



Impact of Art Therapy Programmes on Psychological Wellbeing Among Congolese Refugees in Kinshasa, DR Congo: A Mixed Methods Study

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Abstract

Art therapy programmes are increasingly recognised for their benefits in addressing psychological distress among vulnerable populations such as refugees. A mixed methods design was employed, combining pre-and post-programme assessments with qualitative interviews to understand participants' experiences and perceptions of art therapy's impact on their mental health. Participants exhibited a statistically significant decrease in anxiety symptoms from baseline ($p < 0.05$) after participating in the art therapy programme. Art therapy programmes show promise as an effective adjunct to traditional psychological interventions for improving mental health among Congolese refugees. Further research should consider expanding access to art therapy and exploring its potential role in comprehensive mental health care models for refugee populations. Congolese Refugees, Art Therapy, Mental Health, Kinshasa, Mixed Methods Study

Keywords: Congo, Kinshasa, Qualitative Analysis, Quantitative Research, Mixed Methods, Refugee Studies, Arts Psychotherapy

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