

Which kind of images do you prefer during treatment?



Preferred sounds

Which kind of sounds do you prefer during treatment?



Conclusions

- realistic nature image highly preferred, but no significant improvements in mood or complaints in nature condition
- added value of nature-based art not supported, may even lead to increase in complaints
- no random assignment of patients to rooms, small response, further research needed